

# ANNUAL REPORT 2024 - 2025



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66 St Helen's Road

Swansea. SA1 4BE

Registered Charity 1184072

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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

Chair - Tony Condon

Treasurer - Rob Lewis Gray

Trustee - Stuart Elphick

Trustee - Karol Kalna

Trustee - Umakant Dave



# CEO'S REPORT

As I reflect on the past year, I am filled with immense pride in what we have achieved at Swansea Mind. Despite ongoing challenges in mental health provision and increasing demands on our services, we have continued to grow stronger, more innovative, and more resilient. Our mission to support the mental health and wellbeing of our community has remained at the heart of everything we do.

## Achievements and Impact

### Over the past year, we have:

Supported individuals through a combination of face-to-face services and digital and telephone support.

Expanded our services to meet rising demand, including launching new peer-support groups tailored for LGBTQ+ communities and those with anxiety and depression.

Deepened partnerships with NHS teams and community organisations, enabling a more integrated approach to mental health care in Swansea.

Continued our wellbeing initiative in local schools, providing workshops and early-intervention support to young people.

## Financial Resilience and Growth

Thanks to the dedication of our staff team and the generosity of our supporters, Swansea Mind has ensured that we remain financially robust and can continue expanding our reach. We have also invested in strengthening our digital infrastructure and staff training, ensuring we are equipped for the challenges of the future.

## Our People

None of this would be possible without our dedicated staff, volunteers, trustees, and partners. Their compassion, expertise, and commitment have been the driving force behind our success. I want to express my heartfelt thanks to every individual who has contributed to our work this year.

## LOOKING AHEAD

As we look to the future, we recognize that the need for mental health support is greater than ever.

In 2025, we will focus on:

- Expanding our peer-support networks, with a focus on supporting marginalised communities.
- Advocating for systemic change, ensuring that mental health remains a priority for policymakers and that stigma continues to be challenged.
- Deepening our commitment to equality, diversity, and inclusion in all aspects of our work.

Together, we will continue to work towards a Swansea where everyone experiencing a mental health problem gets the support they need and deserve.

Thank you for your unwavering support of Swansea Mind.

**EMMA JAMES**  
**CEO**

# 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: 9<sup>th</sup> October 2025

## CHAIR'S REPORT

During 2024/25 Swansea Mind continued to support the Swansea region's response to mental health issues. The board of trustees continued to provide supportive oversight and governance, meeting on a regular basis to review the finances, strategy and operations of Swansea Mind. Other reports received by the board include safeguarding, equality, diversity & inclusion, the risk matrix and updates of the charity's policies.

The board works closely with the CEO, providing guidance and support. Good progress has been made in key areas of the strategy including financial sustainability through the establishment of designated funds and operational improvement with further investments in the digital infrastructure and staff training.

This year the board was stable during the year. However, after the financial year end in March 2025 the board was strengthened when a trustee recruitment initiative bore fruit with three new trustees joined the board.

In summary, Swansea Mind continues to play a key role in providing support to everyone in the Swansea area experiencing a mental health problem. 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. Also, to our generous funders and all those who donate to Swansea Mind without whom none of this important work could be done.

## Groups

Swansea Mind continued to run Peer Support Groups throughout the week

**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** - Swansea Mind's 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.

**Gardening Group** - Gardening is widely recognised as beneficial for mental wellbeing for several reasons. It boosts your mood and reduces stress, improves focus and gives a sense of achievement.

**Trans/Non-binary** - A safe and affirming space with a shared understanding. Peer support boosts resilience and self-esteem, and helps participants feel seen, validated, and supported.

**Neurodiversity** – Peer groups can foster a sense of agency and pride. You're not being "fixed" — you're being supported and celebrated. That can be deeply healing for mental wellbeing.

## Supported Self-Help (SSH)

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 Mental Health Services Improvement Fund to continue to run the project.

*“Thanks for your help. I have never used something like this before but it has been really helpful. Thank you”*

## Children & Young People (CYP) Supported Self-Help (SSH)

We have established our CYP Practitioners in four schools in the Swansea area- Bishopston, Dylan Thomas and Gowerton and Olchfa 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.

*“The practitioner was brilliant at helping me to be more aware of my mental health and how to manage it! Thank you very much!”*

## Empowering Stroke Survivors Together

We offer professional and compassionate support for stroke survivors. Our self-help resources are designed to empower you on your journey to recovery, fostering strength and resilience every step of the way.

## Volunteering

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.

*"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*

## Case Study

K. is a 35-year-old gentleman that recently moved back in with his partner and children after a period of living with his sister. He wanted to use the sessions to focus on self-esteem as overall wellbeing had declined over the last six months. In this time, K. had been unemployed after walking out of his role in retail.

During the assessment stage, K. scored the following [GAD-7 =14, PHQ-9 =18; SWEMWBS =17] which indicated overall wellbeing was on the lower side, medium level of depression and moderate level of anxiety.

Over the course of the following six weeks, K. recognized the impact of having no routine in place and the importance of creating routine to support his well-being. He also recognised the uncertainty around employment due to his career within graphic design. This is where we introduced resources such as the “accepting uncertainty” booklet. K. recognised that getting full-time employment within this area was difficult and identified pros/cons of seeking employment in alternative areas of event management as he had many years experience of this.

Being unemployed at home, naturally had an impact on K with no routine and having late nights. This is where we introduced the “sleeping better” resource whereby K came to the realisation that he was drinking approx. 6-8 cups of coffee per day, plus energy cans. K was further able to identify further triggers, stressors and goals alongside the practitioner to challenge the struggle around his sleeping pattern.

We then implemented further techniques of relaxation techniques around stress management as this was later identified as a contributing factor to K’s current situation. We further worked together to empower K. with a personalised toolkit to strengthen his well-being through use of the “focusing on priorities” and an exercise on “positive qualities” to address what is most important to him right now and the positive qualities within him identified through various situations at home that week whether that be as a dad, partner or as a potential employee.

K disclosed that whilst not in work he was receiving benefits but “did not want to be that guy”. He was able to reflect on his own values and beliefs, what is important to him and what this means to him. We were able to further explore this through completion of the “how to challenge the inner



critique” resource and identified what emotions this brought up. This led to a significant moment of acceptance for his situation and reduced the levels of guilt he held for not being in work.

By the 6th session, overall wellbeing had improved with higher score of overall wellbeing [SWEMWBS=24] and lower scores of depression and anxiety [GAD-7=6 and PHQ-9=13].

K. had secured a full-time position by our last session and was looking forward to getting back into work.

K described the sessions in the following words: “I think the sessions have been helpful. I find it easier to converse with someone, to actually think about how I’m feeling and puts things into perspective. It also gives me a chance to reflect as I get distracted.”

# Acknowledgements

## Swansea Mind would like to thank the following:

Swansea Bay University Health Board

Stroke Association and Swansea Stroke Survivors Group

Swansea University

The UK Shared Prosperity Fund

All those who have made donations to Swansea Mind

Trustees, Staff and Volunteers at Swansea Mind

Mental Health Providers Forum and SCVS

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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Web: [www.swanseamind.org.uk](http://www.swanseamind.org.uk)

REGISTERED CHARITY NUMBER: 1184072

**UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31 MARCH 2025**

**FOR**

**SWANSEA MIND**

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

**SWANSEA MIND**

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FOR THE YEAR ENDED 31 MARCH 2025**

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**SWANSEA MIND**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 31 MARCH 2025**

**TRUSTEES**

T Condon (Chair)  
S Elphick (resigned 9.10.25)  
K Kalna  
J Williams (resigned 10.10.24)  
R D Lewis-Gray (resigned 13.5.25)  
U R Dave (appointed 18.7.24)  
A N Shaikh (appointed 12.6.25)  
A Shereef (appointed 12.6.25)  
L J Cambule (appointed 12.6.25)

**PRINCIPAL ADDRESS**

66 St Helens Road  
Swansea  
SA1 4BE

**REGISTERED CHARITY NUMBER**

1184072

**INDEPENDENT EXAMINER**

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 2025**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. 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 £17,595 (2024: £117,647) largely due to reduced expenditure which offset reductions in income.

Total income in the year was £263,720 (2024: £402,634) with donations received of £28,699 (2024: £54,389), grants of £223,774 (2024: £337,719) and interest income of £11,247 (2024: £10,526).

Total expenditure was £246,125 (2024: £284,987) principally as a result of a reduction in wage costs which were £165,240 (2024: £197,103)

Total reserves increased to £632,277 (2024: £614,682).

**SWANSEA MIND**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**FINANCIAL REVIEW**

**Reserves**

**Section 1 - Introduction**

**1.1 Scope**

This policy defines how Swansea Mind will use funds generated from any surplus arising from specific sponsored projects, donations received and fundraising events managed by the charity. It ensures that we are as prepared as possible for unexpected financial challenges and to maximise opportunities.

By setting aside these reserves, we affirm our commitment to responsible financial stewardship and the continued sustainability of our organisation.

**1.2 Aims**

The purpose of the Reserves Policy (amongst other policies) at Swansea Mind is to support the ongoing financial stability and sustainability of the organisation. This policy outlines the rationale and guidelines for maintaining and utilising financial reserves to:

- Protect the continuity of Swansea Mind's work in line with the strategic plan
- Enable the charity to carry on working through a difficult funding period
- Decide how to use reserves to further the aims of the charity
- Fund unexpected costs
- Allow for the well-managed closure of the charity should this be necessary (including any redundancy costs or pension liabilities where appropriate).

**1.3 Roles and responsibilities**

The Board of Trustees have overall responsibility for ensuring this policy complies with our legal and ethical obligations, and that all those under our control comply with it. The primary and day-to-day responsibility for implementing this policy sits with all managers and the CEO is responsible for monitoring its use and effectiveness and dealing with any queries on its interpretation.

Management at all levels is responsible for ensuring those who report to them are made aware of and understand this policy and are given adequate and regular training on it.

**1.4 Reserves**

Our reserves policy sets our target reserves level to enable us to manage any excesses or deficits compared to targets and ensure our financial sustainability and resilience. Our aim is to strike the appropriate balance between ensuring sustainable financial position and using our funds in a timely way to fulfil our strategy.

Trustees have agreed a policy to maintain free reserves (unrestricted) within a target range of 6-12 months of operating costs plus any known redundancy or pension liabilities to ensure that the charity would always be able to wind down in a safe and professional way. In addition, the trustees have agreed to designate some funds in the coming financial year to enable the charity to maximise its services, impact and opportunities.

The policy applies to unrestricted reserves, as restricted funds are, by definition, already allocated to a purpose. An explanation of types of reserves are listed in Section 2 of the policy.

**Section 2: Types of funds explained**

**2.1 Restricted funds**

Consists of funds received that specify the service, project or function for which they are to be used. Where the funded activity is ongoing but subject to review and renewal at specific times (e.g. funds allocated annually) the funds held (surplus generated after accounting for all outstanding income and expenses relevant to the that period) at that date will be considered as no longer restricted and transferred to the Unrestricted Funds account.

Should the contract specifically state that any surplus funds held at this date are to be returned to the sponsor within their specified timeframe in the contract or other funding agreement, then those funds will be retained in the restricted funds account until such time as they are repaid to the sponsor. After this time, any surplus funds will no longer be considered as restricted and transferred to the unrestricted funds account.



## SWANSEA MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

#### FINANCIAL REVIEW

##### 2.2 Unrestricted funds (sometimes referred to as Free Reserves)

Consist of funds transferred from the restricted funds account, general donations and cash received from external donors with no use specifically identified and any surplus generated from specific fundraising events operated by the charity. The use of these funds will be controlled by the charity at their absolute discretion subject to the appropriate approval by the Board.

##### 2.3 Designated funds

Consist of funds transferred from the unrestricted funds account to fund specific projects and items of expenditure identified by the charity and approved by the main Board of Trustees. Whilst not an exhaustive list some examples are listed below:

- specific charitable projects sponsored by the charity
- additional funding to external sponsored services or projects where there is a shortfall or the charity is of the opinion that they should be run beyond the end date defined by the initial funder/sponsor
- identified specific capital expenditure e.g. replacement office equipment
- funding unexpected increases in expenditure without which the charity may experience difficulties in continuing to operate
- provide funds to enable an orderly winding up the charity in the event of any future financial difficulties it may encounter
- fund any increase in expenditure not foreseen at the initial tender stage of a project or projects e.g. ensuring staff salaries are maintained at an acceptable level in comparison to the market.

#### Section 3: Responding to reserves outside the desired range

Trustees will keep their reserves policy and the level of reserve under review. The level of reserve has been considered in the charity's risk management.

If free reserves fall below the target range the board will urgently consider whether this poses any serious risk to the charity. The board will also aim to address any shortfall within 2 years.

In line with Charity Commission guidance, if free reserves are above the maximum target, the board will agree how such funds should best be used to further the aims of the charity, as unnecessarily holding onto funds limits the benefits that can be delivered. We will then transfer reserves to designated funds and spend these within 2 years or invest it.

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

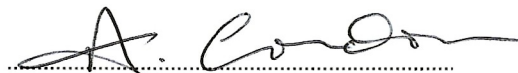
##### Governing document

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.

Approved by order of the board of trustees on 12 JANUARY 2026 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 2025.

**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: 12 January 2026

**SWANSEA MIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		28,699	-	28,699	54,389
<b>Charitable activities</b>					
Charitable activities		-	223,774	223,774	337,719
Investment income	2	11,247	-	11,247	10,526
<b>Total</b>		<u>39,946</u>	<u>223,774</u>	<u>263,720</u>	<u>402,634</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities		3,371	242,754	246,125	284,987
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	8	36,575 15,463	(18,980) (15,463)	17,595 -	117,647 -
<b>Net movement in funds</b>		52,038	(34,443)	17,595	117,647
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		263,703	350,979	614,682	497,035
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>315,741</u>	<u>316,536</u>	<u>632,277</u>	<u>614,682</u>

The notes form part of these financial statements

**SWANSEA MIND**

**BALANCE SHEET  
31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	6	229	-	229	36,023
Cash at bank and in hand		319,307	316,536	635,843	581,642
		<u>319,536</u>	<u>316,536</u>	<u>636,072</u>	<u>617,665</u>
<b>CREDITORS</b>					
Amounts falling due within one year	7	(3,795)	-	(3,795)	(2,983)
<b>NET CURRENT ASSETS</b>		<u>315,741</u>	<u>316,536</u>	<u>632,277</u>	<u>614,682</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>315,741</u>	<u>316,536</u>	<u>632,277</u>	<u>614,682</u>
<b>NET ASSETS</b>		<u>315,741</u>	<u>316,536</u>	<u>632,277</u>	<u>614,682</u>
<b>FUNDS</b>	8				
Unrestricted funds				315,741	263,703
Restricted funds				316,536	350,979
<b>TOTAL FUNDS</b>				<u>632,277</u>	<u>614,682</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12 JANUARY 2026 and were signed on its behalf by:

  
T Condon - Trustee

## SWANSEA MIND

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

#### 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 2025**

**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**

	2025	2024
	£	£
Deposit account interest	11,247	10,526
	<u>11,247</u>	<u>10,526</u>

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**4. STAFF COSTS**

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

	2025	2024
Management	2	2
Administration	1	1
Project worker	5	7
	<u>8</u>	<u>10</u>

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



SWANSEA MIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2025

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Prepayments and accrued income	<u>229</u>	<u>36,023</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other creditors	433	22
Accrued expenses	<u>3,362</u>	<u>2,961</u>
	<u><u>3,795</u></u>	<u><u>2,983</u></u>

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2025**

**8. MOVEMENT IN FUNDS**

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
<b>Unrestricted funds</b>				
General Fund	123,703	36,575	(44,537)	115,741
Contingency Fund	95,000	-	(95,000)	-
Project Continuation Fund	45,000	-	(45,000)	-
Designated Fund	-	-	200,000	200,000
	<u>263,703</u>	<u>36,575</u>	<u>15,463</u>	<u>315,741</u>
<b>Restricted funds</b>				
Mind	30,762	(15,299)	(15,463)	-
Counselling Services	36,254	(4,045)	-	32,209
Core Restricted Fund	267,188	-	-	267,188
B&Q Foundation	3,250	(287)	-	2,963
Shared Prosperity	13,525	(13,525)	-	-
Swansea University	-	14,176	-	14,176
	<u>350,979</u>	<u>(18,980)</u>	<u>(15,463)</u>	<u>316,536</u>
<b>TOTAL FUNDS</b>	<u>614,682</u>	<u>17,595</u>	<u>-</u>	<u>632,277</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	39,946	(3,371)	36,575
<b>Restricted funds</b>			
Swansea Bay University Health Board	88,708	(88,708)	-
Mind	29,277	(44,576)	(15,299)
Austin Bailey Grant	1,833	(1,833)	-
Counselling Services	-	(4,045)	(4,045)
Mental Health Service Improvement Fund	51,489	(51,489)	-
B&Q Foundation	-	(287)	(287)
Shared Prosperity	32,450	(45,975)	(13,525)
Swansea University	20,017	(5,841)	14,176
	<u>223,774</u>	<u>(242,754)</u>	<u>(18,980)</u>
<b>TOTAL FUNDS</b>	<u>263,720</u>	<u>(246,125)</u>	<u>17,595</u>

**SWANSEA MIND**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2025**

**8. MOVEMENT IN FUNDS - continued**

**Comparatives for 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
	<u>148,231</u>	<u>38,722</u>	<u>76,750</u>	<u>263,703</u>
<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
	<u>348,804</u>	<u>78,925</u>	<u>(76,750)</u>	<u>350,979</u>
<b>TOTAL FUNDS</b>	<u>497,035</u>	<u>117,647</u>	<u>-</u>	<u>614,682</u>

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	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
	<u>337,719</u>	<u>(258,794)</u>	<u>78,925</u>
<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 2025**

**8. MOVEMENT IN FUNDS - continued**

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

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
<b>Unrestricted funds</b>				
General Fund	8,231	75,297	32,213	115,741
Contingency Fund	95,000	-	(95,000)	-
Project Continuation Fund	45,000	-	(45,000)	-
Designated Fund	-	-	200,000	200,000
	<u>148,231</u>	<u>75,297</u>	<u>92,213</u>	<u>315,741</u>
<b>Restricted funds</b>				
Swansea Bay University Health Board	-	49,000	(49,000)	-
Mind	64,956	(12,843)	(52,113)	-
Counselling Services	23,410	(8,201)	17,000	32,209
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	-	2,963	-	2,963
Shared Prosperity	-	4,850	(4,850)	-
Swansea University	-	14,176	-	14,176
	<u>348,804</u>	<u>59,945</u>	<u>(92,213)</u>	<u>316,536</u>
<b>TOTAL FUNDS</b>	<u>497,035</u>	<u>135,242</u>	<u>-</u>	<u>632,277</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	104,861	(29,564)	75,297
<b>Restricted funds</b>			
Swansea Bay University Health Board	174,005	(125,005)	49,000
Mind	160,349	(173,192)	(12,843)
Austin Bailey Grant	4,583	(4,583)	-
Counselling Services	-	(8,201)	(8,201)
National Lottery CYP	-	(25,000)	(25,000)
Lloyds Foundation	25,000	-	25,000
Mental Health Service Improvement Fund	105,139	(95,139)	10,000
B&Q Foundation	7,500	(4,537)	2,963
Shared Prosperity	64,900	(60,050)	4,850
Swansea University	20,017	(5,841)	14,176
	<u>561,493</u>	<u>(501,548)</u>	<u>59,945</u>
<b>TOTAL FUNDS</b>	<u>666,354</u>	<u>(531,112)</u>	<u>135,242</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 2025**

**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 2025.

**SWANSEA MIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	28,699	54,389
<b>Investment income</b>		
Deposit account interest	11,247	10,526
<b>Charitable activities</b>		
Grants	223,774	337,719
<b>Total incoming resources</b>	263,720	402,634
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	165,240	197,103
Pensions	27,444	24,056
Rates and water	-	289
Insurance	5,978	5,290
Light and heat	4,550	1,903
Telephone	4,051	4,278
Admin, postage & stationery	3,818	6,103
Advertising	-	916
Sundries	-	300
Computer upgrades	7,413	2,787
Centre/drop-in	9,267	9,964
Travel expenses	1,449	1,236
Training and conferences	2,351	10,645
Rent	5,000	6,163
Building maintenance	1,562	7,237
Counselling	1,535	2,321
Grow wild expenditure	853	-
Consultancy	750	700
Affiliation costs	687	-
Subscriptions	145	-
	242,093	281,291
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy and legal fees	4,032	3,696
<b>Total resources expended</b>	246,125	284,987
<b>Net income</b>	17,595	117,647

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 2025.

**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.

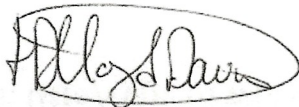
**Independent examiner's statement**

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: 12 January 2026