

# mind Swansea Abertawe

## **Annual Report 2023 - 2024**



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# MISSION STATEMENT

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.

### **Unstoppable**

We never give up.



# TRUSTEES AND STAFF

## Trustees

Chair - Tony Condon

Treasurer - Rob Lewis Gray

Trustee - Stuart Elphick

Trustee - Karol Kalna

Trustee - David Lowson

Trustee - Julian Williams

## Staff

Director - Emma James

Services Manager - Michael Power

Senior Mental Health Practitioner - Grazia Troiano

Mental Health Practitioner - Nour Qarmash

Mental Health Practitioner - Adisha Vaishya

CYP Practitioner - Melissa Hughes

CYP Practitioner - Colette Leleu

Volunteer Coordinator - Saara Rasanen/Mark Duggan

Volunteer Link Worker - Dorota Poreba



# LETTER FROM THE CEO

2023/24 was a challenging year at Swansea Mind with significant recruitment issues continuing to affect the organisation. Despite this, we have recruited an adaptive and skilful staff team.

We were able to put in place two new projects. Our volunteering project funded by the Levelling Up Fund allowed us to really develop our support for volunteers. We have always had a large and capable volunteer team at Swansea Mind but this past year we have been able to expand this support. The other is a development of our support to children and young people with a grant from Mind to provide Supported Self Help (formally Active Monitoring) for young people in GPs surgeries.

Our adult supported self help project, group support, befriending service, support for young people in schools and counselling service all went from strength to strength this year with a very large number of people in Swansea benefitting. A grant from B+Q has allowed us to completely overhaul our garden area and we now have a committed gardening group using it once a week.

**EMMA JAMES**  
CEO

We continue to navigate an evolving tendering landscape but we are hopeful that this will ultimately lead to even better services for all. This coming year we are continuing to develop our work in the area of Equality, Diversity and Inclusion with partnerships with other organisations in Swansea.

As ever, our thanks go to both the staff and volunteer team as well as all the people who use our services – people are at the heart of everything we do at Swansea Mind and this is where we continue to focus all our resources.

# 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.

Signed:   
Chair of Trustees

Date: 9th December 2024

# CHAIR'S REPORT

During 2023/24 Swansea Mind continued to be a key part of the Swansea region's response to mental health issues. The board of trustees provided supportive oversight and governance for the charity, meeting on a regular basis to review the finances, strategy and operations of Swansea Mind. Other reports received by the board include safeguarding, risk matrix and updates of the charity's policies.

The board continues to work closely with the CEO, providing guidance and support. This year was marked by difficulties in recruiting people with the right experience to key project and staff roles. In response, the board agreed further changes to the reward package, including non-financial benefits, to help attract high quality staff.

In 2023/24 the board was relatively stable with just one joiner and one leaver during the year. This allowed the board to bring a consistent view to the planning for the year and the challenges that arose during the year.

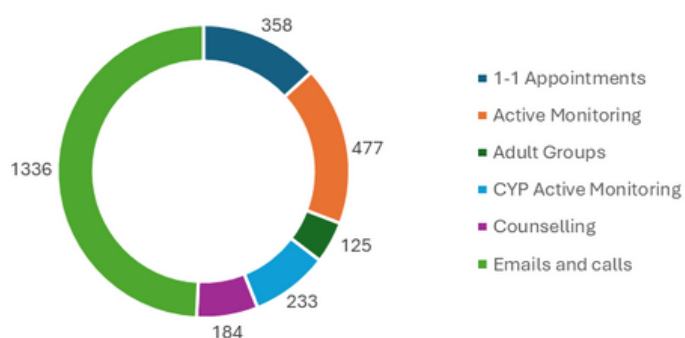
Two reviews of the board took place this year. The first, an independent review of the board's effectiveness by Swansea Volunteer Community Services (SVCS) was carried out during the year. The findings of the review were that the board was operating effectively and understood the areas that need further development. In addition to the SVCS review, the governance of Swansea Mind was included in the Mind Quality Mark (MQM) review that was carried out in early 2024. Development areas identified in this review are being addressed in summer 2024 with the support of National Mind.

Our thanks go to the committed and caring staff and volunteers of Swansea Mind who deliver the services that help so many in the Swansea area.



# ACTIVITY HIGHLIGHTS

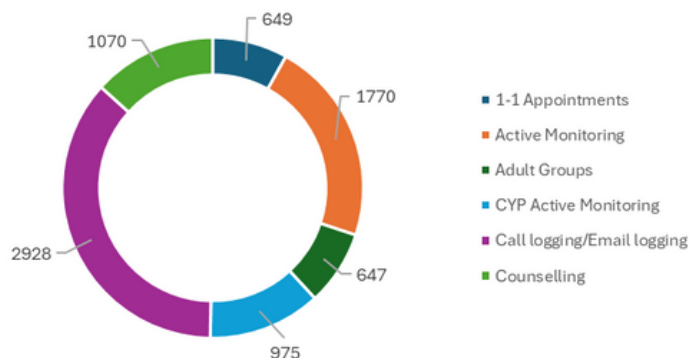
Number of different people



- 358 people had one-to-one Wellbeing support
- 477 Adults had support through Supported Self-Help
- 233 Children & Young People had support through Supported Self-Help
- 184 people received counselling

- There were 8018 contacts made through our different services throughout the year
- We responded to 2926 telephone calls and emails asking for information or support
- There were 637 attendances at our groups
- There were 1065 attendances for our counselling service

Number of interventions/attendances



# GROUPS

**Anxiety & Depression** – emotional support to those who suffer with depression and/or anxiety. The group is a safe space to share personal experiences. It is a place where we can share strategies to cope and deal with anxiety and /or depression.

**Walk and Talk (Walk and Woof – bring your dog) – Swansea Mind's Mindful Mutts walking group.** Where people can come and join us for conversation and companionship and reduce isolation and loneliness. Being physically active, connecting with nature, and socialising with others are all things which have been shown to have a positive impact on our mental health and wellbeing.

**Perinatal Wellbeing Group** – Working with Swansea Health Visiting Service we have supported new mums over 8 session groups. Topics and speakers have included: Dispelling myths, JIGSO, Trauma Therapy, Women's Aid, Family Information Service and Depression.

Swansea Mind continued to run Peer Support Groups throughout the week

**Anger Management** - The anger management group is all about developing how to better manage and cope with the anger we experience. Together, over a series of eight sessions, we discuss coping mechanisms and strategies to help improve how we handle our anger on a daily basis.



**Neurodiversity** – Peer support for those who identify as neurodivergent. “Your uniqueness is your strength. Embrace it, celebrate it and let’s inspire each other”

# SUPPORTED SELF-HELP

Through our Supported Self-Help programme, we have helped people better understand and manage their emotions.

With a low-level form of support over 6 weeks, people work through a series of materials, workbooks and exercises, with a short call from a Practitioner each week to support them through the process.

We were fortunate to have received funding from Mind Cymru to continue to run the project up to the end of the financial year.



Adisha - Supported self-help Practitioner

“I was at a crisis point in my life and was immediately offered help and support. Mind offered me a lifeline”

Throughout Wales over the 18 months that the project ran 7,050 people were supported, 402 people here in Swansea.

We also received SIF Funding from Swansea Bay Health Board which funded another Practitioner to provide the programme to local people.

# WELLBEING SUPPORT

We have continued to provide wellbeing support, with 358 people receiving support from a Mental Health Practitioner. Sometimes, just having a ear to listen to can help and provide the support without the person needing to see their GP.



# CHILDREN & YOUNG PEOPLE (CYP) SUPPORTED SELF-HELP (SSH)

“I feel like it's more worthwhile than counselling because there's more than just the expectation to talk”

We have established our CYP Practitioners in three schools in the Swansea area- Bishopston, Gowerton and Olchfa and three GP Practices- The Kingsway, Strawberry Place and Mountain View to deliver the Supported Self-Help programme.

This has given young people the skills to understand, protect and improve their mental health.

Through six sessions with a practitioner using evidence-based tools and resources to develop a personalised wellbeing toolkit.

Melissa - CYP Practitioner



# VOLUNTEERING

In October we were able to expand on our existing Volunteering project with help from the UK Shared Prosperity Fund. We were able to recruit a Volunteer Co-ordinator and a Volunteer Link Worker. They will be working to recruit volunteers and to manage them during their time with Swansea Mind.



“I have volunteered for around two years at Swansea Mind; however, I have been volunteering for other charities since I was 12 years old. I like volunteering because it helps me, and it helps other people. I wanted to volunteer with Mind specifically after I lost a friend of mine to suicide one Christmas. I wanted to be able to help other people to not have to go through the same thing. I like helping here and people are grateful for it. Volunteering for a charity is different to paid work because you don't do it for the money - you do it because you want to make a difference”

Janet

Funded by  Wedi ei ariannu gan  
UK Government Llywodraeth y DU

WEDI'I YRRU GAN POWERED BY  
**FFYNIANT LEVELLING**  
— BRO — — UP —

## We have three types of volunteers:

Supporter Volunteer – volunteers who help the organisation with administration support, responding to emails and telephone calls and general activities to keep Swansea Mind running.

Befriending Volunteers – volunteers who run our befriending service. This could be a weekly or fortnightly call which offer companionship and help tackle loneliness, isolation and other worries that people may have from a friendly voice.

Student Counsellors – we continue to accept trainee counsellors, who are working towards registration and need to have counselling hours to qualify.



# CASE STUDY

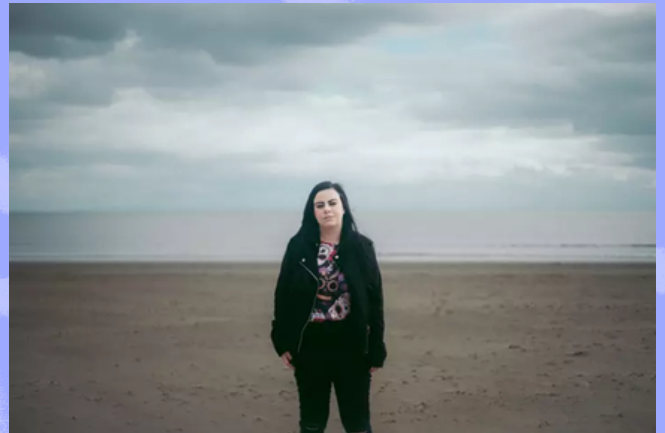
Kayleigh, who has borderline personality disorder, reveals how she was helped by us and why she's so angry at the state of the mental health system.

As a young person trying to learn about the mental health system, it was very confusing. Mental health is not taught in schools. Teachers should be talking about mental health to young children and teenagers in school, so they're not as confused.

"I would say talk to everyone – friends, family, a supportive teacher. Say 'Hey, this is going on and I need some help'. Always, always reach out."

Through this they'd be able to access coping mechanisms and understand mental health before they become adults. This way it doesn't spiral out of control, which is what happened to me. I remember feeling so confused as a teenager. I have borderline personality disorder (BPD) and was finally diagnosed at the age of 19, and that mixed with adolescence and hormones was explosive.

For anyone struggling right now, I would say talk to everyone – friends, family, a supportive teacher. Say 'Hey, this is going on and I need some help.' Always, always reach out.



Without Mind, I think I would be dead. The way my local NHS crisis team handled me was so disappointing. I was manic and psychotic, and when I'm like that, I see and hear things that can be terrifying.

"I spoke to someone at Swansea Mind, and he was absolutely amazing. I felt he understood me as he'd gone through it himself."

I then went in and I spoke to someone at Swansea Mind, and he was absolutely amazing. He said, 'Look at my scars. I've been there, I've done it'. I felt he understood me as he'd gone through it himself.



I was given a contact for a private counsellor that specialises in BPD. Although money is tight for me, It turned out I could get 8 funded sessions with him due to where I live. I've just started having therapy with the NHS after being on the waiting list since 2020. Now I feel like I can get through anything. I can understand my emotions better and how to control them in a healthy way. It's been a huge help.

It makes me angry that there are so many people waiting for mental health services. It's so hard to get help. All I was offered was, 'Oh, we can put you on the list for this'. when I needed urgent crisis care. I needed to be put in a hospital and looked after.

"We want people to have a say on the support they get. People are losing their lives because they're not getting the help they need."

There's a lot of things I'd like to say to the Prime Minister... first of all, there's a mental health crisis. You need to take a step back and see what you're doing when you talk about the "sick note culture" and suggest that people with mental health problems are "over medicalising the every day challenges and worries of life."



Stop giving us tick-box questions. We just want you to be real with us. We want people to have a say on what medication they have and the support they get. Things need to change. People are losing their lives because they're not getting the help they need.

Listen to us. Listen to what we are saying. Listen to what Mind and other mental health charities are saying. The Government needs to listen to us and they're certainly not doing so at the moment.

**Thanks to Mind, I now feel I can get through anything**

# ACKNOWLEDGEMENTS

Swansea Mind would like to thank the following:

Swansea Bay University Health Board

The National Lottery Community Fund

The UK Shared Prosperity Fund

All those who have made donations to Swansea Mind

Scott Otten

Trustees, Staff and Volunteers at Swansea Mind

Mental Health Providers Forum and SCVS

Lloyds Foundation

Mind and Mind Cymru

Charity Commission

Austin Bailey Foundation

Swansea Bay Regional Integrated Fund

Mental Health Services Improvement Fund

Welsh Government

Bevan and Buckland Chartered Accountants



# CONTACT US



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REGISTERED CHARITY NUMBER: 1184072

**UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31 MARCH 2024  
  
FOR  
  
SWANSEA MIND**

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

## **SWANSEA MIND**

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**SWANSEA MIND**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 31 MARCH 2024**

<b>TRUSTEES</b>	T Condon (Chair) D Lowson S Elphick K Kalna J Williams R D Lewis-Gray (appointed 27.7.23)
<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 2024**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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 Swansea Mind are to provide support and services to those with conditions of emotional or mental distress requiring advice or treatment, in association with National Mind and in accordance with the aims and objectives of National Mind.

To this end, the charity provides active monitoring (supported self-help), services for children and young people, 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**

**Financial performance**

Swansea Mind reports a surplus of £117,647 for 2023/24 largely due to generous donations and delays in spending on projects caused by difficulty in recruiting staff in the post pandemic period.

**Reserves**

Swansea Mind uses unrestricted reserves to support charitable activities while ensuring its own financial sustainability. In respect of charitable activities, an amount of £45,000 has been designated to continue support for a project where funding will come to an end in the next financial year.

In respect of financial stability, the charity has identified the need for a contingency fund and sets aside unrestricted reserves for unexpected events. The contingency fund holds £95,000 representing six months' worth of core operating costs to allow for the orderly closure of the charity if that situation should arise. In the short term the contingency fund also provides cover for costs relating to redundancy, maternity leave, property repairs and planning for a change of property.

The charity reviews the contingency fund annually to determine if changes are required in respect of increased turnover or changes to cost estimates.

**Change in Funding**

In previous years the charity has planned for a significant change to the way in which it is funded by the local Health Board. The tendering process commenced in 2019 however was delayed by the pandemic and by changes to the process that pushed back the involvement of mental health charities. The current understanding is that the tendering process will impact Swansea Mind in 2026/27.

Prior to the delays Swansea Mind had drawn up a transition plan to enable the charity to adapt to a new funding profile. At the same time a fund to support the change was identified that draws on restricted funding for core costs transferred from projects. The purpose of the fund is to support the transition to a new funding profile for the charity. The expectation is that it will be released back to the general fund over a period of two to three years following the change in funding of core costs from the Health Board. The fund is reviewed annually to identify surplus funds that can be released to support charitable activities.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes a charitable incorporated organisation (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.

**SWANSEA MIND**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

Approved by order of the board of trustees on ...10th October 2024..... 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 2024.

**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.

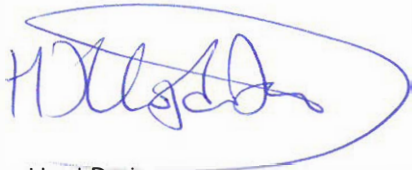
**Independent examiner's statement**

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 member of the 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  
The Institute of Chartered Accountants in England and Wales

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

Date: 10/10/2024



**SWANSEA MIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		54,389	-	54,389	61,939
<b>Charitable activities</b>					
Charitable activities		-	337,719	337,719	255,976
Investment income	2	10,526	-	10,526	3,772
<b>Total</b>		<u>64,915</u>	<u>337,719</u>	<u>402,634</u>	<u>321,687</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities		<u>26,193</u>	<u>258,794</u>	<u>284,987</u>	<u>190,252</u>
<b>NET INCOME</b>		38,722	78,925	117,647	131,435
<b>Transfers between funds</b>	8	<u>76,750</u>	<u>(76,750)</u>	-	-
<b>Net movement in funds</b>		115,472	2,175	117,647	131,435
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>148,231</u>	<u>348,804</u>	<u>497,035</u>	<u>365,600</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>263,703</u></u>	<u><u>350,979</u></u>	<u><u>614,682</u></u>	<u><u>497,035</u></u>

The notes form part of these financial statements

**SWANSEA MIND**

**BALANCE SHEET  
31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	6	36,023	-	36,023	1,313
Cash at bank and in hand		<u>230,663</u>	<u>350,979</u>	<u>581,642</u>	<u>498,546</u>
		266,686	350,979	617,665	499,859
<b>CREDITORS</b>					
Amounts falling due within one year	7	(2,983)	-	(2,983)	(2,824)
		<u>263,703</u>	<u>350,979</u>	<u>614,682</u>	<u>497,035</u>
<b>NET CURRENT ASSETS</b>					
		<u>263,703</u>	<u>350,979</u>	<u>614,682</u>	<u>497,035</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>263,703</u>	<u>350,979</u>	<u>614,682</u>	<u>497,035</u>
<b>NET ASSETS</b>					
		<u>263,703</u>	<u>350,979</u>	<u>614,682</u>	<u>497,035</u>
<b>FUNDS</b>	8				
Unrestricted funds				263,703	148,231
Restricted funds				<u>350,979</u>	<u>348,804</u>
<b>TOTAL FUNDS</b>				<u>614,682</u>	<u>497,035</u>

10th October 2024

The financial statements were approved by the Board of Trustees and authorised for issue on .....  
and were signed on its behalf by:

  
.....  
T Condon - Trustee

The notes form part of these financial statements

## SWANSEA MIND

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

#### 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.

##### **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.

##### **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.

##### **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.



**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**1. ACCOUNTING POLICIES - continued**

**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.

**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.

**2. INVESTMENT INCOME**

	2024	2023
	£	£
Deposit account interest	<u>10,526</u>	<u>3,772</u>

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**4. STAFF COSTS**

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

	2024	2023
Management	2	2
Administration	1	1
Project worker	<u>7</u>	<u>4</u>
	<u>10</u>	<u>7</u>

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

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	61,939	-	61,939
<b>Charitable activities</b>			
Charitable activities	-	255,976	255,976
Investment income	<u>3,772</u>	<u>-</u>	<u>3,772</u>
<b>Total</b>	<u>65,711</u>	<u>255,976</u>	<u>321,687</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>1,559</u>	<u>188,673</u>	<u>190,232</u>
<b>NET INCOME</b>	64,152	67,303	131,455
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>84,099</u>	<u>281,501</u>	<u>365,600</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>148,251</u>	<u>348,804</u>	<u>497,055</u>

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

	2024 £	2023 £
Prepayments and accrued income	<u>36,023</u>	<u>1,313</u>

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

	2024 £	2023 £
Other creditors	22	-
Accrued expenses	<u>2,961</u>	<u>2,824</u>
	<u>2,983</u>	<u>2,824</u>

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**8. MOVEMENT IN FUNDS**

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
General Fund	8,231	38,722	76,750	123,703
Contingency Fund	95,000	-	-	95,000
Project Continuation Fund	45,000	-	-	45,000
	148,231	38,722	76,750	263,703
<b>Restricted funds</b>				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	64,956	2,456	(36,650)	30,762
Counselling Services	23,410	(4,156)	17,000	36,254
National Lottery CYP	25,000	(25,000)	-	-
Lloyds Foundation	27,250	25,000	(52,250)	-
Core Restricted Fund	208,188	-	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	3,250	-	3,250
Shared Prosperity	-	18,375	(4,850)	13,525
	348,804	78,925	(76,750)	350,979
<b>TOTAL FUNDS</b>	<u>497,035</u>	<u>117,647</u>	<u>-</u>	<u>614,682</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	64,915	(26,193)	38,722
<b>Restricted funds</b>			
Swansea Bay University Health Board	85,297	(36,297)	49,000
Mind	131,072	(128,616)	2,456
Austin Bailey Grant	2,750	(2,750)	-
Counselling Services	-	(4,156)	(4,156)
National Lottery CYP	-	(25,000)	(25,000)
Lloyds Foundation	25,000	-	25,000
Mental Health Service Improvement Fund	53,650	(43,650)	10,000
B&Q Foundation	7,500	(4,250)	3,250
Shared Prosperity	32,450	(14,075)	18,375
	337,719	(258,794)	78,925
<b>TOTAL FUNDS</b>	<u>402,634</u>	<u>(284,987)</u>	<u>117,647</u>



**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**8. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
General Fund	39,099	64,132	(95,000)	8,231
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	84,099	64,132	-	148,231
<b>Restricted funds</b>				
Mind	22,314	42,642	-	64,956
Counselling Services	25,290	(1,880)	-	23,410
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	26,697	(1,697)	-	25,000
Lloyds Foundation	-	27,250	-	27,250
Core Restricted Fund	200,000	8,188	-	208,188
	281,501	67,303	-	348,804
<b>TOTAL FUNDS</b>	365,600	131,435	-	497,035

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	65,711	(1,579)	64,132
<b>Restricted funds</b>			
Swansea Bay University Health Board	82,016	(82,016)	-
Mind	86,728	(44,086)	42,642
Austin Bailey Grant	2,500	(2,500)	-
Counselling Services	-	(1,880)	(1,880)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	21,243	(22,940)	(1,697)
Lloyds Foundation	27,250	-	27,250
Core Restricted Fund	8,188	-	8,188
Mental Health Service Improvement Fund	28,051	(28,051)	-
	255,976	(188,673)	67,303
<b>TOTAL FUNDS</b>	321,687	(190,252)	131,435

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**8. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
General Fund	39,099	102,854	(18,250)	123,703
Contingency Fund	45,000	-	50,000	95,000
Project Continuation Fund	-	-	45,000	45,000
	84,099	102,854	76,750	263,703
<b>Restricted funds</b>				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	22,314	45,098	(36,650)	30,762
Counselling Services	25,290	(6,036)	17,000	36,254
Lloyds Enable	7,200	(7,200)	-	-
National Lottery CYP	26,697	(26,697)	-	-
Lloyds Foundation	-	52,250	(52,250)	-
Core Restricted Fund	200,000	8,188	59,000	267,188
Mental Health Service Improvement Fund	-	10,000	(10,000)	-
B&Q Foundation	-	3,250	-	3,250
Shared Prosperity	-	18,375	(4,850)	13,525
	281,501	146,228	(76,750)	350,979
<b>TOTAL FUNDS</b>	<u>365,600</u>	<u>249,082</u>	<u>-</u>	<u>614,682</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	130,626	(27,772)	102,854
<b>Restricted funds</b>			
Swansea Bay University Health Board	167,313	(118,313)	49,000
Mind	217,800	(172,702)	45,098
Austin Bailey Grant	5,250	(5,250)	-
Counselling Services	-	(6,036)	(6,036)
Lloyds Enable	-	(7,200)	(7,200)
National Lottery CYP	21,243	(47,940)	(26,697)
Lloyds Foundation	52,250	-	52,250
Core Restricted Fund	8,188	-	8,188
Mental Health Service Improvement Fund	81,701	(71,701)	10,000
B&Q Foundation	7,500	(4,250)	3,250
Shared Prosperity	32,450	(14,075)	18,375
	593,695	(447,467)	146,228
<b>TOTAL FUNDS</b>	<u>724,321</u>	<u>(475,239)</u>	<u>249,082</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

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**8. MOVEMENT IN FUNDS - continued**

Austin Bailey Grant - To be used for administration

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

Lloyds Enable - To fund business/stability development work

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

**Designated reserve - Contingency**

The charity aims to build this fund up to £95,000 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**

The trustees previously 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.

**9. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.



**SWANSEA MIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	54,389	61,939
<b>Investment income</b>		
Deposit account interest	10,526	3,772
<b>Charitable activities</b>		
Grants	<u>337,719</u>	<u>255,976</u>
<b>Total incoming resources</b>	402,634	321,687
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	197,103	133,826
Pensions	24,056	15,512
Rates and water	289	205
Insurance	5,290	3,789
Light and heat	1,903	1,654
Telephone	4,278	4,343
Admin, postage & stationery	6,103	2,278
Advertising	916	-
Sundries	300	-
Information and educational materials	-	13
Computer upgrades	2,787	1,656
Centre/drop-in	9,964	6,383
Travel expenses	1,236	947
Training and conferences	10,645	2,296
Rent	6,163	6,527
Building maintenance	7,237	3,870
Counselling	2,321	1,100
Consultancy	<u>700</u>	<u>2,100</u>
	281,291	186,499
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	<u>3,696</u>	<u>3,753</u>
<b>Total resources expended</b>	<u>284,987</u>	<u>190,252</u>
<b>Net income</b>	<u>117,647</u>	<u>131,435</u>

This page does not form part of the statutory financial statements

**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 2024.

**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 member of the 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  
The Institute of Chartered Accountants in England and Wales

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

Date: 10/10/2024