

# Swansea Mind

## Annual Report 2021



# Contents

About Swansea Mind – our Mission

Swansea Mind's Trustees, Staff and Volunteers

Public Benefit

Chair's Report

Director's Report

Active Monitoring Report

Young Person Resilience Worker's Report

Adult Resilience Worker's Report

Information Service


a) Telephone Information Service

b) Website, Social Media and Email

c) Written Information

Acknowledgments

Swansea Mind  
Registered Charity No. 1184072  
Affiliated to Mind (National Association for Mental Health)  
65 St Helen's Road  
Swansea SA1 4BE  
(01792) 642999



# About Swansea Mind

## Mission Statement

### About us:

We're Swansea Mind, we won't give up until everyone with a mental health problem gets both support and respect. We provide advice and support to empower anyone experiencing a mental health problem; we have been supporting individuals with mental health problems in Swansea since 1963.

### Our Mission:

- Open. We reach out to anyone that needs us.
- Together. We're stronger in partnership.
- Responsive. We listen, we act.
- Independent. We speak out fearlessly.



# Trustees & Staff

## Trustees For The Year

Chairperson

Anthony Snow

Vice Chairperson

Julian Williams

Treasurer

Tony Condon

Executive Members

Stuart Elphick  
Karol Kalna  
Dave Lawson

## Staff

Director

Emma James

Volunteer Co-ordinator and Manager

Lian Thomas

Young Person's Resilience Worker

Sabrina De Courcy

Active Monitoring Practitioners

Tierney Figg

Mental Health Resilience Worker (Adult)

Kath Carter

(Five more staff join us at the start of 2021)





# Volunteers during the year

Volunteers contributed to Swansea Mind in several ways during this year:

- Joining and leading support groups via video calling
- Taking part in the new Telephone Buddy support programme
- Counselling volunteers offered telephone/video calling and face to face counselling when restrictions allowed.
- Volunteers joined and facilitated the Walk and Talk Group
- Facilitating face to face sessions

Volunteers who facilitated wellbeing support groups (in person and online):

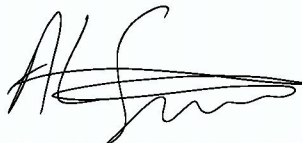
- |                    |                      |
|--------------------|----------------------|
| 1. Megan Griffiths | 8. Hubert Uy         |
| 2. Megan Brown     | 9. Lavinia Cramer    |
| 3. Katrina Evans   | 10. Marina Platygeni |
| 4. Abbie Lodwick   | 11. Shannon Dobbs    |
| 5. Chloe Lovsey    | 12. Fran Griffin     |
| 6. Wendy Jenkins   | 13. Beth Hooker      |
| 7. Katarzyna Kciuk | 14. Karen Rees       |

Volunteers who facilitated the Telephone Buddy Service Include:

- |                     |                    |
|---------------------|--------------------|
| 1. Steve Hardy      | 10. Katrina Evans  |
| 2. Ben Olofson      | 11. Shannon Dobbs  |
| 3. Celyn Thomas     | 12. Amina Nazim    |
| 4. Cerys Thomas     | 13. Lee Ricketts   |
| 5. Caroline Gilbert | 14. Ellie Samuel   |
| 6. Helen Owen       | 15. Emily Fox      |
| 7. Kayley Roberts   | 16. Emma Sharp     |
| 8. Katarzyna Kciuk  | 17. Lucy Edwards   |
| 9. Megan Brown      | 18. Layah Mohindru |

**THIS 2020 ANNUAL REPORT HAS BEEN APPROVED BY THE TRUSTEES OF SWANSEA MIND.**

SIGNED ON THEIR BEHALF BY



DATE

# Public benefit & Chair's report

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. We continue to provide services for people with mental health problems and have an open-door policy that means that any member of the public can access our service.

We welcome anyone regardless of personal background, faith or gender.

## Chair's Report

During 2020, Swansea Mind and indeed the world, has been thrown a wide range of new challenges. The COVID-19 pandemic touched each corner of the world and the strain it has put on the health service has been immense.

Despite the unprecedented times, what we have achieved at Swansea Mind has been exceptional. We have increased our staffing from 3 up to what will be 10 staff over the next couple of months.

Naturally, we had to adapt the service we provide. Namely, increasing our phone and online group services. Thank you to everyone for being so flexible in their duties.

Furthermore, we allocated funds to the renovating of our offices on St Helen's Road, this includes converting the offices to accommodate a number of individual rooms. For people seeking to use our support service, this will be a welcoming environment to discuss difficult issues with more privacy. It will also enable us to hold more one-to-one sessions. This newly renovated office space will help enhance the service we provide to the community.

I would like to thank the Swansea Bay University Health Board for their continued support throughout this immensely difficult year.

I would like to thank – most of all – our staff and volunteers for their incredible resilience and work throughout the year. Never has the service we provide at Swansea Mind, been so vital to the community.

Anthony Snow  
Chair



# Director's report

What a year 2020 was! The effects of the Covid-19 pandemic reached far and wide, and closer to home there is no doubt that our beneficiaries (new and old) were effected. We were very fortunate that funders immediately recognised this and a number of pots of emergency funding were made available. This allowed us to go from 3 to 10 staff within a year. The problem being that these pots of funding are temporary and it looks likely that we will see a reduction in this growing staff team quite quickly into the start of 2021. Hopefully, funders will be equally quick to recognise that the effect of the pandemic on people's mental health is going to be largely longer term.

This year we were able to start Active Monitoring (6 week psycho-educational support) by telephone thanks to a Wales-wide project overseen by Mind Cymru. We were able to take the learning from this and expand the service to have 3 Active Monitoring practitioners at the start of 2021. It is largely this service that has helped people work through their experiences of the current crisis. We have also moved our support groups online and managed (for most of the year) to run our Walk and Talk group. We recognise that online provision hasn't been easy to access for very many people for all sorts of reasons and a new Digital Lead starts at the beginning of 2021 to assist people with technical issues.

Our children and young people's project (which is largely schools based) also continued to run (albeit with many adaptations) face to face in schools whilst they were open. I am particularly proud that our one to one face to face service has also managed to continue for most of the year (albeit with a significant period of enforced closure during the first lockdown). As we have a very large room on the ground floor we have been lucky to be one of very few organisations that have been able to safely still meet people in person in these extraordinarily difficult times. This has been recognised by outside organisations as hugely valuable to the community we serve. None of this could have been achieved without the unerring dedication of our staff and volunteers and I thank them all from the bottom of my heart.

The third sector is forever adaptable, and we have used the time that our centre has been less populated than usual to give the whole place a well over-due renovation and we will have much more room for one to one support and counselling. I believe that Covid 19 will leave us with some permanent changes to the services we run but these are without exception for the better in terms of outcomes for our beneficiaries.

Emma James  
Director



# Active Monitoring report

Due to the challenges faced in 2020 it became necessary for us to expand the services we were offering to include more remote-delivery programmes. In July 2020 we (along with several other Local Minds across Wales) began delivery of the Active Monitoring programme, which is a 6 week, guided self-help intervention. The programme is aimed at people with mild to moderate mental health issues, who wish to learn practical exercises in order to create a toolkit of materials that help them better understand and manage their emotions. People were able to self-refer to the programme, and could choose from a list of 7 main pathways, depending on the needs they presented with. These pathways included:

- Depression
- Anxiety
- Low Self-Esteem
- Feeling Alone
- Loss
- Anger Management
- Stress

Since the summer, demand for the programme has been huge across the entirety of Wales, and so targets have been extremely high. In Swansea, since delivery started 162 people have started the Active Monitoring programme (24 of these either did not complete the programme or decided to finish early), and a list of over 50 more people waiting for the programme has been created.

Changes in wellbeing are measured throughout the programme using 3 wellbeing measures - Warwick Edinburgh, GAD7 and the PHQ9. The current results have been extremely positive across all measures, and clients have reported how the structure and regular calls from a practitioner each week have kept them motivated on the programme.

The wide reach and positive response to Active Monitoring has shown just how necessary a programme like this has been. The programme was created from the need of an 'in-between' step of support between low forms of support (such as listening ear services/groups) and more intense support like counselling. The really positive outcomes have suggested that Active Monitoring has achieved this by creating a programme that helps to prevent people with mild to moderate mental health issues from developing into more severe problems.

As well as funding from WCVA and Welsh Government to run the programme full-time through until April, we have also secured funding for 2 more full-time Active Monitoring positions. We hope to continue to be able to provide this in-demand service for much of 2021.

Tierney Figg  
Active Monitoring Practitioner

# CYP Resilience worker's report

## 'Future Minds' Project

The Future Minds Project funded by the National Lottery Community Fund works with children and young people between the ages of 11 and 25. This project provides sessions of emotional literacy, well-being and resilience work to help maintain positive mental health.

2020 started positively with the group programme being delivered in 8 school locations and 1 community venue. It was clear that there is a need for emotional, mental health and wellbeing work in secondary schools and demand was high with more schools wanting to take part. Those that attended the original groups and 1:1 sessions gave excellent feedback and a second round of delivery started. Unfortunately, this coincided with the time that the first Covid 19 lockdown began.

It was clear that the lockdown would result in the need for children and young people as well as their parents, carers and workers to have emotional wellbeing support throughout, but posed many challenges of how to best offer this. With the small team at Swansea Mind coming together to offer flexible remote support utilising online platforms such as zoom as well as social media advertising and telephone support, the CYP project was able to offer support throughout the 2020 crisis.

As the Autumn term cautiously started within schools, the CYP worker was welcomed back to 6 different schools understanding the need for emotional well being support for the pupils being of the utmost importance. Again, firebreak lockdowns and remote learning have provided challenges and interruptions, but through the excellent relationships developed with school contacts over the year, a flexible and supportive approach has allowed the project to continue its essential work and benefit many CYP throughout Swansea.

Sabrina De Courcy  
CYP Resilience Worker





# Mental Health Resilience worker report

The Covid-19 Pandemic and the subsequent lockdowns have meant that we have had to change our approach to supporting our service users. We have created online support groups, as well as making wellbeing calls, offering walk and talk groups and 1:1 wellbeing appointments in the Mind centre when restrictions have allowed.

## Zoom Groups:

As the face-to-face groups could not be held we moved our groups online via video conferencing and have had many people attend the weekly sessions. The group sessions are as follows:

Monday

3pm-4pm: Peer Support

Tuesday

11am-12pm: Anxiety and Depression Group

12:15pm-1:15pm: Workshop (the topic of this changes each week)

Wednesday

11am: Anxiety and Depression Group

Thursday

11am-12pm: Guided Mindfulness session

Feedback from our online group sessions:

"Receiving constant support has meant I've maintained a sense of belonging and feel validated in the group sessions."

"I enjoyed the meditation on Thursday morning thanks very much. Also, I noticed my breathing slowed right down during the meditation. Thanks, see you next Thursday"

## 1:1 Wellbeing Sessions:

We have had some really positive feedback from these face to face sessions:

"It's only Mind that has helped me recently especially through lockdown."

"It's good to talk to someone that has an understanding of what I'm going through."

"Kath has been amazing and has been a huge help in helping to keep me settled when things have been awful."

"Mind is the only one I have seen recently and it's nice to have someone."



## Walk and Talk Group:

We created the Walk and Talk group to encourage service users to enjoy some social interaction as well as spend some time in the outdoors. This walk has been held weekly (when restrictions have allowed) and those who have attended have thoroughly enjoyed the experience. The effects of the walk have not only helped with isolation and loneliness but also supported in physical activity and being able to talk to like minded individuals.

"I just wanted to say thank you for inviting me to come along for today's mindfulness walk. It was such a nice experience, especially after so long (almost 6 months) cooped up. It was after 6pm by the time I got home and I feel the most alive I've felt in ages. Nice walk, nice people, enjoyed the mindfulness circle too - and a great result for me! Exercise and a brain boost. See you next Tuesday."

Kath Carter  
Mental Health Resilience Worker





# Information report

Due to the struggles associated with lockdown, our ability to provide our information and support service remotely was more important than ever during 2020. We adapted our service offerings to provide more online and over-the-phone support, and have therefore been able to keep providing high levels of support to all of our service users.

## Telephone Information

Our Telephone Information Service provides a confidential service for people enquiring about a whole range of mental health issues, problems and services available. Often the caller is in severe distress and seeking support. Although we are not a crisis service, nor are we trained counsellors, we are able to lend a listening ear, value the caller, be non-judgemental, and provide them with the information they need to make informed choices about their own lives. When no staff are available there is an answerphone operating at all times.

During the lockdown, we also implemented a telephone wellbeing service that had our staff and volunteers calling out to all our service users on a regular basis, providing them with a consistent and reliable service during a time when so many people were experiencing extreme isolation. This service often meant providing a higher level of support than that required by people only accessing our information service.

During the period 1st of January 2020 to 31st of December 2020, 2953 telephone calls were made and received across all of the projects, assisting with emotional support, advice and information. Of these, 2666 were made post-lockdown, which demonstrates how necessary and well adapted the new services were. The majority of the telephone work we do is with people who are in distress and just wish to talk to someone.

An evaluation of this service in numerical terms does not make clear the degree to which people can be helped by someone “just being there”. Although the COVID crisis created an incredible challenge globally, the adaption this led to in our services has resulted in far more 1-to-1 support being provided, which has been extremely beneficial to those individuals who don't feel benefitted by group support, but are looking for more personalised help.

## Website, Social Media and Email Support

Swansea Mind's website is: [swanseamind.org.uk](http://swanseamind.org.uk)

We recently renovated our website to provide a more welcoming introduction to our service for those people we had not had contact with, and to keep people updated with a more accurate picture of the new services within Swansea Mind. The website displays information about Swansea Mind, opening times, details on all the current services available, as well as where people can access more immediate crisis support.

Our E-mail address is: [admin@swanseamind.org.uk](mailto:admin@swanseamind.org.uk)

As well as having a direct email address, we also have a presence across social media platforms like Twitter, Facebook and Instagram. During the period 1st of January 2020 to 31st of December 2020, we supported 2170 individuals via email or social media across all of our projects. Some of our service users find emailing an easier way to ask for support, but it has also been crucial in allowing us to safely provide resources to our service users whilst in lockdown.

## Written Information

Although since reopening the centre hardcopies of our diverse range of leaflets have been available for visitors to collect. Throughout lockdown we made sure we were still able to provide these materials remotely. Electronic copies of leaflets covering a wide range of mental health issues have been shared widely with our service users and professionals, as well as practical exercises and support booklets.



# Acknowledgements

Swansea Mind would like to thank the following:

- Swansea Bay University Health Board
- The National Lottery Community Fund
- All those who have made donations to Swansea Mind
- Bevan and Buckland Chartered Accountants
- The Executive Committee/Trustees of Swansea Mind
- The Mental Health Forum
- Mind and Mind Cymru
- Welsh Government
- The Staff of Swansea Mind
- SCVS (Swansea Council for Voluntary Services)
- The Volunteers of Swansea Mind
- W.C.V.A
- Austin Bailey Foundation
- The Community Foundation in Wales
- Lloyds Community Fund
- Changing for the Better
- CREATE
- The Oakdale Trust



**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021  
FOR  
SWANSEA MIND**

Bevan Buckland LLP  
Ground Floor  
Cardigan House  
Castle Court  
Swansea Enterprise Park  
Swansea  
SA7 9LA

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

	<b>Page</b>
<b>Reference and Administrative Details</b>	<b>1</b>
<b>Report of the Trustees</b>	<b>2</b>
<b>Independent Examiner's Report</b>	<b>3</b>
<b>Statement of Financial Activities</b>	<b>4</b>
<b>Balance Sheet</b>	<b>5</b>
<b>Notes to the Financial Statements</b>	<b>6 to 10</b>
<b>Detailed Statement of Financial Activities</b>	<b>11</b>

## **SWANSEA MIND**

### **REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2021**

<b>TRUSTEES</b>	D Lowson Trustee (appointed 1.4.20) T Condon Trustee (appointed 1.4.20) A L Snow Chair (appointed 1.4.20) S Elphick Trustee (appointed 1.4.20) K Kalna Trustee (appointed 1.4.20) J Williams Trustee (appointed 1.4.20)
<b>PRINCIPAL ADDRESS</b>	66 St Helens Road Swansea SA1 4BE
<b>REGISTERED CHARITY NUMBER</b>	1184072
<b>INDEPENDENT EXAMINER</b>	Bevan Buckland LLP Ground Floor Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA



## SWANSEA MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### OBJECTIVES AND ACTIVITIES

##### Objectives

The objectives of the charity shall be to address conditions of emotional or mental distress requiring advice or treatment, in association with Mind and in accordance with the aims and objectives of Mind. To this end, the charity provides drop in services, social activities, information, and self help groups designed to benefit the public. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

#### FINANCIAL REVIEW

##### Reserves policy

Swansea Mind is aware that there is likely to be a significant change to the way in which it is funded after the 2021/22 financial year (this change was delayed from 2020/21 due to COVID-19). A transition plan has been drawn up in which funding of management costs received in previous years will be used to cover a prospective shortfall in funding of future core costs.

A funded core costs reserve has been designated for this purpose and will be released back to the general fund over a three year period following any change to core funding. During the year the trustees carried out a review of funds built up by the charity and decided that where funding had been received to cover management costs this should be treated as restricted until spent. As a result £150,000 of funds that were previously treated as unrestricted are now treated as restricted.

The charity has also identified the need for a contingency fund. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity. The charity reviews this fund annually to determine when it needs to be increased.

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Governing document

Swansea Mind, the Charitable Incorporated Association (CIO) (registered number: 1184072) was formed in 2019 and was dormant until March 2020. On 1st April 2020 the charity started trading and took over the operations of an unincorporated charity, also called Swansea Mind (registered number: 226732)

In determining the accounting treatment of the transfer of operations from the former charity to the new CIO the Trustees have taken into consideration that whilst the staff and trustee board transferred unchanged to the CIO there were some differences between the constitutions and the CIO has a closed membership unlike the former charity. As a result of this the CIO has decided to adopt acquisition accounting as the accounting treatment and this has resulted in the reserves of the old charity being recognised as a donation in the accounts of the CIO.

##### Organisational structure

The Charity is guided and overseen by an Executive Committee (Voluntary Trustees) who meet on a regular basis and managed by a CEO with a small team of staff who run the organisation on a day to day basis

Approved by order of the board of trustees on 1st January 2021 and signed on its behalf by:



T Condon - Trustee



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SWANSEA MIND**

**Independent examiner's report to the trustees of Swansea Mind**

I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Henry Lloyd-Davies  
Institute of Chartered Accountants in England and Wales  
Bevan Buckland LLP  
Ground Floor  
Cardigan House  
Castle Court  
Swansea Enterprise Park  
Swansea  
SA7 9LA

Date: .....

**SWANSEA MIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies		69,552	188,253	257,805
<b>Charitable activities</b>				
Charitable activities		8,585	230,961	239,546
Investment income	2	207	-	207
<b>Total</b>		<u>78,344</u>	<u>419,214</u>	<u>497,558</u>
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Charitable activities		4,198	187,685	191,883
<b>NET INCOME</b>		<u>74,146</u>	<u>231,529</u>	<u>305,675</u>
Transfers between funds	7	11,884	(11,884)	-
<b>Net movement in funds</b>		<u>86,030</u>	<u>219,645</u>	<u>305,675</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>86,030</u></u>	<u><u>219,645</u></u>	<u><u>305,675</u></u>

The notes form part of these financial statements

**SWANSEA MIND**

**BALANCE SHEET  
31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	Total funds £
<b>CURRENT ASSETS</b>				
Debtors	5	736	22,568	23,304
Cash at bank		88,402	197,077	285,479
		<u>89,138</u>	<u>219,645</u>	<u>308,783</u>
<b>CREDITORS</b>				
Amounts falling due within one year	6	(3,108)	-	(3,108)
		<u>86,030</u>	<u>219,645</u>	<u>305,675</u>
<b>NET CURRENT ASSETS</b>				
		<u>86,030</u>	<u>219,645</u>	<u>305,675</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>				
		<u>86,030</u>	<u>219,645</u>	<u>305,675</u>
<b>NET ASSETS</b>				
		<u>86,030</u>	<u>219,645</u>	<u>305,675</u>
<b>FUNDS</b>	7			
Unrestricted funds				86,030
Restricted funds				219,645
<b>TOTAL FUNDS</b>				<u>305,675</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 1st December 2021 and were signed on its behalf by:

  
.....  
T Condon - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

**1. ACCOUNTING POLICIES****Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations, are recognised when the Trust has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**Irrecoverable VAT**

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for any other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes falling in future time periods.

Restricted funds are funds subject to specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.



NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES - continued

**Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. INVESTMENT INCOME

	£
Deposit account interest	207
	<hr/>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2021.

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

Administration	1
Information services	1
Active Monitoring	1
Self help group project	1
CYP project	1
	<hr/>
	5
	<hr/>

No employees received emoluments in excess of £60,000.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Prepayments and accrued income	23,304
	<u>23,304</u>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Other creditors	586
Accrued expenses	2,522
	<u>3,108</u>

**7. MOVEMENT IN FUNDS**

	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General Fund	29,146	11,884	41,030
Contingency Fund	45,000	-	45,000
	<u>74,146</u>	<u>11,884</u>	<u>86,030</u>
<b>Restricted funds</b>			
Counselling Services	25,290	-	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	11,574	(2,253)	9,321
National Lottery Covid Response	(429)	429	-
C4B (CYP)	5,662	(3,163)	2,499
Mind (sustainability)	14,268	-	14,268
Mind Active Monitoring	4,952	(4,952)	-
Community Fund in Wales	9,697	-	9,697
Tier 0 (NPTCVS)	1,945	(1,945)	-
Lloyds Foundation	1,370	-	1,370
Core Restricted Fund	150,000	-	150,000
	<u>231,529</u>	<u>(11,884)</u>	<u>219,645</u>
<b>TOTAL FUNDS</b>	<u>305,675</u>	<u>-</u>	<u>305,675</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2021

7. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	33,344	(4,198)	29,146
Contingency Fund	45,000	-	45,000
	<u>78,344</u>	<u>(4,198)</u>	<u>74,146</u>
<b>Restricted funds</b>			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	1,140	(1,140)	-
Austin Bailey Grant	6,000	(6,000)	-
Counselling Services	25,435	(145)	25,290
Lloyds Enable	7,200	-	7,200
National Lottery CYP	31,123	(19,549)	11,574
National Lottery Covid Response	4,114	(4,543)	(429)
C4B (CYP)	22,603	(16,941)	5,662
Mind (sustainability)	17,852	(3,584)	14,268
Mind Active Monitoring	33,676	(28,724)	4,952
Community Fund in Wales	14,868	(5,171)	9,697
Tier 0 (NPTCVS)	16,623	(14,678)	1,945
National Lottery Digital	2,064	(2,064)	-
Lloyds Foundation	4,500	(3,130)	1,370
Core Restricted Fund	150,000	-	150,000
	<u>419,214</u>	<u>(187,685)</u>	<u>231,529</u>
<b>TOTAL FUNDS</b>	<u>497,558</u>	<u>(191,883)</u>	<u>305,675</u>

**Purpose of restricted funds**

Swansea Bay University Health Board - To be used for the provision of well being and support services

Mind - To be used for sustainability and growth

Austin Bailey Grant - To be used for administration

Counselling Service - To fund the further development of the counselling services

C4B CYP - To be used for the provision of support services aimed at children and young people

My Generation - To fund the the project aimed at people over 50

Lloyds Enable - To fund business/stability development work

National Lottery Community Fund - To be used for the young person's project



## SWANSEA MIND

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

#### 7. MOVEMENT IN FUNDS - continued

##### **Designated reserve - Contingency**

The charity aims to build this fund up to £70,000 over the next few years. In the event of the charity being wound up this fund would cover six months core operating costs allowing for the proper closure of the charity.

##### **Core Restricted Fund**

During the year the trustees carried out a review of funds built up by the charity and decided that where funding had been received for core costs this should be treated as restricted until spent. As a result £150,000 of funds which have previously been treated as unrestricted are now being treated as restricted.

#### 8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

#### 9. ACQUISITION ACCOUNTING

Swansea Mind, the Charitable Incorporated Association (CIO) (registered number: 1184072) was formed in 2019 and was dormant until March 2020. On 1st April 2020 the charity started trading and took over the operations of Swansea Mind (registered number: 226732)

Swansea Mind also donated its reserves to the new charity. Whilst the staff and trustees all transferred to the new charity there were some differences between the constitution and the new CIO has a closed membership which differs from the former charity. As a result of this the CIO has decided to adopt acquisition accounting as the accounting treatment and this has resulted in the reserves of the old charity being recognised as a donation in the accounts of the CIO.

**SWANSEA MIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2021**

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations	257,805
-----------	---------

**Investment income**

Deposit account interest	207
--------------------------	-----

**Charitable activities**

Grants	239,546
--------	---------

<b>Total incoming resources</b>	<u>497,558</u>
---------------------------------	----------------

**EXPENDITURE**

**Charitable activities**

Wages	72,791
Pensions	6,854
Rates and water	126
Insurance	1,745
Light and heat	1,184
Telephone	459
Admin, postage & stationery	8,787
Information and educational materials	78
Computer upgrades	1,123
Centre/drop-in	1,538
Travel expenses	42
Training and conferences	1,572
Rent	5,000
Building maintenance	15,672
Counselling	145
Consultancy	2,265
Project costs	69,544
	<u>188,925</u>

**Support costs**

**Governance costs**

Accountancy and legal fees	2,958
----------------------------	-------

Total resources expended	<u>191,883</u>
--------------------------	----------------

<b>Net income</b>	<u><u>305,675</u></u>
-------------------	-----------------------

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SWANSEA MIND**

**Independent examiner's report to the trustees of Swansea Mind**

I report to the charity trustees on my examination of the accounts of Swansea Mind (the Trust) for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

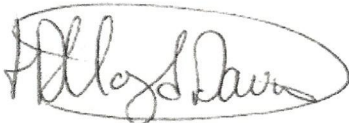
**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Henry Lloyd-Davies  
Institute of Chartered Accountants in England and Wales  
Bevan Buckland LLP  
Ground Floor  
Cardigan House  
Castle Court  
Swansea Enterprise Park  
Swansea  
SA7 9LA

Date: 1st December 2021