

*Aberconwy Mind*  
*(A Company Limited by Guarantee)*

*Accounts*

*For the year ended 31 March 2019*

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**BENNETT BROOKS & CO LIMITED**  
*Chartered Accountants*  
*Llandudno*

## ABERCONWY MIND

### TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31 MARCH 2019

The trustees present their report and accounts for the year ended 31 March 2019.

#### Reference and Administrative Details

Aberconwy Mind is a charitable company limited by guarantee, incorporated on 11<sup>th</sup> September 1998 and a registered charity.

- registered charity number 1073596;
- registered company number 3630284.

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 the AGM to serve a period of twelve months, subject to ratification at each AGM.

The aims and objectives of Aberconwy Mind are as stated in its written constitution which was adopted on 5 June 1989.

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

#### Bankers

The Royal Bank of Scotland plc  
Drummond House  
1 Redheughs Avenue  
Edinburgh EH12 9JN

#### Solicitors

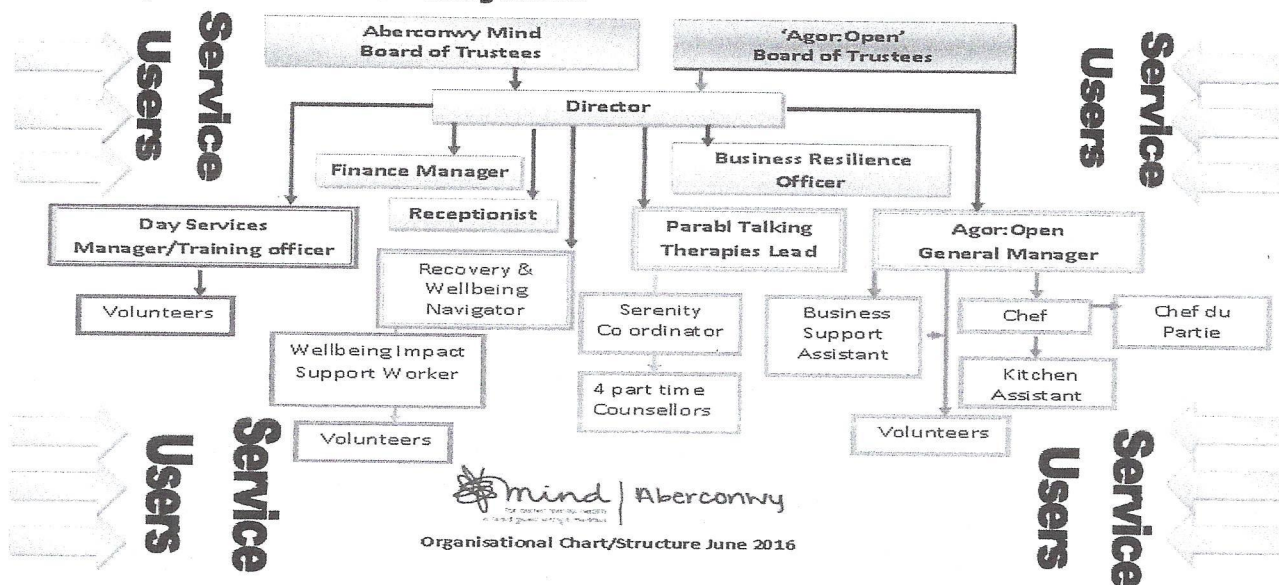
Gamlins  
14-15 Trinity Square  
Llandudno

#### Accountants

Bennettbrooks  
Chartered Accountants  
19 Trinity Square  
Llandudno

Day to day management of the charity is delegated to the Director and paid staff.

#### Structure, Governance and Management



## **ABERCONWY MIND**

### **TRUSTEES' REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

##### **Members of the Executive Committee**

Trustees' appointment is governed by the Constitution of Aberconwy Mind.

Trustees who held office during the period were: -

Chairperson	Ian Rickard
Vice Chair	Robin Holden
Treasurer	Jacky Baldini (from July 2018)
Company Secretary	Karen Haines

Other voting members of the Executive Committee: -

Eddie Owen	Robert Fretwell
Rukhsana Nugent	Maureen Rastall
Owen Traynor	Leanne Hughes (from July 2018)
Jacky Baldini (from March 2019)	Judith Horsenell (from March 2019)
Robert James (to April 2018)	Bethany Bennett (to June 2019)

##### **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.



## **ABERCONWY MIND**

### **TRUSTEES' REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

Aberconwy Mind has a membership base which has representatives on the Board of Trustees. The governing document of Aberconwy Mind was amended and updated in February 2016 to introduce 'Associates' representing service users of our Association to promote open discussion and involvement from those who use services to ensure relevant issues and ideas are implemented in strategic policies; used to develop new services, formulate and refine existing services and answer any areas of concern.

Aberconwy Mind plan, prioritise and review work within a systematic framework. The Board of Trustees, which meets once a month, follows a set agenda which reviews finances, service provision and delivery, staffing and other organisational issues. Planning is also facilitated via open discussion at centre meetings and management level. These meetings are minuted and presented to the Board of Trustees for approval. Priorities are set through discussion, in order of importance.

Aberconwy Mind recruits and trains volunteers to assist in the smooth running of the centre and there are currently have base of 45 volunteers.

Aberconwy Mind has reviewed all policies and procedures as part of our Quality Management in Mind process which includes the induction and training of our trustees, staff and volunteers. The Mind Quality Mark is endorsed by the Charity Commission and is an ongoing process.

The charity will ensure that its recruitment and selection procedures follow the equality and diversity policy. Two references will be taken up from all successful candidates prior to any formal offer, where appropriate referees will be asked to comment on the applicant's suitability for the role. Where relevant to the post, the successful applicant will be asked to agree to a DBS (Disclosure & Barring Scheme) enhanced, when deemed necessary for the role. Disclosures will be requested prior to the applicant taking up post.

Induction for the new trustees, staff and volunteers will include information on all policies and procedures and on-going training will be provided.

All staff and volunteers will have a designated supervisor who will provide appropriate ongoing support and supervision.

#### **Risk management**

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that necessary steps can be taken to lessen these risks.

Aberconwy 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



## ABERCONWY MIND

### TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31 MARCH 2019

##### Mind's Mission Statement

Mind Aberconwy fully subscribes to, and supports, the mission & strategy of Mind. We aim to promote and work towards this mission and vision in our own community of Conwy County and North Wales recognising that there are specific cultural and regional needs.

We fully support and mirror the values of Mind and adopt these as our own; *autonomy, equality, knowledge, participation & respect.*

In order to reflect this, Aberconwy Mind has committed to our own mission, vision and goals for 2019 and beyond.

<b>Mission</b>	– our purpose, what we are here to do
<b>Vision</b>	– what we want to create & achieve
<b>Values</b>	– principles and thinking that guide our decisions & actions
<b>Strategy</b>	– overall plan for working towards our mission & vision

##### Mission

Aberconwy Mind exists to support those from our local & regional community who are directly or indirectly affected by mental health issues or emotional distress. To promote, encourage and support mental & emotional health and wellbeing within our community.

##### Vision

- To see an increase of awareness and general levels of mental & emotional health and wellbeing in our regional communities
- To see the Conwy and North-West Wales region with decreasing levels of mental & emotional health related problems compared to national averages
- To expand & integrate our day-care and support services into the wider local society in a way that positions us as a valuable social resource that adds value to **all** people within our community
- To be considered as the *first port of call* and *expert* for those locally who wish to enhance and develop their mental & emotional health
- To educate, promote and provide services that re-frame our being purely about dealing with mental health *problems* and *issues* - into a pro-active resource that is about mental and emotional health & wellbeing
- People from all walks of life, background and status in the community should feel comfortable with contacting and visiting our facilities and our people. From the person recovering from brain injury, the professional suffering from stress, the referral from the GP, or the individual who is depressed... all should feel they can easily approach and engage with us

## **ABERCONWY MIND**

### **TRUSTEES' REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

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 Aberconwy Mind and in planning future activities.

Aberconwy Mind is affiliated to the national organisation of Mind and incorporates the national aims and objectives in its constitution.

#### **Service Provision**

Aberconwy Mind provides a various array of support services over seven days a week. This includes daily "drop-in" services at its premises in Llandudno in order that the users can relax, socialise and participate in the full range of services on offer at the centre. Other services are provided across the county of Conwy through our various projects.

The wellbeing centre is run by volunteers on a daily basis who are mainly recruited from within the surrounding area, thus encouraging local people to provide and become involved in delivering the service. By recruiting this way, we find that it raises positive images of mental health thus making the service a more integral part of the community.

The trustees would like to gratefully acknowledge the value and their thanks to the body of unpaid volunteers totalling some 45 without whom Aberconwy Mind could not continue to provide its range of essential services.

#### **Achievements and Performance**

The charity's main achievement over the past year was to continue the provision of our resource centre, one of its primary functions is the provision of a drop-in service, which was open at some point seven days a week, and primarily run by our team of volunteers, often recruited from service users. The services provided by our volunteers are generally for individuals who are experiencing mental health problems and related illnesses. We also encouraged other agencies to use our premises e.g. Unllys, Communities First, AA, WEA Cymru, OPUS, Age Connects. We continue to operate as a multi-agency resource centre, offering facilities to other charitable organisations.

People who use these services are the most marginalised vulnerable service user. The fact that they use our premises reinforces the safety people feel in coming to our centre. We are able to offer an affordable alternative within our resource centre.

Aberconwy Mind endeavours to hold many fundraising events throughout the year. These include the Christmas Fair, Spring Fair, World Mental Health Day, Summer Fair and other small events held at the centre. These events are often co-ordinated by the volunteers and the associates.



**ABERCONWY MIND**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2019**

Our social enterprise, Agor: Open has now been trading for four and a half years supported by the Big Lottery Fund up to February 2017. Agor: Open was incorporated on the 23<sup>rd</sup> June 2014 as a trading subsidiary to Aberconwy Mind. The Rabbit Hole Café received the prestigious award for Social Enterprise of the Year from Conwy Business Awards 2018 and again in 2019.

The BLF initially provided the capital and revenue funding over a three-year period (£498,891) which ended in early February 2017. We have since received additional funding from the WCVA Active Inclusion Fund to support new opportunities within our health and wellbeing centre for voluntary positions and supported paid placements. The decision was taken to cease trading of The Rabbit Hole on 12 October 2019, the charity will review the usage of the space for the benefits of the service users.

Since April 2013 we have been working as part of the Parabl Talking Therapies partnership with lead providers, Cais (BCUHB funding). This funding has been confirmed to March 2020. This project has allowed us to roll out the Serenity Programme across the whole of north Wales and also includes provision of Coping with Life courses (run across Conwy & Denbighshire), Mindfulness groups and one to one counselling. Aberconwy Mind currently employs 6 staff on this project, including fully qualified counsellors.

**Financial review**

Funds have been used to maintain existing services and further develop services including the promotion of volunteer opportunities and a newly adapted recovery model to support service users.

During the year, the charity has seen our reserves fall to £533,457 with unrestricted reserves falling to £150,304. This is partly due to previous ringfenced profits made by The Rabbit Hole Café being used to support mentoring and volunteer opportunities within the social enterprise and supporting staff posts not directly supported by grant funds. However, a charitable covenant of £15,253 from The Rabbit Hole Café was included in the income of the unrestricted reserves, this ensures that we are still able to comply with our reserves policy of having a minimum of three months running costs, aiming at achieving the equivalent of six months.

Since April 2019, all major funding bids have been received. The BCU Health Board have continued funding on the same level as last year and will also be rolled over to March 2020. The Local Mental Health Grant & SPD Scheme which forms part of core costs, now being facilitated by the BCUHB, will be put out to tender with services likely to be re-commissioned from April 2020. This therefore raises a potential serious threat to the smooth running of the centre as these funds currently cover core costs to the organisation.



## **ABERCONWY MIND**

### **TRUSTEES' REPORT**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

Aberconwy Mind were successful in winning the tender to provide the Recovery Compass project on behalf of Conwy County Borough Council to provide mental health support services across Conwy for three years and we have now completed our third year of service delivery and funding has been extended for a year to prepare service users for the transition. Plans are being put in place to mitigate any future risk and we are looking at accessing funding from different sources.

#### **Staff costs**

No employee is paid more than £40,000 p.a.

#### **COMMITMENTS**

##### **Pension commitments**

The charity contributes to a defined contribution scheme for the benefit of its employees. The annual commitment to this scheme currently is approximately £6,500.

As the law on workplace pensions has changed, as an employer we are legally required to automatically enrol eligible staff into a pension scheme and make contributions. All eligible staff are now enrolled with the Nest pension scheme.

##### **Grants - Revenue**

###### **Betsi Cadwaladr UHB**

This grant contributes a grant and salary package to enable the organisation to meet its objectives of providing a support service and daily "Drop-in" centre for users in the Aberconwy area. An additional grant is used to provide support, therapeutic activities, promote opportunities for social integration and facilitate the development of skills of individuals with mental health needs within the Conwy County Borough area.

###### **Conwy County Borough Council - Recovery Compass**

Aberconwy Mind were successful in tendering to provide mental health support services across the county of Conwy. This three year project has now completed in March 19 with a one year transition extension until March 20

##### **Lloyds Foundation – Enable / Invest**

**Enable:** This grant supported the role of a researcher working with academics from Bangor University to research the effectiveness and benefits of our bespoke 'My Recovery & Wellbeing Plan'.

**Invest:** This grant follows on from the Enable research project and will be cover a period of 3 years and currently supports the role of a Day Services Modernisation Officer.

## **ABERCONWY MIND**

### **NOTES TO THE ACCOUNTS**

#### **FOR THE YEAR ENDED 31 MARCH 2019**

##### **WCVA – Active Inclusion**

We have been successful in acquiring 2 x ESF projects to support partial existing staff posts and creating new voluntary and paid supported placements within our social enterprise cafe. This grant is confirmed to December 2019.

##### **Gwynt y Môr**

This grant, which was to support the post of the Volunteer Coordinator ended in October 2018, the above Active Inclusion grant detailed above now supports this post.

##### **Policy on reserves**

Aberconwy Mind recognises that we need to ensure that funds are available to cover unforeseen eventualities that would result in the organisation experiencing financial difficulties. Recommendations by the Charity Commission, the Kings Fund and Mind are that six months running costs should be kept in reserve. Aberconwy Mind will endeavour to achieve this goal, however, if this is not obtainable due to financial restraints, then the minimum amount to be kept in reserve will be no less than three months running costs.

##### **Plans for the Future**

Aberconwy Mind plan to continue providing a mental health resource centre in order to promote mental health and assisting in relieving and rehabilitating persons suffering from mental health problems or conditions of emotional distress.

Agor: Open, our trading arm is now incorporated and it is hoped that all profits will support the future self sustainability after. Additional grant funding received will support the project during the transition period of building the business whilst also providing valued mental health support services.

We also plan to:-

- Investigate further funding opportunities in order to sustain and develop current staffing levels.
- To build on business opportunities through our trading arm.
- To look for additional ways to self generate income through utilising all space within our building
- Build on partnership working with our fellow Mind associations to maximise opportunities to generate additional income.
- To investigate further possibilities of local fund raising.

**ABERCONWY MIND**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**ON BEHALF OF THE MEMBERS OF THE EXECUTIVE COMMITTEE:**

  
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Dated: 21/10/19



**ABERCONWY MIND**  
(A COMPANY LIMITED BY GUARANTEE)

**STATEMENT OF FINANCIAL ACTIVITIES**  
(Incorporating an Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2019

	Note	Unrestricted Funds £	2019 Restricted Funds £	Total £	2018 Total £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income	2	95,825	284,902	380,727	283,773
Activities for generating funds	3	145	-	145	4,766
Investment income		80	-	80	42
Other income	4	28,261	-	28,261	16,454
<b>TOTAL INCOMING RESOURCES</b>		<u>124,311</u>	<u>284,902</u>	<u>409,213</u>	<u>305,035</u>
<b>RESOURCES EXPENDED</b>					
Charitable expenditure	5	139,066	331,113	470,179	352,064
Fundraising and publicity	6	262	-	262	511
Governance costs	7	-	-	-	-
Other expenditure	8	-	-	-	-
<b>TOTAL RESOURCES EXPENDED</b>	9	<u>139,328</u>	<u>331,113</u>	<u>470,441</u>	<u>352,575</u>
<b>NET OUTGOING RESOURCES BEFORE TRANSFERS</b>		(15,017)	(46,211)	(61,228)	(47,540)
Transfer between funds		(23,703)	23,703	-	-
<b>NET OUTGOING RESOURCES</b>		<u>(38,720)</u>	<u>(22,508)</u>	<u>(61,228)</u>	<u>(47,540)</u>
Fund balance brought forward		150,304	444,381	594,685	642,225
<b>FUND BALANCES CARRIED FORWARD</b>		<u>111,584</u>	<u>421,873</u>	<u>533,457</u>	<u>594,685</u>

**Continuing operations**

All the charity's activities were derived from continuing operations.

**Total recognised gains and losses**

The charity has no recognised gains or losses other than the surplus for the year.

The notes on pages 12 to 18 form part of these accounts

**ABERCONWY MIND**  
**(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET**

**AT 31 MARCH 2019**

	Note	Unrestricted Funds £	2019 Restricted Funds £	Total £	2018 Total £
<b>FIXED ASSETS</b>					
Tangible assets	11	4,833	421,873	426,706	450,422
<b>CURRENT ASSETS</b>					
Debtors	12	100,468	33,243	133,711	83,358
Cash at bank and in hand		10,133	-	10,133	128,163
		<u>110,601</u>	<u>33,243</u>	<u>143,844</u>	<u>211,521</u>
<b>CREDITORS: amounts falling due within one year</b>					
	13	3,850	33,243	37,093	67,258
		<u>3,850</u>	<u>33,243</u>	<u>37,093</u>	<u>67,258</u>
<b>NET CURRENT ASSETS</b>		106,751	-	106,751	144,263
<b>TOTAL ASSETS</b>		<u>111,584</u>	<u>421,873</u>	<u>533,457</u>	<u>594,685</u>
<b>FUNDS – Unrestricted</b>		111,584	-	111,584	150,304
<b>FUNDS – Restricted</b>		-	421,873	421,873	444,381
		<u>111,584</u>	<u>421,873</u>	<u>533,457</u>	<u>594,685</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2019.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2019 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006; and

(b) preparing financial statements which give a true and fair view of the state of affairs of the 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 company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and in accordance with FRS102 SORP.

Approved by the Members of the Executive Committee on 21/10/19

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The notes on pages 12 to 18 form part of these accounts

ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**1. BASIS OF ACCOUNTING**

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

**2. ACCOUNTING POLICIES**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

**Cost allocation**

Costs are apportioned between various expenditure headings as necessary in accordance with the best estimates of the trustees.

**Tangible fixed assets**

Equipment is stated at cost less accumulated depreciation. Depreciation is provided to write off the cost less estimated residual value of fixed assets over their expected useful lives. It is calculated on the original cost of the assets at the following rates.

Plant and machinery	20% on the reducing balance basis. 20% on straight line
Freehold and Long leasehold property	Nil 5% on the straight line basis

Freehold and long leasehold property, excluding the lift, owned by Aberconwy Mind has not been depreciated because, in the opinion of the trustees, the programme of refurbishment and repair maintains the property to a standard whereby the residual value will be maintained. Consequently, the amount of any depreciation would not be material.

The lift completed, in freehold and long leasehold property, is being depreciated over its estimated useful life of 20 years.

**Voluntary income**

Donations are accounted for when received.

Assets received by way of a gift are valued according to the best estimate of trustees, capitalised and recognised as a donation in the Statement of Financial Activities.

**Grants receivable**

Grants are not recognised until the conditions for receipt have been complied with. Grants applicable to future periods are deferred and recognised in those future periods.



ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**Pensions**

Aberconwy Mind pays defined contributions into externally managed pension plans for employees who are eligible and have entered into such contracts. Contributions are charged to the Statement of Financial Activities as they fall due.

**Unrestricted Funds**

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

**Restricted Funds**

Restricted funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

**2. VOLUNTARY INCOME**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
<b>Receipts in respect of current year</b>			
Garfield Weston	11,250	-	3,750
W.C.V.A. - Active Inclusion	-	93,567	8,648
Conwy County Borough Council	-	-	-
Conwy County Borough Council - Recovery Compass	-	86,337	70,053
BCUHB - Mental Illness Strategy Fun	-	78,592	67,092
Cais/BCUHB - Parabl Talking Therapies	72,263	-	69,451
Gwynt y Mor	-	5,803	4,146
Donations	12,312	-	11,026
Santander	-	-	4,348
Big Lottery Fund - Agor	-	-	-
Big Lottery Fund - Awards for All	-	9,960	2,414
Intermediate care fund	-	-	-
RWE - Innogy	-	-	-
Conwy County Borough Council - CEDS	-	-	28,875
Lloyds Foundation - Enable	-	10,643	13,970
<b>TOTAL VOLUNTARY INCOME</b>	<b>95,825</b>	<b>284,902</b>	<b>283,773</b>

**Betsi Cadwalader ULHB & Conwy County Borough Council**

Aberconwy Mind obtained funding to provide support, therapeutic activities, promote opportunities for social integration and facilitate the development of skills of individuals with mental health needs within the Conwy County Borough area. The remainder of the grant is offered to provide extended hours services at the centre. It is used to enhance the quality of life for individuals by relieving social isolation and providing support and promoting positive mental health.

ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**3. ACTIVITIES FOR GENERATING FUNDS**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Fundraising	145	-	4,766
	<u>145</u>	<u>-</u>	<u>4,766</u>

**4. WELSH ASSEMBLY GOVERNMENT - COMMUNITIES FACILITIES & ACTIVITIES PROGRAMME (WAG -CFAP)**

WAG CFAP funding was received to install a lift to create full disabled access for service users and the local community to the whole of 3 Trinity Square, Llandudno. This has ensured that less able bodied people are not discriminated against in any way and are offered opportunities to attend all activities and facilities available. This has enabled Aberconwy Mind to provide a varied and needs led service to people and their families who suffer from mental ill health and/or distress, ensuring that the service is available to all irrespective of their physical status.

**4. OTHER INCOME**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Insurance claims	1,275	-	-
Reimbursed expenses	757	-	-
Centre funds	2,176	-	2,356
Rental Income	5,370	-	9,560
Covenant from subsidiary	15,253	-	1,228
Miscellaneous	3,430	-	3,310
	<u>28,261</u>	<u>-</u>	<u>16,454</u>

**5. CHARITABLE EXPENDITURE**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Provision of "pop-in" centre facilities			
Salaries	72,628	94,074	147,826
Rent and rates	-	673	518
Heat, light and telephone	-	21,728	16,528
Maintenance	-	14,533	10,696
Registrations	-	1,750	-
Insurance	1,895	-	2,142
Staff training	1,155	-	-
Volunteer costs and expenses	392	7,283	7,569
Conference training	-	289	626
Group activities	5,790	4,902	13,303
Outings and entertainment	-	-	72
Staff travel	179	-	-
Provisions	1,256	-	900
Agor:Open (including related salaries)	29,844	13,116	44,591
Active Inclusion Over 25s (including related salaries)	-	56,376	-
Active Inclusion Under 25s (including related salaries)	-	18,694	-
Depreciation	1,068	22,508	23,843
Recovery Compass expenditure (including related salaries)	-	75,187	59,513
Allocation of governance costs & other costs	24,859	-	23,937
	<u>139,066</u>	<u>331,113</u>	<u>352,064</u>

ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**6. FUNDRAISING AND PUBLICITY**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Fundraising costs	147	-	331
Publicity	115	-	180
	<u>262</u>	<u>-</u>	<u>511</u>

**7. GOVERNANCE COSTS**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Salaries	10,000	-	10,000
Training	867	-	594
Legal and professional fees	1,281	-	132
Accountancy	2,950	-	2,580
Office costs	6,100	-	6,586
Reimbursed expenses	-	-	656
Executive expenditure	263	-	-
Bank charges	32	-	-
Depreciation	140	-	176
Allocated to charitable expenditure	<u>(21,633)</u>	<u>-</u>	<u>(20,724)</u>
	<u>-</u>	<u>-</u>	<u>-</u>

**8. OTHER EXPENDITURE**

	2019		2018
	Unrestricted	Restricted	
	£	£	£
Insurance	3,226	-	3,213
Allocated to charitable expenditure	<u>(3,226)</u>	<u>-</u>	<u>(3,213)</u>
	<u>-</u>	<u>-</u>	<u>-</u>

**9. TOTAL RESOURCES EXPENDED**

	Staff costs	Depreciation	Other Costs	2019
	£	£	£	£
Direct charitable expenditure	176,702	23,716	269,761	470,179
Fundraising and publicity	-	-	262	262
Administration	-	-	-	-
	<u>176,702</u>	<u>23,716</u>	<u>270,023</u>	<u>470,441</u>

Staff costs are also included in other costs, where they have been allocated to restricted projects.

No employee is paid more than £40,000 p.a.

The average number of employees by function was:

	2019	2018
Direct charitable	15	15
Direct charitable - Agor:Open (including temporary supported placement posts)	8	8
Administration	<u>1</u>	<u>1</u>
	<u>24</u>	<u>24</u>



ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**10. NET OUTGOING RESOURCES**

	2019 £	2018 £
Movements in resources are stated after charging:-		
Depreciation	<u>23,716</u>	<u>24,019</u>

**11. TANGIBLE FIXED ASSETS**

	Freehold/Long Leasehold Property £	Plant and Machinery £	Total £
<b>COST/VALUATION</b>			
At 1 April 2018	537,552	82,784	620,336
Additions	-	-	-
At 31 March 2019	<u>537,552</u>	<u>82,784</u>	<u>620,336</u>
<b>ACCUMULATED DEPRECIATION</b>			
At 1 April 2018	101,891	68,023	169,914
Charge for the year	13,788	9,928	23,716
At 31 March 2019	<u>115,679</u>	<u>77,951</u>	<u>193,630</u>
<b>NET BOOK VALUE</b>			
At 31 March 2019	<u>421,873</u>	<u>4,833</u>	<u>426,706</u>
At 31 March 2018	<u>435,661</u>	<u>14,761</u>	<u>450,422</u>

The net book value at 31 March 2019 represents fixed assets used for:-

	Restricted £	Unrestricted £	Total £
<b>Direct charitable purposes:-</b>			
Freehold/Long Leasehold property	250,000	-	250,000
Lift installation	58,945	-	58,945
Agor:Open	112,928	-	112,928
Pop-in furniture and equipment	-	4,254	4,254
Kitchen equipment	-	17	17
	<u>421,873</u>	<u>4,271</u>	<u>426,144</u>
<b>Other purposes:-</b>			
Management and administration	-	562	562
<b>Total net book value</b>	<u>421,873</u>	<u>4,833</u>	<u>426,706</u>

ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**12. DEBTORS**

	2019	2018
	£	£
Other debtors	99,329	36,114
Agor:Open (Subsidiary company)	34,382	47,244
	<u>133,711</u>	<u>83,358</u>

**13. CREDITORS: Amounts falling due within one year**

	2019	2018
	£	£
Unrestricted funds		
Trade creditors	-	4,836
Accruals	3,850	3,686
Deferred income	-	20,370
	<u>3,850</u>	<u>28,892</u>
Restricted funds		
Other accruals	17,086	13,110
Deferred grant income	16,157	25,256
	<u>33,243</u>	<u>38,366</u>

**14. COMMITMENTS**

**(a) Pension commitments**

The charity contributes to a defined contribution scheme for the benefit of its employees. The annual commitment to this scheme is approximately £4,000.

**15. RELATED PARTY TRANSACTIONS**

The following related party transactions occurred during the year:-

**Payments to trustees, other than in their capacity as trustees:**

Mr Robert Fretwell - £551 (2018 - £385) refund of travelling expenses whilst volunteering and conference costs

Mr Ian Rickard - £551 (2018 - £253)- reimbursement of expenses

Mr Robin Holden - £14 - reimbursement of expenses

Indemnity insurance to cover trustees and former trustees up to the value of £500,000 is covered as part of the standard Mind block insurance.

ABERCONWY MIND  
(A COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

**16. SUBSIDIARY COMPANY**

Agor:Open (Company Limited by Guarantee) (Company number 09098333) was incorporated on 23 June 2014. Agor:Open is a wholly controlled subsidiary of Aberconwy Mind.

During the year to 31 March 2019 Aberconwy Mind paid expenses of £40,357 on behalf of Agor:Open.

During the year to 31 March 2019 Agor:Open transferred £68,452 to Aberconwy Mind.

Agor:Open made a charitable covenant of £15,253 to Aberconwy Mind for the year to 31 March 2019.

At 31 March 2019 Agor:Open owed Aberconwy Mind £34,382 (2018 - £47,244).

The trustees took the decision to close the cafe The Rabbit Hole on 12 October 2019.



**INDEPENDENT EXAMINER'S REPORT**  
**TO THE DIRECTORS/TRUSTEES OF**  
**ABERCONWY MIND**

I report on the accounts of the charity for the year ended 31 March 2019, which are set out on pages 10 to 17.

*Respective responsibilities of trustees and examiner*

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

*Basis of independent examiner's report*

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view; and the report is limited to those matters set out in the statement below.

*Independent examiner's statement*

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records;
- where the accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS 102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



**A P FILBEE FCA**  
**Bennett Brooks & Co Limited**  
**Chartered Accountants**  
**19 Trinity Square**  
**LLANDUDNO**  
**LL30 2RD**

Date: 31/10/19