



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **01/04/2022** Period start date To **31/03/2023** Period end date

Charity name: **Mindset Vitality**

Charity registration number: **1198750**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of bereaved people in South Wales by providing emotional support, counselling and psychoeducation.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Promoting, setting up, and hosting a Bereavement Friendship Group in Pontardawe. Recruiting volunteers to co-host the group and help with developing our social media. Building networks with potential referrers.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have taken into account the guidance issued on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	NA
Policy on social investment including program related investment	Para 1.38	NA
Contribution made by volunteers	Para 1.38	Gaynor and another volunteer have hosted the Pontardawe group. A further volunteer has helped with creating posts for social media.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Gaynor ran the Pontardawe group seven times in this accounting period and helped five individuals who attended regularly.</p> <p>Most attendees saw our posters and came along to chat with others who were grieving.</p> <p>An example is a lady in her early 50s who was referred by a Social Prescriber because her father had just died. She has always lived at home and her mother died many years ago. She was very tearful upon arriving and had a private one-to-one session with our bereavement specialist, Gaynor Rosier. Since then, she has made significant progress in coping with her grief and has never missed a group meeting despite working.</p> <p>The benefits to society are that attendees are less lonely and will not need health and social services for grief symptoms.</p> <p>(The group is ongoing, twice each month.)</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	By gaining funding from The National Lottery Community Fund in August 2022 we were able to plan for and publicise our first group, which began in December 2022 in Pontardawe.
Performance of fundraising activities against objectives set	Para 1.41	<p>We were unable to secure sufficient funding to employ staff to make faster progress as we were new and did not have a track record.</p> <p>Initially, money for insurance, a phone number, and office expenses were loaned by the founder, Gaynor Rosier.</p>
Investment performance against objectives	Para 1.41	Gaynor has managed the charity's bank account to accrue interest and avoid bank charges.
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The year was managed economically, and expenditure was low as we were just starting to provide our first group.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Currently, there is no reserves policy. However, the accounts are managed frugally.
Amount of reserves held	Para 1.22	5000
Reasons for holding zero reserves	Para 1.22	NA
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	NA

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The National Lottery Community Fund award in August 2022.
Investment policy and objectives including any social investment policy adopted	Para 1.46	None.
A description of the principal risks facing the charity	Para 1.46	The main risk is failing to secure further funding to continue our activities and expand them.
Other		

Structure, Governance and Management

Description of charity's trusts:		None.
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees.
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The founder looked for professional people in the care sector who had skills and experience as trustees and were sympathetic towards the aims of the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	We already had experience as trustees.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	So far, we have three trustees and the founder.
Relationship with any related parties	Para 1.51	None.
Other		

Reference and Administrative details

Charity name	Mindset Vitality
Other name the charity uses	
Registered charity number	1198750
Charity's principal address	4 St Mary's Rd Ynysmeudwy Pontardawe Neath Port Talbot SA8 4QH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Fiona MacLeod	Chair		
2	Leigh Batchelor	Treasurer		
3	Sian Jackson	Trustee		

Corporate trustees – names of the directors at the date the report was approved

Director name		
NA		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
NA		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NA
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	NA
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	NA

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

NA

Other optional information

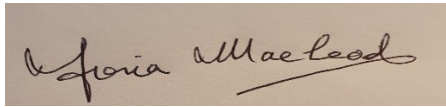
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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

A handwritten signature in black ink on a light brown rectangular background. The signature appears to read 'Fiona MacLeod' in a cursive script.

Full name(s)

Fiona MacLeod

Position (eg
Secretary, Chair, etc)

Chair

Date

03.04.24

Date	Source	Money In	Money Out	Balance	Purpose	Receipt Ref	Cheque No.	Savings Acct	Interest
01.04.22	Balance bf	0	0	0					
13.12.21	Loan from founder	29.46	29.46	0	Printer cartridges	GB13M3OUMAEUI			
31.3.22	"	5.03	5.03	0	Domain name	Namecheap Order# 92622582)			
19.4.22	"	4.95	4.95	0	Mobile number	Lebera 19363177			
18.5.22	"	117.6	117.6	0	Insurance	Hiscox Policy Bee 14892068			
18.7.22	"	7	7	0	Bank charges				
		164							
24.1.23	Repaid	114.64						3	
	Outstanding	49.4							
26.7.22	National Lottery	9,998.00		9,998.00	Grant				
20.9.22			7	9,991.00	Bank charges				
3.10.22			9.8	9,981.20	Insurance	HISCOX	DD		
10.10.22			7	9,974.20	Bank charges				
1.11.22			9.8	9,964.40	Insurance	HISCOX	DD		
21.11.22			7	9,957.40	Bank charges				
1.12.22			9.8	9,947.60	Insurance	HISCOX	DD		
6.12.22			5	9,942.60	Mobile	Lebara	DD		
19.12.22			7	9,935.60	Bank charges				
22.12.22			10	9,925.60	Venue Hire	Pontardawe Heritage & '		1	
23.12.22			3.4	9,922.20	Office supplies	Wilko			
3.1.23			9.8	9,912.40	Insurance	HISCOX	DD		
4.1.23			5	9,907.40	Mobile	Lebara	DD		
6.1.23			0.85	9,906.55	Refreshments	Kumar Stores			
16.1.23			9,700	206.55	Savings	Savings account		9,700	
17.1.23			7	199.55	Bank charges				
20.1.23			1.95	197.60	Refreshments	Kumar Stores			
24.1.23			114.64	82.96	Repay founder			3	

Total cost of Office

57.81