

**REGISTERED COMPANY NUMBER: 03630284 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1073596**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023  
FOR  
CONWY MIND**

Williams Denton Cyf  
Chartered Certified Accountants  
Glaslyn  
Ffordd y Parc  
Parc Menai  
Bangor  
Gwynedd  
LL57 4FE

**CONWY MIND**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

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	<b>Page</b>
<b>Report of the Trustees</b>	1 to 9
<b>Independent Examiner's Report</b>	10
<b>Statement of Financial Activities</b>	11 to 12
<b>Balance Sheet</b>	13 to 14
<b>Cash Flow Statement</b>	15
<b>Notes to the Cash Flow Statement</b>	16
<b>Notes to the Financial Statements</b>	17 to 31
<b>Detailed Statement of Financial Activities</b>	32 to 33

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**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. 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).

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Executive Committee are elected at a GENERAL MEETING to serve a period of 3 years, which can be extended for a maximum of 9 years.

The charity uses the services of the following agents and advisers in carrying out its responsibilities to the community at large:

**Banking**

The current account and a savings account are with Santander bank, with a further Savings account in Nationwide Building Society.

**Accountants**

Conwy Mind use Williams Denton Chartered Accountants Trinity Sq Llandudno

**Responsibilities of members of the executive committee:**

Company law requires the trustees to prepare financial statements for each financial year which give a 'true and fair' view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Day to day management of the charity is delegated to the Chief Executive Officer Denise Roberts and a team of paid staff.

**Senior Management Structure**

Conwy Mind, which is a member of the Mind Federation, is a local independent charity based in Abergel, providing mental health support to the people of Conwy County. During lockdown Conwy Mind developed its on-line services and hybrid working which facilitated further development and expansion once lockdown restrictions were lifted. Staff have also resumed working within the community providing face to face support to those who use our services. We are currently in the final stages of developing our five-year strategy (2023- 2028) which will provide our blueprint for the future. An extensive information gathering exercise has been undertaken, consulting with our: funders; partners; staff; the users of our services and volunteers, through mostly, face to face meetings. Feedback has been positive and has helped shape our strategy. This will in turn feed into our business plan, which is currently a work in progress. We are working towards refreshing our Mind Quality Mark and Investing In Volunteers accreditations. The MQM standard is endorsed by the Charity Commission and is an on-going process.

## CONWY MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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There are currently seven trustees, and The Board of Trustees meets monthly, following a set agenda covering the essential elements such as Health & Safety, Safeguarding and Financial reports, as well as updates on outcomes of bids, development of services and other meaningful milestones. These meetings are minuted and presented to the Board of Trustees for approval prior to the next meeting. There are three named officers, Chair, Vice Chair and Treasurer who are elected at a General Meeting to serve for a period of three years.

There are currently three sub-committees which meet monthly. These cover Governance, Finance and People and Services. The Governance subcommittee is responsible for reviewing and updating all policies and procedures in line with the Mind Quality Mark. The board may devolve its decision-making powers to these committees, decisions are then ratified by the board at their monthly meetings. These committees were initially set up to correspond to areas of responsibility defined in the MQM, as we have now completed the assessment process and have had verbal confirmation of our success, the scope and nature of these committees is to be reviewed to assess whether they need to be revised going forward.

We are also about to embark on an exercise to expand and diversify our board, to ensure all the voices throughout our area of operations are heard, particularly those of people with lived experience. We take EDI extremely seriously and the Vice Chair and CEO have recently undergone training in board diversification.

There is a detailed recruitment and selection process in place for the engagement of new trustees, which follows all relevant governance regulations and policies, particularly EDI. Prospective trustees are asked to provide two references and undergo a DBS (Disclosure and Barring) check before they are invited to join the board.

All new Trustees are supported through a robust six-month induction programme with a named Trustee as their 'mentor'. Conwy Mind has grown the number of volunteers over the past year with over twenty now in place. New and interesting roles are being developed. Volunteer recruitment is underpinned by a comprehensive Volunteer Policy which covers all aspects of the volunteer cycle. Risk management is on-going using a robust, embedded, Risk Register which is up-dated by the CEO, and which is subject to regular scrutiny by the board of trustees. This register details any business and/or operational risks which the charity faces. A system of red, amber and green warnings is in place to flag up degrees of risk to ensure necessary action can be taken in good time to mitigate these.

Conwy Mind has indemnity insurance to cover trustees and former trustees up to the value of £500,000, which is shared over all LMA's as part of the standard Mind block insurance.



**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Conwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution. Whilst Conwy Mind fully subscribes to, and supports, the vision and purpose detailed in national Mind's overarching strategy the Trustees recognise that 'one size does not fit all' and that what works in the inner-city areas of the UK doesn't necessarily apply in the Conwy areas of tourism and the reality of the rural farming community.

As previously stated a revised strategy has been developed for Conwy Mind for the period 2023 to 2028, and extensive consultation has been undertaken with all interested parties to ensure it will be fit for purpose over the coming years.

The trustees confirm that they have referred to the guidance in the Charity Commission's guidance on public benefit when reviewing the aims and objectives of Conwy Mind and in planning future activities.

**Our Vision, Purpose and Values**

**Our Vision in Conwy Mind**

For as long as you need us, we will be here for you. With one in four people experiencing a mental health issue, that's almost 75,000 people in Conwy needing our help and support for their mental health and well-being.

**Our Purpose**

Supporting people and communities to a better understanding of good mental health, enabling people to be able to think, feel and react in the ways that they need and want to live their life. We will do this through:

- Delivery of excellent services.
- Raising awareness and tackling stigma.
- Education and training

**Our Values**

- Kindness
- Respect
- Integrity
- Teamwork

**Our Strategic Objectives 2023 -2028**

1. Reach as many people as possible: Making sure people have better understanding of mental health and how they can support themselves and others.
2. Raise awareness and tackle stigma across our communities.
3. Develop and expand services for children and Young People aged 11 -25 and for those who support them.
4. Build an organisation which is fit for the future and best placed to respond to opportunities ahead.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

**Achievements and Performance**

Despite the challenges following on from the pandemic, we continued to grow and develop the organisation, increasing services and reaching new audiences including children and Young People.

During 2022/23, we reached over 2000 people through our services and face to face engagement activities and provided 1-1 support to 1282 people across Conwy. We supported 150 children and young people, offering a range of services and engagement opportunities.

22/23 was a period of reflection and presented an opportunity to review the past 2 years and to begin focusing on the future of the organisation, beginning discussions, and planning for the next 5-year strategy, ensuring that the organisation is best placed to meet the future challenges ahead.

There were new opportunities for the organisation, which included an expansion of designated area to include Anglesey and Gwynedd, partnership development with Abergele in Action and Homelessness partnership on Anglesey to submit a 5-year application to the National Lottery.

Legacy of covid and the cost-of-living crisis coupled with lack of support from statutory services, has seen increased demand for our services with a higher degree of complexity being presented. People are needing support for longer with many facing multiple complex issues. Over the next 12 months, we foresee this demand continuing to increase.

We continue to monitor the Cost-of-Living crisis and the effect it has on our organisation and the people we support.

**ICAN Community Hub**

The ICAN Community Hub, funded through Betsi Cadwaladr Health Board, was extended for a further 12 months and as the main point of contact for services supported over 1000 referrals and 700 people going on to receive 1-1 support, support calls, signposting, and onward referrals. We established new hubs across the county including Colwyn Bay Jobcentre and Llanrwst library.

We saw an increase in take up of our support calls, especially where people were struggling to receive support from statutory services as they did not meet the threshold or were waiting list. 607 support calls were delivered.

This last year our support calls have helped people to feel more able to manage many aspects of their lives. One of the biggest differences people have reported is feeling more comfortable talking about their mental health, having the language to talk to professionals and better able to be open with their friends and family, resulting in strong support networks in their day-to-day life.

**Courses and Groups**

Over the last year we have grown our offer of groups and courses, including informal peer support sessions, structured mental health courses and more formal training for businesses and organisations. We have also piloted community delivered groups with a creative focus in partnership with places like Oriel Mostyn, Melody through the Mind and Pride.

Alongside these our counsellors have delivered several Anxiety Management courses and our trainer, Nick, ran 5 Ways to Wellbeing walks in collaboration with Carneddau Landscape Partnership, Transport for Wales, Creating Enterprise and TAPE. During these walks the group explored the beautiful countryside in Conwy and looked at simple actions people can take to apply the five ways to their everyday lives.

Courses offered.

- Mums Matter support group

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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- Anxiety Management course
- Arts for Wellbeing
- Life-music group
- Mental Health First Aid both adult and young people's versions
- Mental Health Awareness
- Coffee mornings, Walk and Talks

**Talking Therapies Hub**

**Active Monitoring**

We continued to provide Active Monitoring through the contract with Mind Cymru and we were able to increase the offer of support across Conwy through the additional contract with the Conwy GP Clusters. The GP contract ensured provision for people across the county, working closely with GPs across Conwy and surgery based Occupational Therapists has enabled us to extend our reach and provide more accessible mental health support, with reduced waiting times and improved referral pathways.

93.1% saw an improvement in their wellbeing.

88.2% saw a reduction in anxiety.

89.7% saw an improvement in depression.

**Counselling services**

Over the course of the last year, we have continued to deliver counselling through our Parabl service and have supported people with a range of issues including anxiety and depression related to relationships, family, bereavement, disability, physical health.

Anxiety/Depression/Other MH issues/Physical Health issues, Injury and Disability/ Bereavement/ Loneliness/ Self-Esteem/ Relationship and Family Issues/Cost of Living Crisis related issues/Unemployment.

There has been a sharp increase in the demand for face-to-face counselling at our Abergele office, though we continue to offer the option of receiving counselling on the phone or by Zoom.

We received 141 referrals for 1-1 counselling and delivered 450 counselling hours. The counsellors also delivered a number of anxiety management courses across the year.

**Young People Hub**

A key strategic ambition has been to grow and develop services for Children and Young People. We continued to offer 1-1 support through Active Monitoring for children and Young People and continued to develop our presence in local secondary schools with student support sessions and promoting our services widely through mental health awareness talks and events. We were also delighted to receive funding for two young people's projects, one in partnership with Abergele Youth Shedz and the other as part of the national project with Anna Freud and Mind.

The project with Youth Shedz supports young people who are at risk of falling out of mainstream education. This opportunity has allowed us to pilot a less structured form of support where the young people can engage in creative activities such as film making podcasts to build confidence and awareness of mental health and identify ways of supporting themselves and others.

We also have three practitioners working for our SCESS project (Anna Freud and Mind), which supports young people, school staff and parents nationally through 1-to-1 online sessions and webinars, giving them the chance to talk openly about their mental health and develop a tool kit of support.

## **CONWY MIND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023**

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#### **Training Hub**

We continued to offer training across the county and working in partnership with the other two local minds we have successfully delivered Youth Mental Health First aid across Betsi Cadwaladr Health Board to a range of different staff and departments.

#### **Volunteering**

Through funding with WCVA Small Volunteering grants project, we were able to continue developing our new approach to volunteering, offering more flexible approach with more meaningful roles. We have recruited over 20 volunteers. We worked alongside and listened to our volunteers to create a more engaging volunteer programme. We have seen an increase in people wanting to volunteer for our organisation. We also begun the reaccreditation of Investors in Volunteers.

We want to make volunteering part of everything we do at Conwy Mind, and a new two-year project, funded by the WCVA is helping us to draw on the huge wealth of experience volunteers bring to us to develop new and innovative services and to explore the benefits of a co-production approach. Making connections with other agencies such as Diverse Cymru and Guide Dogs for the Blind to share volunteers and train them to support people accessing both services.

Projects our volunteers have been involved in:

" Fundraisers, Befriending, Course Assistants e.g., Mums Matter, ACT with Yoga, coffee mornings, arts for wellbeing workshops, creative writing, Lifemusic etc.

#### **Lived Experience**

Conwy Mind is committed to ensuring anyone with personal experience of mental health difficulties has the chance to shape and co-produce our services.

Over this last year we have been speaking to people within the community to find out what support is needed and break down the barriers to accessing or reaching out for help.

We have also been developing more opportunities for lived experience leadership, including co-producing Conwy Mind's new five-year strategy plan and engaging more people online to share their views.

We were delighted to hold two face-to-face consultation events, inviting people to share their ideas, knowledge and experience of using existing mental health services, with an overall aim of identifying local need and develop future services in response to this.

Over the next year we plan to expand on this work, circulating surveys more widely and introducing a regular forum for people to feedback on aspects of our work.

#### **Digital support**

The organisations decision to invest in a social media and marketing apprentice has proved successful, increasing our engagement and reach across the area. The total unique people reached through Facebook was up by 71% on the previous year, reaching over 66k people. We saw an increase of 69% of users to our website and an increase of unique visitors up by 101% on the previous year.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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**FINANCIAL REVIEW**

**Financial position**

The total Income received for the period was £575,423k and the total expenditure was £535,135k.

There were grants received from Betsi Cadwaladr Health Board, Lloyds Banking Foundation, Moondance, Comic Relief Covid Crisis support and towards the end of the financial year Postcode Community Trust. The organisation was successful in its application to National Mind for an organisational development grant for the Fundraising and Engagement role, helping to diversify and strengthen the organisation's income streams.

The organisation renewed contracts for the ICAN Community Hub, Active Monitoring partnership with Mind Cymru, GP Conwy Cluster contract. Further contracts were successful with National Mind to deliver the Whole School Approach and the Anna Freud Early Schools and Colleges support.

However, the organisation still recognises the short-term nature of the funding received, only the Postcode Community Trust funding has been confirmed for 2 years all other funding including contracts are 12 months or less. This makes income diversification a priority for the following year. Conwy Mind needs to increase other sources of non-restricted income to balance out the short-term nature of current funding streams.

**Fundraising**

Diversifying our income streams through Fundraising and other activities including external training and paid therapy services remains a priority for the organisation. The Board of Trustees are committed to developing this area of work, recognising the risk of reliance on short term funding. Through an organisation development grant from National Mind and supported investment from our unrestricted funds, the Board supported the decision to invest in the development of a Fundraising and Community Engagement Officer to support its strategic objective of building an organisation fit for the future and ending our reliance on short term funds.

We have been limited with extending our training offer as the trainer role has only been 2 days a week, but we will be investing resource to support the extension of this role to full time to enable us to capitalise of the additional requests for training. As part of our strategy consultation events, other organisation saw Conwy Mind as being a leader in offering and developing external training.

**Investment policy and objectives**

Following the sale of the building in Llandudno the trustees chose to create an investment portfolio which is managed by Rowan Dartington. The investment is a balanced strategy to generate returns from both capital appreciation and income and will typically balance the mix of assets. Investments are made across a diverse ethical portfolio with risk spread across different assets. Discretionary management of the portfolio is handled by Rowan Dartington, who report to the board every six months.

The investment portfolio did not perform as well as expected over the financial year. This was down to several factors: Increased interest rates; Ukrainian war; stock markets poor performance; low risk strategies performed less well than the high-risk strategies. Ethical investments do not perform as well as investments in oil and gas. Following advice from Rowan Dartington, who expect our investment to perform at 5% plus per annum over the next four years, it was agreed to leave the money where it is at this point in time.

## **CONWY MIND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023**

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#### **FINANCIAL REVIEW**

##### **Reserves policy**

At the end of the year the unrestricted funds were £595,462k.

These reserves are in keeping with the reserves policy and reflect the degree of uncertainty regarding the organisations current funding streams of being less than 12 months. The reserves are considered adequate to cover any changes to the organisations. The reserves will be used to support growth areas within the organisation including investment into business development which will include additional resource to support the development of external training, workplace wellbeing programmes and additional capacity to grow our paid therapy services. This use of reserves will help establish and grow further income streams and support the sustainability of the organisation.

##### **The effect of Covid -19 Pandemic and Cost of Living crisis on Conwy Mind**

Covid 19 continued to be a dominant factor and continued to affect service delivery as face-to-face support was limited during part of the year. The organisation continued to offer support through telephone and online. The organisation has learnt from the pandemic and through feedback from service users a more blended service offer is preferred. The cost-of-living crisis has seen an increase in demand for our services, with people requiring more intense and longer-term support, with a continued lack of longer term funds to support this delivery. The cost-of-living crisis and increased pressure on statutory services has influenced our strategic plans for 2023 -2028.

#### **FUTURE PLANS**

The key priorities for 2023 -2024 are:

" Build a sustainable organisation which is fit for the future, crucial to this is the reduction of our reliance on short term funding. Professional fund raisers are to be recruited to facilitate this. We will plan and develop our environmental sustainability plans which will be important to consider as we explore how we will meet the challenges of an increased geographical area.

" Develop core services to increase our reach across Conwy County. Developing a core service, we are known for is a key priority and will also help us to reach people who do not currently engage with our services. Our Core service offer will help to meet the challenges presented by the cost-of-living crisis and increased demands of statutory services.

" Develop and expand services for young people between the ages of 11-25. We will undertake work to consult with children and young people to ensure we are responding to their needs and designing services and support which they will engage with.

" Become a fully informed trauma organisation. Working to the ACE framework within Wales we will embed this approach, working alongside other organisations in North Wales.

" Raise awareness and tackle stigma. Breaking down barriers and encouraging communities to support each other. We will increase our engagement activities to ensure that people are able to speak about mental health and get the support they need at the right time.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

## CONWY MIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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#### REFERENCE AND ADMINISTRATIVE DETAILS

**Registered Company number**

03630284 (England and Wales)

**Registered Charity number**

1073596

**Registered office**

Unit 5325

First Floor

North Wales Business Park

Abergele

CONWY

LL22 8LJ

**Trustees**

Mrs J Baldini Retired

Mrs J A Horsnell

Mr R Holden Retired

Ms C Cunningham Retired

Dr C Hinds Self Employed Clinical Psychologist, Dbt

Dr M F Carter Retired

Mrs R Thomas

**Company Secretary**

Mrs D Roberts

**Independent Examiner**

Williams Denton Cyf

Chartered Certified Accountants

Glaslyn

Ffordd y Parc

Parc Menai

Bangor

Gwynedd

LL57 4FE

Approved by order of the board of trustees on 18 Sept 2023 and signed on its behalf by:



Ms C Cunningham - Trustee



## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CONWY MIND

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### Independent examiner's report to the trustees of Conwy Mind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

#### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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 Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



MARTIN STEVEN BARRETT  
The Association of Chartered Certified Accountants

Williams Denton Cyf  
Chartered Certified Accountants  
Glaslyn  
Ffordd y Parc  
Parc Menai  
Bangor  
Gwynedd  
LL57 4FE

Date: 18/9/23



# CONWY MIND

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	146,458	407,337	553,795	440,411
Other trading activities	3	16,191	-	16,191	8,892
Investment income	4	5,437	-	5,437	677
Other income		-	-	-	96
<b>Total</b>		<b>168,086</b>	<b>407,337</b>	<b>575,423</b>	<b>450,076</b>
<b>EXPENDITURE ON</b>					
Raising funds	5	20	-	20	144
<b>Charitable activities</b>	6				
Agor		-	-	-	1,805
Lloyds Bank		27,713	-	27,713	6,240
Conwy Mind		-	-	-	1,255
ICAN Conwy		-	-	-	100,001
Parabl		-	46,557	46,557	46,557
BCUHB		66,394	-	66,394	66,394
Active Monitoring Programme		-	50,876	50,876	51,176
Active Monitoring GP Conwy Cluster		-	94,817	94,817	38,580
Conwy Council Mental Health Family Worker		-	-	-	138
Head Office		(62,136)	-	(62,136)	51,471
External Training		14,098	-	14,098	13,455
Co-Op Resilience Fund Mind Grant		-	17,186	17,186	31,919
Conwy Council Youth Grant		-	-	-	14,583
Garfield Weston		-	12,500	12,500	12,500
ICF My Generation (Mind)		-	-	-	9,735
Recovery College CCBC		-	38,466	38,466	13,829
VWG Small Grant		-	14,753	14,753	17,757
Whole School Approach		-	6,300	6,300	4,200
Moondance		-	15,953	15,953	42,987
Postcode Community Fund		-	-	-	19,875
ASC Steering Group		-	-	-	-
BCU Health Inequality		-	4,960	4,960	-
Co-production Conwy Council		-	1,108	1,108	-
Early Support Schools and Colleges		-	1,953	1,953	-
Abergele in Action		-	12,864	12,864	-
		-	12,987	12,987	-

The notes form part of these financial statements

# CONWY MIND

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Comic Relief Cost of Living Fund					
		18,385	-	18,385	-
Co-op Resilience Fund Mind		-	11,572	11,572	-
Postcode Community Trust		4,166	-	4,166	-
Fundraising / Donations		22,538	-	22,538	-
Conwy Mind Counselling		(40)	-	(40)	-
ICAN Community Hub		-	107,025	107,025	-
<b>Total</b>		<b>91,138</b>	<b>449,877</b>	<b>541,015</b>	<b>544,601</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>76,948</b>	<b>(42,540)</b>	<b>34,408</b>	<b>(94,525)</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		512,634	67,489	580,123	674,648
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>589,582</b>	<b>24,949</b>	<b>614,531</b>	<b>580,123</b>

The notes form part of these financial statements

CONWY MIND

**BALANCE SHEET**  
**31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	13	14,564	3,445	18,009	99,560
Investments	14	344,120	-	344,120	350,000
Cash at bank		290,807	65,484	356,291	325,989
		<u>649,491</u>	<u>68,929</u>	<u>718,420</u>	<u>775,549</u>
<b>CREDITORS</b>					
Amounts falling due within one year	15	(59,909)	(43,980)	(103,889)	(195,426)
<b>NET CURRENT ASSETS</b>		<u>589,582</u>	<u>24,949</u>	<u>614,531</u>	<u>580,123</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>589,582</u>	<u>24,949</u>	<u>614,531</u>	<u>580,123</u>
<b>NET ASSETS</b>		<u>589,582</u>	<u>24,949</u>	<u>614,531</u>	<u>580,123</u>
<b>FUNDS</b>	17				
Unrestricted funds				589,582	512,634
Restricted funds				<u>24,949</u>	<u>67,489</u>
<b>TOTAL FUNDS</b>				<u>614,531</u>	<u>580,123</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**CONWY MIND**

**BALANCE SHEET - continued**  
**31 MARCH 2023**

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These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 Sept 2023 and were signed on its behalf by:

  
Ms C Cunningham - Trustee

The notes form part of these financial statements

**CONWY MIND**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>65,360</u>	<u>(390,714)</u>
Net cash provided by/(used in) operating activities		<u>65,360</u>	<u>(390,714)</u>
<b>Cash flows from investing activities</b>			
Sale of intangible fixed assets		-	(2,082)
Sale of tangible fixed assets		-	363,757
Interest received		<u>5,437</u>	<u>677</u>
Net cash provided by investing activities		<u>5,437</u>	<u>362,352</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>70,797</u>	<u>(28,362)</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>	2	<u>284,251</u>	<u>312,613</u>
<b>Cash and cash equivalents at the end of the reporting period</b>	2	<u><u>355,048</u></u>	<u><u>284,251</u></u>

The notes form part of these financial statements

CONWY MIND

NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2023

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	34,408	(94,525)
Adjustments for:		
Depreciation charges	-	3,093
Loss on disposal of fixed assets	-	2,082
Interest received	(5,437)	(677)
Investment valuation	5,882	(350,000)
Decrease/(increase) in debtors	81,551	(47,660)
(Decrease)/increase in creditors	(51,044)	96,973
Net cash provided by/(used in) operations	<u>65,360</u>	<u>(390,714)</u>

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Notice deposits (less than 3 months)	356,291	325,989
Overdrafts included in bank loans and overdrafts falling due within one year	(1,243)	(41,738)
Total cash and cash equivalents	<u>355,048</u>	<u>284,251</u>

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash			
Cash at bank	325,989	30,302	356,291
Bank overdraft	(41,738)	40,495	(1,243)
	<u>284,251</u>	<u>70,797</u>	<u>355,048</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	350,000	(5,880)	344,120
	<u>350,000</u>	<u>(5,880)</u>	<u>344,120</u>
Total	<u>634,251</u>	<u>64,917</u>	<u>699,168</u>

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, 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 Companies Act 2006. 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, it is probable that the income will be received and the amount can be measured reliably.

**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 and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on reducing balance
Plant and machinery	- 20% on reducing balance

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**2. DONATIONS AND LEGACIES**

	<b>2023</b>	2022
	£	£
Donations	17,765	10,715
Grants	<b>536,030</b>	429,696
	<b><u>553,795</u></b>	<u>440,411</u>

**CONWY MIND****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023****2. DONATIONS AND LEGACIES - continued**

Grants received, included in the above, are as follows:

	2023	2022
	£	£
BCUHB	66,394	66,394
Lloyds Foundation - Enable/Invest	27,250	-
Parabl	46,557	46,557
Other Grants	-	35,848
ICAN Conwy	-	100,000
My Generation (Mind)	-	9,736
Active Monitoring Programme	50,876	51,177
Active Monitoring GP Conwy Cluster	101,519	31,878
Recovery College	-	9,120
Co-Op Resilience Fund Mind Grant		
	4,910	44,195
Conwy Council Youth Grant		
	-	14,583
Garfield Weston		
	12,500	12,500
Moondance		
	17,455	42,987
VWG Small Grant		
	16,594	17,982
Whole School Approach		
	8,510	1,990
Abergele in Action	12,996	-
ASC Steering Group	4,960	-
BCU Health Inequality		
	1,108	-
Co-production Conwy Council		
	1,953	-
Cost of Living Grant		
	9,000	-
Early Support Schools and Colleges		
	13,827	-
Comic Relief Cost of Living Fund		
	18,385	-
Mind Grant		
	193	-



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**2. DONATIONS AND LEGACIES - continued**

Postcode Community Trust

	6,250	-
Fundraising / Donations	9,221	-
Co-op Resilliance Fund	11,572	-
ICAN Community Hub	93,000	-
Head Office	1,000	-
Other grants	-	(55,251)
	<u>536,030</u>	<u>429,696</u>

**3. OTHER TRADING ACTIVITIES**

	<b>2023</b>	<b>2022</b>
	£	£
Training Income	<u>16,191</u>	<u>8,892</u>

**4. INVESTMENT INCOME**

	<b>2023</b>	<b>2022</b>
	£	£
Deposit account interest	<u>5,437</u>	<u>677</u>

**5. RAISING FUNDS**

**Other trading activities**

	<b>2023</b>	<b>2022</b>
	£	£
Fundraising and Publicity	<u>20</u>	<u>144</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 7) £	Totals £
Lloyds Bank	27,713	-	27,713
Parabl	33,494	13,063	46,557
BCUHB	66,228	166	66,394
Active Monitoring Programme	27,120	23,756	50,876
Active Monitoring GP Conwy Cluster	65,336	29,481	94,817
Head Office	24,887	(87,023)	(62,136)
External Training	12,946	1,152	14,098
Co-Op Resilience Fund Mind Grant	11,985	5,201	17,186
Garfield Weston	8,768	3,732	12,500
Recovery College CCBC	32,466	6,000	38,466
VWG Small Grant	13,164	1,589	14,753
Whole School Approach	3,084	3,216	6,300
Moondance	12,569	3,384	15,953
ASC Steering Group			
	4,402	558	4,960
BCU Health Inequality			
	1,108	-	1,108
Co-production Conwy Council			
	1,953	-	1,953
Early Support Schools and Colleges			
	11,752	1,112	12,864
Abergele in Action			
	8,064	4,923	12,987
Comic Relief Cost of Living Fund			
	18,385	-	18,385
Co-op Resilience Fund Mind	10,296	1,276	11,572
Postcode Community Trust	-	4,166	4,166
Fundraising / Donations	11,492	11,046	22,538
Conwy Mind Counselling	(40)	-	(40)
ICAN Community Hub	94,709	12,316	107,025
	<u>501,881</u>	<u>39,114</u>	<u>540,995</u>

# CONWY MIND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

### 7. SUPPORT COSTS

	Governance costs £
Parabl	-
BCUHB	-
Active Monitoring Programme	-
Active Monitoring GP Conwy Cluster	3
Head Office	38,990
External Training	46
Co-Op Resilience Fund Mind Grant	-
Garfield Weston	-
Recovery College CCBC	-
VWG Small Grant	-
Whole School Approach	-
Moondance	8
ASC Steering Group	-
Early Support Schools and Colleges	-
Abergele in Action	-
Co-op Resilience Fund Mind	-
Postcode Community Trust	-
Fundraising / Donations	57
ICAN Community Hub	10
	<u>39,114</u>

### 8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023 £	2022 £
Depreciation - owned assets	-	3,093
Deficit on disposal of fixed assets	-	2,082
	<u>-</u>	<u>5,175</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**9. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

There were trustees expenses paid for the year ended 31 March 2023 of £646.40 (2022 - £233.29)

**10. STAFF COSTS**

	<b>2023</b>	2022
	<b>£</b>	<b>£</b>
Wages and salaries	<b>418,524</b>	405,189
	<b>418,524</b>	405,189

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

	<b>2023</b>	2022
	<b>20</b>	10
Direct Charitable Administration	<b>1</b>	1
	<b>21</b>	11

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

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

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	112,958	327,453	440,411
Other trading activities	8,892	-	8,892
Investment income	677	-	677
Other income	96	-	96
<b>Total</b>	<b>122,623</b>	<b>327,453</b>	<b>450,076</b>
<b>EXPENDITURE ON</b>			
Raising funds	144	-	144
<b>Charitable activities</b>			
Agor	-	1,805	1,805
Lloyds Bank	6,240	-	6,240
Conwy Mind	1,255	-	1,255
ICAN Conwy	-	100,001	100,001
Parabl	-	46,557	46,557
BCUHB	66,394	-	66,394
Active Monitoring Programme	-	51,176	51,176
Active Monitoring GP Conwy Cluster	-	38,580	38,580
Conwy Council Mental Health Family Worker	-	138	138
Head Office	51,471	-	51,471

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
External Training	13,455	-	13,455
Co-Op Resilience Fund Mind Grant	-	31,919	31,919
Conwy Council Youth Grant	-	14,583	14,583
Garfield Weston	-	12,500	12,500
ICF My Generation (Mind)	-	9,735	9,735
Recovery College CCBC	-	13,829	13,829
VWG Small Grant	-	17,757	17,757
Whole School Approach	-	4,200	4,200
Moondance	-	42,987	42,987
Postcode Community Fund	19,875	-	19,875
<b>Total</b>	<b>158,834</b>	<b>385,767</b>	<b>544,601</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>(36,211)</b>	<b>(58,314)</b>	<b>(94,525)</b>
<b>Transfers between funds</b>	<b>272,953</b>	<b>(272,953)</b>	<b>-</b>
<b>Net movement in funds</b>	<b>236,742</b>	<b>(331,267)</b>	<b>(94,525)</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	275,892	398,756	674,648
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>512,634</b>	<b>67,489</b>	<b>580,123</b>

12. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Totals £
<b>COST</b>			
At 1 April 2022 and 31 March 2023	37,977	109,924	147,901
<b>DEPRECIATION</b>			
At 1 April 2022 and 31 March 2023	37,977	109,924	147,901
<b>NET BOOK VALUE</b>			
At 31 March 2023	-	-	-
At 31 March 2022	-	-	-

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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

	2023	2022
	£	£
Trade debtors	-	95,426
Prepayments and accrued income	3,345	-
Prepayments	14,664	4,134
	<u>18,009</u>	<u>99,560</u>

**14. CURRENT ASSET INVESTMENTS**

	2023	2022
	£	£
Other	<u>344,120</u>	<u>350,000</u>

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

	2023	2022
	£	£
Bank loans and overdrafts (see note 16)	1,243	41,738
Trade creditors	5,807	6,720
Pension	1,860	2,012
Accruals and deferred income	94,979	144,956
	<u>103,889</u>	<u>195,426</u>

**16. LOANS**

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>1,243</u>	<u>41,738</u>

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023

17. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
Fundraising and Donations	10,604	3,967	14,571
Head Office	-	(5,880)	(5,880)
Lloyds Bank Foundation	2,093	1,537	3,630
External Training	-	93	93
Head Office	499,937	74,914	574,851
Conwy Mind Counselling	-	40	40
Mind Grant	-	193	193
Postcode Community Trust	-	-	-
	-	2,084	2,084
	<u>512,634</u>	<u>76,948</u>	<u>589,582</u>
<b>Restricted funds</b>			
Active Monitoring GP Conwy Cluster	-	6,702	6,702
Recovery College	40,963	(38,466)	2,497
Moondance	-	1,502	1,502
Co-Op Resilience Fund Mind Grant	12,276	(12,276)	-
VWG Small Grant	225	1,841	2,066
Whole School Approach	-	2,210	2,210
Abergele in Action	-	9	9
Cost of Living Grant	-	9,000	9,000
Early Support Schools and Colleges	-	963	963
ICAN Community Hub	14,025	(14,025)	-
	<u>67,489</u>	<u>(42,540)</u>	<u>24,949</u>
<b>TOTAL FUNDS</b>	<u><u>580,123</u></u>	<u><u>34,408</u></u>	<u><u>614,531</u></u>

CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Fundraising and Donations	26,525	(22,558)	3,967
Head Office	-	(5,880)	(5,880)
BCUHB	66,394	(66,394)	-
Lloyds Bank Foundation	29,250	(27,713)	1,537
External Training	14,191	(14,098)	93
Head Office	6,898	68,016	74,914
Conwy Mind Counselling	-	40	40
Comic Relief Cost of Living	18,385	(18,385)	-
Mind Grant	193	-	193
Postcode Community Trust			
	6,250	(4,166)	2,084
	168,086	(91,138)	76,948
<b>Restricted funds</b>			
Active Monitoring Programme	50,876	(50,876)	-
Parabl Talking Therapies	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	101,519	(94,817)	6,702
Recovery College	-	(38,466)	(38,466)
Moondance	17,455	(15,953)	1,502
Co-op Resilience Fund Mind (Extend)	11,572	(11,572)	-
Co-Op Resilience Fund Mind Grant	4,910	(17,186)	(12,276)
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	16,594	(14,753)	1,841
Whole School Approach	8,510	(6,300)	2,210
Abergele in Action	12,996	(12,987)	9
ASC Steering Group Fund	4,960	(4,960)	-
BCU Health Inequality	1,108	(1,108)	-
Co-production Conwy Council	1,953	(1,953)	-
Cost of Living Grant	9,000	-	9,000
Early Support Schools and Colleges	13,827	(12,864)	963
ICAN Community Hub	93,000	(107,025)	(14,025)
	407,337	(449,877)	(42,540)
<b>TOTAL FUNDS</b>	<b>575,423</b>	<b>(541,015)</b>	<b>34,408</b>



CONWY MIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
Fundraising and Donations	-	10,604	-	10,604
Head Office	287,131	(43,240)	256,046	499,937
Lloyds Bank Foundation	-	2,093	-	2,093
External Training	-	(4,563)	4,563	-
Office Relocation	(11,239)	-	11,239	-
Conwy Mind Counselling	-	(1,105)	1,105	-
	<u>275,892</u>	<u>(36,211)</u>	<u>272,953</u>	<u>512,634</u>
<b>Restricted funds</b>				
Agor	339,059	(57,056)	(282,003)	-
ICAN Conwy	14,025	-	-	14,025
Active Monitoring GP Conwy Cluster	-	(6,702)	6,702	-
Recovery College	45,672	(4,709)	-	40,963
Conwy Council Mental Health Family Worker	-	(138)	138	-
Co-Op Resilience Fund Mind Grant	-	12,276	-	12,276
VWG Small Grant	-	225	-	225
Whole School Approach	-	(2,210)	2,210	-
	<u>398,756</u>	<u>(58,314)</u>	<u>(272,953)</u>	<u>67,489</u>
<b>TOTAL FUNDS</b>	<u>674,648</u>	<u>(94,525)</u>	<u>-</u>	<u>580,123</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**17. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Fundraising and Donations	10,604	-	10,604
Head Office	8,375	(51,615)	(43,240)
BCUHB	66,394	(66,394)	-
Lloyds Bank Foundation	8,333	(6,240)	2,093
External Training	8,892	(13,455)	(4,563)
Post Code Community Fund	19,875	(19,875)	-
Conwy Mind Counselling	150	(1,255)	(1,105)
	<u>122,623</u>	<u>(158,834)</u>	<u>(36,211)</u>
<b>Restricted funds</b>			
Active Monitoring Programme	51,176	(51,176)	-
Agor	(55,251)	(1,805)	(57,056)
ICAN Conwy	100,001	(100,001)	-
My Generation (Mind)	9,735	(9,735)	-
Parabl Talking Therapies	46,557	(46,557)	-
Active Monitoring GP Conwy Cluster	31,878	(38,580)	(6,702)
Recovery College	9,120	(13,829)	(4,709)
Conwy Council Mental Health Family Worker	-	(138)	(138)
Moondance	42,987	(42,987)	-
Co-Op Resilience Fund Mind Grant	44,195	(31,919)	12,276
Garfield Weston	12,500	(12,500)	-
VWG Small Grant	17,982	(17,757)	225
Whole School Approach	1,990	(4,200)	(2,210)
Conwy Council Youth Grant	14,583	(14,583)	-
	<u>327,453</u>	<u>(385,767)</u>	<u>(58,314)</u>
<b>TOTAL FUNDS</b>	<u><u>450,076</u></u>	<u><u>(544,601)</u></u>	<u><u>(94,525)</u></u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**17. MOVEMENT IN FUNDS - continued**

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
Fundraising and Donations	-	14,571	-	14,571
Head Office	287,131	(49,120)	256,046	494,057
Lloyds Bank Foundation	-	3,630	-	3,630
External Training	-	(4,470)	4,563	93
Office Relocation	(11,239)	-	11,239	-
Head Office	-	74,914	-	74,914
Conwy Mind Counselling	-	(1,065)	1,105	40
Mind Grant	-	193	-	193
Postcode Community Trust	-	-	-	-
	-	2,084	-	2,084
	275,892	40,737	272,953	589,582
<b>Restricted funds</b>				
Agor	339,059	(57,056)	(282,003)	-
ICAN Conwy	14,025	-	-	14,025
Active Monitoring GP Conwy Cluster	-	-	6,702	6,702
Recovery College	45,672	(43,175)	-	2,497
Conwy Council Mental Health Family Worker	-	(138)	138	-
Moondance	-	1,502	-	1,502
VWG Small Grant	-	2,066	-	2,066
Whole School Approach	-	-	2,210	2,210
Abergele in Action	-	9	-	9
Cost of Living Grant	-	9,000	-	9,000
Early Support Schools and Colleges	-	963	-	963
ICAN Community Hub	-	(14,025)	-	(14,025)
	398,756	(100,854)	(272,953)	24,949
<b>TOTAL FUNDS</b>	<b>674,648</b>	<b>(60,117)</b>	<b>-</b>	<b>614,531</b>

# CONWY MIND

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

### 17. MOVEMENT IN FUNDS - continued

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>			
Fundraising and Donations	37,129	(22,558)	14,571
Head Office	8,375	(57,495)	(49,120)
BCUHB	132,788	(132,788)	-
Lloyds Bank Foundation	37,583	(33,953)	3,630
External Training	23,083	(27,553)	(4,470)
Post Code Community Fund	19,875	(19,875)	-
Head Office	6,898	68,016	74,914
Conwy Mind Counselling	150	(1,215)	(1,065)
Comic Relief Cost of Living	18,385	(18,385)	-
Mind Grant	193	-	193
Postcode Community Trust			
	6,250	(4,166)	2,084
	290,709	(249,972)	40,737
<b>Restricted funds</b>			
Active Monitoring Programme	102,052	(102,052)	-
Agor	(55,251)	(1,805)	(57,056)
ICAN Conwy	100,001	(100,001)	-
My Generation (Mind)	9,735	(9,735)	-
Parabl Talking Therapies	93,114	(93,114)	-
Active Monitoring GP Conwy Cluster	133,397	(133,397)	-
Recovery College	9,120	(52,295)	(43,175)
Conwy Council Mental Health Family Worker	-	(138)	(138)
Moondance	60,442	(58,940)	1,502
Co-op Resilience Fund Mind (Extend)	11,572	(11,572)	-
Co-Op Resilience Fund Mind Grant	49,105	(49,105)	-
Garfield Weston	25,000	(25,000)	-
VWG Small Grant	34,576	(32,510)	2,066
Whole School Approach	10,500	(10,500)	-
Conwy Council Youth Grant	14,583	(14,583)	-
Abergele in Action	12,996	(12,987)	9
ASC Steering Group Fund	4,960	(4,960)	-
BCU Health Inequality	1,108	(1,108)	-
Co-production Conwy Council	1,953	(1,953)	-
Cost of Living Grant	9,000	-	9,000
Early Support Schools and Colleges	13,827	(12,864)	963
ICAN Community Hub	93,000	(107,025)	(14,025)
	734,790	(835,644)	(100,854)
<b>TOTAL FUNDS</b>	1,025,499	(1,085,616)	(60,117)

**18. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

**CONWY MIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2023**

	2023 £	2022 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	17,765	10,715
Grants	536,030	429,696
	<b>553,795</b>	<b>440,411</b>
<b>Other trading activities</b>		
Training Income	16,191	8,892
<b>Investment income</b>		
Deposit account interest	5,437	677
<b>Other income</b>		
Other Income	-	96
<b>Total incoming resources</b>	<b>575,423</b>	<b>450,076</b>
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Fundraising and Publicity	20	144
<b>Charitable activities</b>		
Wages	418,524	405,189
Rent & Rates	36,000	35,315
Insurance	6,179	5,217
Light and heat	-	(4,145)
Telephone	3,111	3,563
Advertising	4,842	9,761
Charitable Expenditure	4,364	8,811
Maintenance	8,432	6,262
Volunteer Costs and Expenses	512	1,997
Staff Training	5,715	10,687
Group Activities	686	-
Rent & Rates	-	51
Computer Costs	9,137	12,485
Staff Expenses	2,270	305
Staff Travel	1,463	232
Recruitment	-	919
Trustee Expenses	646	233
Plant and machinery	-	3,093
	<b>501,881</b>	<b>499,975</b>

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**CONWY MIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2023**

	2023 £	2022 £
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy fees	9,037	9,398
Legal fees	11,758	3,782
Office Costs	7,719	23,567
Stationery	-	218
Executive Costs	-	63
Bank Charges	70	43
Postage	-	433
Cleaning	1,916	3,600
Health Insurance	2,734	1,296
Loss on sale of intangible fixed assets	-	2,082
Decrease in CA investments	5,880	-
	<u>39,114</u>	<u>44,482</u>
Total resources expended	<u>541,015</u>	<u>544,601</u>
Net income/(expenditure)	<u>34,408</u>	<u>(94,525)</u>

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