

REGISTERED COMPANY NUMBER: 02803045 (England and Wales)
REGISTERED CHARITY NUMBER: 1020633

**Report of the Trustees and
Audited Financial Statements for the Year Ended 31 March 2025
for
Cardiff Mind Ltd**

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for the Year Ended 31 March 2025**

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Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

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 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Mission

"Cardiff Mind promotes positive emotional wellbeing through empowering and supporting people to access opportunities to give them independence and quality of life."

The Mission Statement has been reviewed and redrafted by the Management Committee at its meeting in November 2023 to reflect the fact that the organisation sees itself as assisting individuals to develop their own pathways to mental wellbeing.

Cardiff Mind has also adopted a statement of Organisational Values that influence the way in which its staff, volunteers and Management Committee work. In addition, its values influence the aims and objectives of the organisation.

Cardiff Mind will recognise that everyone's personal experience of mental health has significance to them and should be recognised and respected as a valid experience for that individual.

Cardiff Mind will work with people by regarding them as individuals, treating them with dignity and respect and being sensitive to all of their experiences, beliefs, values, cultural, social and domestic responsibilities and particularly their aspirations.

Cardiff Mind will recognise and value difference, promote inclusion and equality of opportunity in all its work and will seek to remove obstacles that prevent individuals from fully participating in its activities.

Cardiff Mind will actively challenge discrimination and stigma wherever it is encountered and will promote the rights and responsibilities of individuals.

Cardiff Mind will welcome and actively encourage full participation by people who access our services to effect development and evaluation of services and the organisation

Cardiff Mind believes everyone should have the opportunity to be heard and will encourage and support everyone to express their opinions.

In practice this means that the people that we support are not solely restricted to those that have been categorised by a medical diagnosis of "severe and enduring mental health problems" - we wish to support everyone who has or has had mental health issues.

Objects of the Charity

To promote the preservation of mental health in association with Mind (the National Association for Mental Health) and in accordance with the aims and objectives of Mind.

Activities

Cardiff Mind is a Limited Company with charitable objectives whose aim is to provide a range of community based services for people with mental health problems. The services currently provided include supported accommodation, tenant support in their own homes, self management groups, counselling individual planning, self help and support groups.

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Objectives and activities

Aim 1

To provide services that place the individual at their centre and that enables the individual to discover and realise their full potential as actively participating citizens.

Objectives

1. Maintain and improve a case-work approach for individual service users.
2. Discuss and plan with consumers ways in which they can improve their mental health and wellbeing by accessing support and advice from Cardiff Mind and other agencies to overcome obstacles that prevent them from achieving their potential.
3. Deliver services in a way that best suits the communication preferences of people who use our services.
4. Use opportunities to evidence and celebrate the improvements that people make in their own lives.

Aim 2

To develop new services that enable the consumer to remain within or return to their local community of choice.

Objectives

1. Actively seek to work with customers to develop new service models for accommodation and support
2. Extend beyond current 18-65 client group by responding to requirements for age appropriate services
3. Extend outreach/satellite operations into other geographical areas of Cardiff and South Wales

Aim 3

To provide high quality services that evidence positive outcomes and value for money.

Objectives

1. Seek and attain externally recognised quality standards and hallmarks and embed those processes within the activities of the organisation
2. Utilise outcome-related performance monitoring systems that capture the progress made by individual service users.
3. Continue to develop a workforce that is qualified and competent to take advantage of the potential for service development.

Aim 4

To increase awareness and understanding of mental health issues and to challenge stigma and discrimination.

Objectives

1. Take advantage of the opportunities that come about for mental health and well-being promotion - particularly in the workplace and educational establishments
2. Provide training, advice and support to mainstream organisations to ensure that people with mental health issues are able to access work, leisure, educational and recreational opportunities
3. Actively participate in opportunities to campaign and influence at a local and national level

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Objectives and activities

Aim 5

To work in partnership with individuals, funders and service providers to ensure that the National Service Framework becomes a reality for people experiencing difficulties with their mental health.

Objectives

1. Participate in a joined up solution for people experiencing difficulties with their mental health in Cardiff
2. Work collaboratively with voluntary sector partners particularly with Mind in the Vale to develop equality of access to opportunities for consumers throughout the UHB area.
3. Ensure that all services provided and activities that take place within Cardiff Mind relate to and resonate with the Welsh Government's Vision Statement for Mental Health.

Area of benefit

Cardiff Mind operates primarily within the City of Cardiff although is able to provide telephone advice and information/signposting to a wider catchment area. It works with anyone who has or has experienced difficulties with their mental health together with their families and carers.

It endeavours to be an inclusive service to all citizens in accordance with its Equal Opportunities Policy. Specific service provision is very often restricted by the requirements of funders but Cardiff Mind is committed to helping people achieve the best possible outcomes in their lives. In the year we have developed partnerships with employers and other organisations as part of a more general strategy of supporting mental health and wellbeing within the community. The Memorandum and Articles provide for the area of benefit to include the whole of the Principality but hitherto activities have been restricted by the conditions of funders and also the Mind Membership Agreement. As part of a review of the Membership Agreement it seems likely that these geographical restrictions will be relaxed in future and there will be a greater emphasis on partnership working within the network

Public benefit

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous twelve months. The review looks at the success of each key activity to provide a range of community-based services for people with mental health problems. The review also helps us ensure our aims, objectives and activities remained focused on our stated objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities thus ensuring that it continues in its purpose to promote positive wellbeing through empowering and supporting people to access opportunities to give them independence and quality of life.

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Objectives and activities

Report of main activities

Cardiff Mind has premises in the east of the City Centre where it offers a range of support services to people in Cardiff who have or are recovering from mental health problems. It also undertakes outreach work in other parts of the City via the Floating Support Service.

The Organisation is currently structured into 2 service provision teams and an administrative core.

The service provision teams are:

Accommodation Support Housing

Supported Housing

Working in partnership with Housing Associations and Cardiff City Council, Cardiff Mind provides 26 bed spaces in shared houses and flats. The accommodation is provided with support between 9 am and 7 pm with 24 hour emergency cover. The aim of the service is to encourage people who have long term mental health problems to develop the social and general living skills which will enable them to live successfully in the community. In 2023/24 we entered into a partnership with Cardiff & Vale UHB to assist those in hospital to move back into the community with support. The UHB now has sole nomination rights.

It is important to emphasise that the service is not intended to provide a home for life but rather to work with the tenant to build up the skills and confidence that will enable them to have a home of their own.

The organisation has sharpened up the individual support plans to better equip individuals to achieve greater independence while acknowledging that there are some who will always require support. There are also continuing plans to review and wherever possible improve the quality of the accommodation provided thereby building upon the progress of the last year.

Floating Support - Supporting people in their own homes

Working in partnership again with Cardiff City Council a team of support staff provides support to people with mental health problems living in their own homes. The aim of the support is to offer assistance with tenancy and related areas to facilitate successful community living. Some of the service users have moved from Cardiff Mind's more intensively supported schemes.

The service is funded to provide 9 whole time equivalent places under the Cardiff Council Hoarding Project together with Domiciliary Support on a case by case basis. This has been developed in partnership with Community Mental Health teams to deliver longer term support as part of a care plan under unified assessment arrangements. The volume of work generated has offset the majority of revenue reductions and has continued to flourish despite the financial difficulties that face the Council. The contracts are on an individual case by case basis and consequently are somewhat vulnerable. That said, there is a growing body of evidence to support the view that the service provides a cost-effective solution to sustaining people in their own homes thereby avoiding hospitalisation or assisting in earlier discharge from hospital.

Due to financial constraints the Council has been forced to prioritise service users who are in need of personal care rather than those who require a preventative service. The early indications are that domiciliary support will suffer in the medium term.

We also provide support to a number of individuals who have the resources available to make their own support arrangements as they do not access local authority financial support.

The service is regulated by Care Inspectorate Wales.

**Report of the Trustees
for the Year Ended 31 March 2025**

Objectives and activities

Individualised Planning / Day Services

Prior to any service user entering the service they are invited to meet a member of the Planning Team to discuss their personal circumstances and issues affecting their lives. This Initial Assessment ensures that people do not simply drift into a particular service but do so on the basis of an informed choice and knowing how their attendance will be of benefit to improving their life. More importantly this total review process enables us to jointly consider what other solutions may be available to resolve other issues in their lives and provides an opportunity to receive specific assistance in accessing these. We can assist them in developing a plan to cover all aspects of their situation and can support them in achieving or attaining their goals.

CCIs

During the Course of 2019 we introduced as part of the requirements of a new contract with the University Health Board the CCI methodology as part of our work in GP surgeries. This proved popular and effective and so we have incorporated it into our Individual Personalised Planning Service. There are a number of study modules that can be undertaken to enable the service user to better understand their condition, potential root causes and how to develop coping strategies. These modules are underpinned by Cognitive Behavioural Therapy Principles during the initial assessment phase we work together to develop a personal plan.

Active Monitoring/Supported Self Help

This offering was originally developed and funded via Mind/Mind Cymru and its funding came to an end in 2023/24. It covers many of the areas contained within the CCI suite but is less onerous in terms of time commitment. It is offered as a complimentary alternative to CCIs for those accessing services outside of the Mind Cymru referral pathway.

Counselling

We offer a free counselling service to women and men who cannot afford to pay for a private counsellor and who require a greater number of sessions than are provided under the NHS scheme. The service is operated by volunteers and we currently can see 80 individuals per week for up to a 16 week period in each case. The service has 50 person centred counsellors.

We also provide a fee-paying service for service users who are able and willing to make a financial contribution to receive a service from a professionally qualified sessional staff member. This service runs in parallel to the free service and people are given a clear choice between the free NHS funded service and the fee-paying one.

In response to the needs of service users we have also developed a service that can counsel couples. This can be as part of the free or fee-paying routes.

Group Activities

Our Group Activities were cancelled as a result of COVID restrictions and although our Wednesday Art Group has resumed, there seems to be little appetite for the resumption of the others.

As part of our Tier Zero work we provide Group Training in ACT and Stress Control within the wider Community.

Tier Zero

We currently provide Tier Zero to all GP practices covering Cardiff. Patients are referred to us by the surgeries and are assessed for CCI/Supported Self-help provision.

Community Connectors

We were awarded the Community Connectors Pilot Project which runs for 2 years from May/June 2021. This service was extended until 31st March 2024. It is not a Mental Health service per se but rather is designed to assist hard-to-reach groups access opportunities within their local community.

External partnerships

As part of our strategy to develop new revenue streams, we provide external training to a variety of other organisations to increase awareness of mental health issues in the wider community. We provide such courses as mental health first aid and mental health awareness training to assist employers meet their obligations to their staff.

There is a developing market in this area particularly from Legal, Insurance and educational organisations which in part is down to the fact that mental health in the workplace has moved significantly up the employer agenda.

We have also developed a service that supports individual employees as part of a response to personal issues they may be experiencing and on occasions traumatic incidents affecting larger groups within a workforce.

Latterly we have been able to maximise our reputation and have been delivery partners for Employment Projects and latterly with Cardiff Council to provide Mental Health Support to staff and tenants in its Housing Service.

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Achievements and performance

Charitable activities

Our initial response to the pandemic was to continue to provide our services as long as was possible. This was of course subject to government guidelines and the availability of staff/skills. This approach undoubtedly raised our profile with Commissioners and increased our reputation as consistent and committed partners.

This involved changing the way we work particularly in Day Services where we had to develop a way of delivering services remotely by telephone or digitally. We also needed to build in additional resilience by training all staff to be able to undertake all aspects of our work.

We negotiated changes with our college partners to maintain our free Counselling Service remotely, this required an additional module for students to be completed and also temporary guidelines from the BACP to approve the temporary new way of working.

This approach has borne fruit as we have been able to maximise opportunities accruing from Active Monitoring in which we operated our flexible staffing approach to exceed all our initial targets and picked up further work. We were also able to deliver contracts to employment providers that generated additional income.

Our reputation for resilience and flexibility was appreciated particularly by the UHB and we were successful in being re-awarded our Core Contract and were in a strong position to bid for an extension to our Tier Zero Contract. Although there was a delay in awarding the contract until June 2022, we are pleased to report that we moved on from our single cluster in 2021/22 to having all 6 Cardiff Clusters.

The award of the Community Connectors Contract has required us to accommodate a new staff team within the building. This initially was achieved by utilising rooms previously used for face to face counselling. However, the lessening of COVID restrictions meant that the colleges wished us to resume face to face working. Fortunately, we were able to acquire a building to lease within our current curtilage and we have been able to turn this into a Counselling venue.

The Landlord of our Office and Coach House which were the bases for service delivery indicated that the properties would be sold and as a result we would be left potentially homeless or at best subject to a new Landlord. We had already built up a significant amount of Reserves and were therefore in a position to purchase the Properties with the assistance of a 50% mortgage from the Charity Bank. This was successfully delivered in 2023/24 and it was decided to utilize the provision in Reserves for remedial work on the cessation of the Lease to re-roof the buildings. We were therefore able to utilize our strong cash position to acquire a Fixed asset from which to deliver services and retain something which undoubtedly has an appreciating development value in future.

We had previously anticipated the cessation of our Accommodation Support Service as the Council had indicated its intention to decommission. The service was in the throes of being wound down, but at the 11th hour we were approached by the UHB to develop a service utilising the properties to enable hospital patients to be supported on a pathway towards integration into the community. This was very much a pilot project but the Management Committee felt that it was worth pursuing. As with any new development there were costs such as refurbishment and loss of income as a result of voids. We were however able to utilise our reserves to meet this expenditure by way of sums designated for Operating Costs and Redundancy Costs (which were no longer required). The pilot project has proved to be successful with full occupancy achieved in Q4 and a continuation of the project into 2024/25. Although the project does not necessarily assume the generation of a significant surplus it does make an important contribution to our overheads.

Financial review

Results

The Charity made an overall deficit of £62,733 (2024: £145,951) This decreased the Charity's level of reserves from £1,024,692 in 2024 to £961,959 as at 31 March 2025. The amount of these reserves attributable to unrestricted reserves at that date was £732,674 and £229,285 being attributable to restricted reserves.

Investment policy and objectives

The Charity has extensive investment powers under its Memorandum of Association restricted only by its charitable objects, prevailing legislation and the fiduciary duty placed on its Trustees.

Cardiff Mind Ltd

**Report of the Trustees
for the Year Ended 31 March 2025**

Financial review

Reserves policy

The Trustees of Cardiff Mind recognise the need to hold reserves to ensure funds are available to provide a range of community-based services for people with mental health problems should the income levels fall. If one or more projects cease, the financial burden on those remaining will be greater as their share of central services will rise.

Reserves are also required to meet the future business requirements particularly in terms of investment in information technology and staff training and development. It is the view of the Trustees that the continuation of the organisation and its ability to deliver services to its beneficiaries will be dependent on it being a modern organisation maximising the benefits of IT and delivering services through a highly trained and competent workforce.

A minimum level of reserves needs to be retained to ensure the Trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Trustees have undertaken an analysis of short term reserve requirements and have invested some of the cash at bank balances to generate higher levels of income from interest than are ordinarily available from a current or even deposit account.

The Charity is dependent upon receipt of Support People Revenue Grant, a contract with the Cardiff and the Vale University Health Board and Grants previously administered by the Wales Council for Voluntary Action and now by the UHB together with other income from donations, external training and private counselling. The current economic climate is uncertain and the threat of Central Government cuts will almost certainly have a negative impact on future income.

Based on the above, the trustees have examined the charity's requirement for reserves in light of the main risks to the organisation. Based on this analysis, the trustees have developed a reserves policy and have calculated that the charity needs to hold £490,000 in reserves to manage cash flow, continuity and liability risks as well as any emergency expenditure and monies for expansion of services.

Our current potential liabilities excluding amounts that would not be covered by elements of our restricted reserves are as follows:

Building improvements - £150,000
Redundancy Liability - £90,000
Operating Costs - £100,000
Services Support - £100,000
Emergencies - £50,000
Total - £490,000

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets, adjusted for mortgage loans, amounted to £411,324 represents 23% of total expenditure, on the assumption that the Charity wanted to maintain all its current level of services with no restricted fund income.

The Trustees are committed to maintaining current service levels for as long as the funding permits. Increases in salaries will be dependent upon the level of future income streams.

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Future plans

As has been stated above, the partnership with the UHB to have full nomination rights for our supported housing was established as a pilot project. The success in 2023/24 generates a degree of optimism that the new arrangements will be continued and formalized by a direct contract with the UHB rather than the intermediary involvements of the Council. Indeed, it is hoped that the service model might be expanded or adapted to suit the support requirements of other patients.

The fact that both Day Services and Tier Zero deliver both CCI and SSH as core provision offers opportunities to have a combined team of practitioners. This was one of our strengths during the pandemic and there is an opportunity to better manage workload but also provide a greater consistency of approach by amalgamation under a single manager. This is a benefit of the cessation of the Reporting requirements of the Mind Cymru Service which ceased on 31st March 2024. Although the Service received resources the requirements were somewhat onerous and it gives us an opportunity to work differently and generate cost savings.

Our future plans therefore are primarily ones of emphasis on service delivery more efficiently and effectively with a concentration on front line worker capacity to minimize waiting times. This is primarily driven by the need to be able to evidence performance levels for when the re-tendering by the UHB takes place. Although the UHB has an option to extend the contract for a further 2 years, we have to plan for a retendering to become effective from 2025/26.

We are delighted to highlight an ever-strengthening partnership approach with Mind in the Vale who assisted us with the development of the Tier Zero contract but perhaps more importantly has enabled us to consider how best to respond to opportunities and threats across the University Health Board area. We are both committed to ensuring that citizens in the area have access to a full range of services delivered to Mind values and see the future as being one of increasing collaboration.

The Domiciliary Support Service continues to inhabit a very insecure environment with the former CCHA Contract being decommissioned and replaced by a pilot Hoarding Service. On a positive note there is a realistic prospect that there will be increased opportunities for the service from the new way of working and the plans envisage the retention of our flats and hopefully the continuation of the revenue attached thereto.

Once again, the Trustees have agreed a deficit budget for 2024/25 hopeful that we will continue to manage our voids efficiently and that the call on reserves will be less than planned. It is also important to note that having evaluated the reserve levels required to meet liabilities and business continuity needs and met those basic requirements the Trustees are of the view that excess resources should be deployed in such a manner as to secure better services for people experiencing mental health issues, rather than simply storing them for future use. The deficit budget is very much in line with the previously successful strategy to maintain capacity to maximise opportunities.

Over the last few years our Reserves have grown massively. The reserve/spend ratio will remain strong and funders will legitimately ask "why are your Reserves so high and what do you intend to do with them?". We have moved from a current assets based organisation into a mixed one following the purchase of our building this has also given us a greater degree of control over our location. It appeared to be a sound strategy to firmly establish our presence and commitment and provide a useful investment in the medium term. This would also evidence our continuing commitment to our service and its beneficiaries within the City and County of Cardiff.

Of course, recent experience has taught us that circumstances can change massively - the Pandemic was a classic example. However, we can evidence that via our robust Contingency and Business Continuity processes we can respond nimbly and indeed have been able to turn what could have so easily been a disaster into an opportunity to strengthen our position. This has been driven by our fundamental ethos of supporting our client group and working alongside Statutory and Voluntary Sector partners to improve the lives of Cardiff citizens who are experiencing mental health issues.

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.

The Charity is a Limited Company (registration number 2803045) and is governed by its Memorandum and Articles of Association. Cardiff Mind is also registered with the Charity Commissioners Number 1020633.

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Structure, governance and management

Trustee appointment, induction and training

The Charity Trustees are the people who are legally responsible for the overall management and decision making in a charity. As a larger Charity, staff carry out the work of the charity and the Trustees are responsible for monitoring and controlling their activities. The Trustees are also Directors for the purposes of the Companies Act.

The Trustees are elected each year by the members of the Company at the Company's Annual General Meeting and form the Company's Management Committee. The Committee also has designated members who carry out the roles of Chair, Vice-Chair and Treasurer these too are elected at the Annual General Meeting.

There can be up to 12 Trustees, a minimum of 2 must be users of the service, a further 2 people may be co-opted to serve on the Committee.

Prior to the Annual General Meeting the Company publicises the fact that nominations are sought for election to the Management Committee via directly contacting members of the Company and expressions of interest are invited. Those members who are interested in serving are invited to meet with the Chief Executive to discuss the role in greater detail and also what skills need to be acquired for the individual to actively and effectively contribute. This would then form the basis of an individual development/induction plan.

Following the Annual General Meeting the Management Committee would consider its new composition and skill mix and would redress any shortcomings via advertisement and initial co-option of interested persons. The process of informal discussion with the Chief Executive is similar as is the identification of personal development issues. Prior to co-option the would-be Management Committee Member is invited to attend a couple of Management Committee Meetings as an observer prior to becoming a co-opted member.

Corporate governance

The Organisation is managed by a voluntary Management Committee whose role is to set the overall objectives for Cardiff Mind and to ensure that the organisation is keeping within its legal and moral obligations. The Management Committee holds the ultimate control and responsibility for Cardiff Mind and its operations. Management Committee members are drawn from a wide background, bringing together professional, commercial and local experience. There are some members who can provide a service user perspective. As at the end of the Financial Year three of the Management Committee brought such a perspective with personal experience of the complete range of services provided. This represents a significant proportion of the Committee.

The Committee meets formally every three months and more frequently if operational or governance issues require. As part of the Business Planning exercise the Committee reviewed the skill mix available and increased its base by advertising for new Committee members. The response attracted some high calibre candidates and will be reviewed on an annual basis.

The Management Committee is responsible for the organisation's strategy and policy framework. It delegates the day to day management and implementation of that framework to the Chief Executive.

The Management Committee has developed and adopted a number of key policy initiatives designed to improve Corporate Governance and organisational performance. These arrangements are externally reviewed by funders and also have been scrutinised under the Mind Quality Mark Framework in 2013/14, with the highest level of accreditation being awarded. The policies themselves are subject to Annual Review in general and a specific detailed review programme to ensure that they remain fit for purpose. We were reviewed under the MQM framework in June 2023.

Related parties

There are no related party transactions.

Reference and administrative details

Registered Company number

02803045 (England and Wales)

Registered Charity number

1020633

Registered office

166 Newport Road
Cardiff
CF24 1DL

Cardiff Mind Ltd

Report of the Trustees for the Year Ended 31 March 2025

Trustees

Philip Edwards - Chair
Julie Anne Dawson
Lee Lanciotti - Vice Chair
Neil Fulton - Treasurer (resigned 29.6.25)
Jacqueline Mary Jones (resigned 1.11.24)
Mikaela Lauren Gully (resigned 31.12.24)
Gillian Addicott (resigned 31.12.24)
Kristy Maloney (appointed 7.11.24)

Chief Executive officer

Roger Bone (resigned 30.06.25)
James Padbury (Joint, appointed 01.07.25)
Ellyn Pascoe (Joint, appointed 01.07.25)

Auditors

Menzies LLP, Statutory Auditors
5th Floor Hodge House
114-116 St Mary Street
Cardiff
CF10 1DY

Bankers

HSBC
56 Queen Street
Cardiff
CF10 2PX

Statement of trustees' responsibilities

The trustees (who are also the directors of Cardiff Mind Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- 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 charitable 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 charitable 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Auditors

The auditors, Menzies LLP, Statutory Auditors, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Cardiff Mind Ltd

**Report of the Trustees
for the Year Ended 31 March 2025**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the board of trustees on and signed on its behalf by:

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Philip Edwards - Trustee

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Report of the Independent Auditors to the Members of Cardiff Mind Ltd

Opinion

We have audited the financial statements of Cardiff Mind Ltd (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Material uncertainty related to going concern

We draw attention to note 1, 'Going concern', in the financial statements, which discusses the challenges the charity is currently facing and considers its viable next steps to allow it to continue meeting the mental health needs of people in Cardiff in the future. The current position indicates that, whilst there are options available to the charity, a material uncertainty does exist that may cast significant doubt on the charity's ability to continue as a going concern. Our opinion is not modified in respect of this matter.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

**Report of the Independent Auditors to the Members of
Cardiff Mind Ltd**

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our planning procedures identify the legal and regulatory frameworks applicable to the operations and financial statements of the company. These are reviewed internally with the audit team including relevant industry experience and expectations as well as externally with the client management. The key laws and regulations we considered in this context were the UK Companies Act 2006, 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', UK GAAP (FRS 102) and relevant tax legislation.

Once identified, we assess the risks of material misstatements in relation to the laws and regulations, irregularities, including fraud and adjust our testing accordingly. Our audit procedures include:

- Discussing with Trustees and management which areas of the business they believe to be more susceptible to fraud, and whether they have any knowledge or suspicion of fraudulent activities;
- Obtaining an understanding of the key controls put in place by the company to address risks identified, assessing the effectiveness of those and discussing how these are maintained and monitored internally;
- Assessing the risk of management override and review and testing of journal entries made into the accounting system;
- Discussing with Trustees and Management the legal and regulatory obligations of the business and whether they have any knowledge or suspicion of non compliance.

Despite the audit being planned and conducted in accordance with ISAs (UK) there remains an unavoidable risk that material misstatements in the financial statements may not be detected owing to inherent limitations of the audit, and that by their very nature, any such instances of fraud or irregularities likely involve collusion, forgery, intentional misrepresentation, or the override of internal controls.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Clive Edwards (Senior Statutory Auditor)
for and on behalf of Menzies LLP, Statutory Auditors
5th Floor Hodge House
114-116 St Mary Street
Cardiff
CF10 1DY

Date:

Cardiff Mind Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments from					
Donations and legacies	2	12,927	-	12,927	14,634
Charitable activities	4				
Empowerment and support		1,053,528	506,511	1,560,039	1,547,102
Investment income	3	11,977	-	11,977	18,448
Other income		27,951	-	27,951	31,024
Total		<u>1,106,383</u>	<u>506,511</u>	<u>1,612,894</u>	<u>1,611,208</u>
Expenditure on					
Charitable activities	5				
Empowerment and support		<u>1,267,345</u>	<u>408,282</u>	<u>1,675,627</u>	<u>1,757,159</u>
NET INCOME/(EXPENDITURE)		(160,962)	98,229	(62,733)	(145,951)
Reconciliation of funds					
Total funds brought forward		893,636	131,056	1,024,692	1,170,643
Total funds carried forward		<u>732,674</u>	<u>229,285</u>	<u>961,959</u>	<u>1,024,692</u>

Cardiff Mind Ltd

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Fixed assets					
Tangible assets	11	808,016	-	808,016	827,430
Current assets					
Debtors	12	92,864	-	92,864	58,656
Investments	13	149,681	132,726	282,407	280,751
Cash at bank and in hand		64,105	96,559	160,664	648,187
		<u>306,650</u>	<u>229,285</u>	<u>535,935</u>	<u>987,594</u>
Creditors					
Amounts falling due within one year	14	(46,773)	-	(46,773)	(449,551)
Net current assets		<u>259,877</u>	<u>229,285</u>	<u>489,162</u>	<u>538,043</u>
Total assets less current liabilities		1,067,893	229,285	1,297,178	1,365,473
Creditors					
Amounts falling due after more than one year	15	(335,219)	-	(335,219)	(340,781)
NET ASSETS		<u>732,674</u>	<u>229,285</u>	<u>961,959</u>	<u>1,024,692</u>
Funds	18				
Unrestricted funds				732,674	893,636
Restricted funds				229,285	131,056
Total funds				<u>961,959</u>	<u>1,024,692</u>

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 and were signed on its behalf by:

.....
Philip Edwards - Trustee

Cardiff Mind Ltd

Cash Flow Statement
for the Year Ended 31 March 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	(495,033)	(365,756)
Net cash used in operating activities		(495,033)	(365,756)
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(714,657)
Interest received		10,321	18,448
Investment interest received		1,656	1,647
Net cash provided by/(used in) investing activities		11,977	(694,562)
Cash flows from financing activities			
New loans in year		-	350,000
Loan repayments in year		(33,963)	(31,359)
Interest paid		29,496	26,476
Net cash (used in)/provided by financing activities		(4,467)	345,117
Change in cash and cash equivalents in the reporting period		(487,523)	(715,201)
Cash and cash equivalents at the beginning of the reporting period		648,187	1,363,388
Cash and cash equivalents at the end of the reporting period		160,664	648,187

The notes form part of these financial statements

Cardiff Mind Ltd

Notes to the Cash Flow Statement
for the Year Ended 31 March 2025

1. Reconciliation of net expenditure to net cash flow from operating activities

	2025 £	2024 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(62,733)	(145,951)
Adjustments for:		
Depreciation charges	19,414	17,890
Interest received	(10,321)	(18,448)
Investment interest received	(1,656)	-
(Increase)/decrease in debtors	(35,864)	7,025
Decrease in creditors	(403,873)	(226,272)
Net cash used in operations	<u>(495,033)</u>	<u>(365,756)</u>

2. Analysis of changes in net funds

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank and in hand	648,187	(487,523)	160,664
	<u>648,187</u>	<u>(487,523)</u>	<u>160,664</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	280,751	1,656	282,407
	<u>280,751</u>	<u>1,656</u>	<u>282,407</u>
Debt			
Debts falling due within 1 year	(4,336)	(1,095)	(5,431)
Debts falling due after 1 year	(340,781)	5,562	(335,219)
	<u>(345,117)</u>	<u>4,467</u>	<u>(340,650)</u>
Total	<u>583,821</u>	<u>(481,400)</u>	<u>102,421</u>

**Notes to the Financial Statements
for the Year Ended 31 March 2025**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the 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.

Going Concern

Over the past two years Cardiff Mind has faced sustained financial pressure, resulting in deficits in both the current and comparative periods, having previously reported a surplus each year since 2019. This position has been significantly worsened by the loss of major funding streams, including the discontinuation of Community Opportunities funding and the Tier Zero project by the University Health Board. As a result, the organisation has had to undertake substantial restructuring and redundancies, alongside leaving vacant posts unfilled in order to reduce monthly overspend. These decisions, largely shaped under the previous CEO, have resulted in a much smaller organisation operating in an increasingly challenging funding environment.

Despite these difficulties, there are clear grounds for cautious optimism. Several services continue to perform strongly: the Floating Support Team has been rated "excellent", Supported Accommodation generates a surplus that contributes positively to overall finances, and paid counselling income has grown by almost 58% between April and November. In parallel, Cardiff Mind has submitted bids for Tier Zero and CAPS funding, is exploring funding support to reinstate the Free Counselling Service, and has begun rebuilding strategic relationships with the University Health Board, National Mind, Mind Cymru and the wider Mind Federation. Given the scale of ongoing risk, a merger with a neighbouring Local Mind is being actively explored as the most viable route to long-term sustainability, enabling shared functions, efficiencies and resilience.

To address the immediate financial position, a range of savings options are being presented to the Board across Floating Support, Counselling and Core services. These include limited reductions in staffing where unavoidable, restructuring of management roles, reductions in central and support posts, review of non-staff contracts, and significant changes to premises usage. In particular, the proposed sale of the Head Office/Coach House could release in excess of £350k in equity (subject to final sale price), while alternative rented or shared premises are expected to be achievable at comparable cost. Even with restructuring, however, achieving breakeven will likely require a combination of staffing changes, premises savings, and progress toward merger.

Overall, while Cardiff Mind continues to face serious financial challenges, it retains viable options. With decisive action, careful management of service quality and strategic collaboration, potentially through merge, the organisation has a realistic opportunity to stabilise, become more efficient, and emerge better positioned to meet the mental health needs of people in Cardiff in the years ahead.

Income

Donations are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Revenue grants are recognised in the period in which the expenditure to which they relate is incurred. Where there are conditions attached to the use of these grants they are credited to the Restricted Fund. All other revenue grants are included in the General Fund in unrestricted funds.

Rental income is based upon the weekly charge arising in the accounting period to which it relates.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income is recognised on a receivable basis.

Other income is accounted for on a receivables basis.

Expenditure

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

1. Accounting policies - continued

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Tangible fixed assets

Individual items costing £1,000 or more are initially recorded at cost.

Depreciation

Depreciation is provided on tangible fixed assets so as to write the cost, less any estimated residual value, over their expected useful economic life as follows:

Office equipment	over 3 years
Fixtures and fittings	over 3 years
Computer equipment	over 3 years
Property	over 50 years

Taxation

The company is a registered charity and all of its income is primary purpose it is, therefore exempt from taxation.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

Debtors, creditors and cash

Current assets and liabilities, including cash held at bank are recognised at cost or valuation as at the year end.

2. Donations and legacies

	2025	2024
	£	£
Donations	12,927	14,634

3. Investment income

	2025	2024
	£	£
Deposit account interest	11,977	18,448

Cardiff Mind Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

4. Income from charitable activities

	Activity	2025 £	2024 £
Local Mental Health Grants Scheme	Empowerment and support	231,959	231,959
Community Connectors	Empowerment and support	90,000	149,990
SPG - received in year	Empowerment and support	214,264	275,566
Tier Zero	Empowerment and support	265,805	265,805
SPRG	Empowerment and support	72,825	-
Domiciliary Care Cardiff and the Vale	Empowerment and support	117,751	117,286
University Health Board	Empowerment and support	79,631	61,002
Residents charges receivable	Empowerment and support	324,858	334,108
Voids	Empowerment and support	(52,817)	(71,379)
CAP SERVICE	Empowerment and support	15,833	-
Council Hubs	Empowerment and support	30,000	-
Counselling fees	Empowerment and support	129,930	118,680
Active Monitoring Mind	Empowerment and support	-	64,085
Other Grants	Empowerment and support	40,000	-
		<u>1,560,039</u>	<u>1,547,102</u>

5. Charitable activities costs

	Direct Costs £	Support costs (see note 6) £	Totals £
Empowerment and support	<u>1,530,143</u>	<u>145,484</u>	<u>1,675,627</u>

6. Support costs

	Finance £	Human resources £	Governance costs £	Totals £
Empowerment and support	<u>90,209</u>	<u>29,496</u>	<u>25,779</u>	<u>145,484</u>

Support costs, included in the above, are as follows:

	2025 Empowerment and support £	2024 Total activities £
Wages	68,919	68,237
Rent and rates	21,125	19,745
Bank charges	165	240
Interest payable and similar charges	29,496	26,476
Wages	11,724	11,608
Auditors' remuneration	5,025	4,706
Auditors' remuneration for non audit work	9,030	5,850
	<u>145,484</u>	<u>136,862</u>

Cardiff Mind Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

7. Net income/(expenditure)

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

	2025 £	2024 £
Auditors' remuneration	5,025	4,706
Other non-audit services	9,030	5,850
Depreciation - owned assets	19,414	17,890
	<u> </u>	<u> </u>

8. Trustees' remuneration and benefits

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

Trustees' expenses

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

9. Staff costs

	2025 £	2024 £
Wages and salaries	1,036,650	1,060,557
Social security costs	77,090	79,177
Other pension costs	54,265	56,396
	<u> </u>	<u> </u>
	<u>1,168,005</u>	<u>1,196,130</u>

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

	2025	2024
Charitable activities	49	56
Support staff	6	2
	<u> </u>	<u> </u>
	<u>55</u>	<u>58</u>

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

During the year Cardiff Mind Ltd paid key management gross salaries totalling £267,651 (2024: £220,777). Key management are considered to be 6 individuals who directly impact upon the strategic direction of the charity.

10. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from			
Donations and legacies	14,634	-	14,634
Charitable activities			
Empowerment and support	976,505	570,597	1,547,102
Investment income	18,448	-	18,448
Other income	31,024	-	31,024
	<u> </u>	<u> </u>	<u> </u>
Total	<u>1,040,611</u>	<u>570,597</u>	<u>1,611,208</u>
Expenditure on			
Charitable activities			
Empowerment and support	1,036,488	720,671	1,757,159
	<u> </u>	<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)	4,123	(150,074)	(145,951)

Cardiff Mind Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

10. Comparatives for the statement of financial activities - continued	Unrestricted funds £	Restricted funds £	Total funds £
Reconciliation of funds			
Total funds brought forward	889,513	281,130	1,170,643
Total funds carried forward	<u>893,636</u>	<u>131,056</u>	<u>1,024,692</u>
11. Tangible fixed assets	Freehold property £	Fixtures and fittings £	Totals £
Cost			
At 1 April 2024 and 31 March 2025	838,598	60,942	899,540
Depreciation			
At 1 April 2024	15,318	56,792	72,110
Charge for year	16,772	2,642	19,414
At 31 March 2025	32,090	59,434	91,524
Net book value			
At 31 March 2025	806,508	1,508	808,016
At 31 March 2024	<u>823,280</u>	<u>4,150</u>	<u>827,430</u>
12. Debtors: amounts falling due within one year		2025 £	2024 £
Trade debtors		61,562	44,112
Other debtors		1,900	1,407
Prepayments and accrued income		29,402	13,137
		<u>92,864</u>	<u>58,656</u>
13. Current asset investments		2025 £	2024 £
Monies held on deposit		<u>282,407</u>	<u>280,751</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

14. Creditors: amounts falling due within one year

	2025	2024
	£	£
Bank loans and overdrafts (see note 16)	5,431	4,336
Social security and other taxes	18,948	19,463
Other creditors	9,711	4,567
Accruals and deferred income	12,683	421,185
	<u>46,773</u>	<u>449,551</u>
Deferred income brought forward	410,403	606,809
Amounts released to incoming resources	(692,511)	(313,848)
Amounts deferred in the year	283,185	117,442
Deferred income carried forward	<u>1,077</u>	<u>410,403</u>

15. Creditors: amounts falling due after more than one year

	2025	2024
	£	£
Bank loans (see note 16)	<u>335,219</u>	<u>340,781</u>

16. Loans

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Bank loans	<u>5,431</u>	<u>4,336</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<u>12,157</u>	<u>9,072</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>28,761</u>	<u>21,639</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	294,301	310,070

17. Leasing agreements

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	3,224	3,224
Between one and five years	2,418	5,642
	<u>5,642</u>	<u>8,866</u>

Cardiff Mind Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

18. Movement in funds

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	893,636	(160,962)	732,674
Restricted funds			
Local Mental Health Grants Scheme Cardiff and the Vale University Health Board	104,349	(25,754)	78,595
Tier Zero	26,707	(8,743)	17,964
	-	132,726	132,726
	<u>131,056</u>	<u>98,229</u>	<u>229,285</u>
TOTAL FUNDS	<u>1,024,692</u>	<u>(62,733)</u>	<u>961,959</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,106,383	(1,267,345)	(160,962)
Restricted funds			
Local Mental Health Grants Scheme Cardiff and the Vale University Health Board	179,704	(205,458)	(25,754)
Tier Zero	61,002	(69,745)	(8,743)
	265,805	(133,079)	132,726
	<u>506,511</u>	<u>(408,282)</u>	<u>98,229</u>
TOTAL FUNDS	<u>1,612,894</u>	<u>(1,675,627)</u>	<u>(62,733)</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	872,875	20,761	893,636
Building refurbishment fund	16,638	(16,638)	-
	<u>889,513</u>	<u>4,123</u>	<u>893,636</u>
Restricted funds			
Local Mental Health Grants Scheme Cardiff and the Vale University Health Board	216,390	(112,041)	104,349
	64,740	(38,033)	26,707
	<u>281,130</u>	<u>(150,074)</u>	<u>131,056</u>
TOTAL FUNDS	<u>1,170,643</u>	<u>(145,951)</u>	<u>1,024,692</u>

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

18. Movement in funds - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,040,611	(1,019,850)	20,761
Building refurbishment fund	-	(16,638)	(16,638)
	<hr/>	<hr/>	<hr/>
	1,040,611	(1,036,488)	4,123
Restricted funds			
Local Mental Health Grants Scheme Cardiff and the Vale University Health Board	179,705	(291,746)	(112,041)
Tier Zero	61,002	(99,035)	(38,033)
Active Monitoring	265,805	(265,805)	-
	64,085	(64,085)	-
	<hr/>	<hr/>	<hr/>
	570,597	(720,671)	(150,074)
TOTAL FUNDS	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	1,611,208	(1,757,159)	(145,951)

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

The building refurbishment designated fund has been created by the Trustees to cover the potential costs of remedial works to the property occupied by the charity in the coming years.

Local Mental Health Grants Scheme - the scheme is administered by Cardiff and the Vale University Health Board. Part of this funding is for Core Services and Integrated Day Services. The other part of the funding is to provide people with support in re-engaging with the community. This is completed by providing; a safe space, social contact, information and advice, vocational assessment/planning, volunteering opportunities, a wide range of pre-vocational training and links into a host of community resources.

Cardiff and the Vale University Health Board - The funding is provided to secure for the residents of Cardiff the provision of specified healthcare by contributing towards the core costs of the Integrated Day Services. In particular, the service should provide; an Outreach Service, a free counselling service, support groups, training to other organisations, information on other agencies and sources of support and a list of counsellors and therapists.

Tier Zero is a three year contract with the University Health Board to provide CCI support for individuals within GP Practices in the SE Cluster Group of Cardiff.

Active Monitoring is a scheme to provide support in line with GP referrals to support those in need with mental health support.

19. Employee benefit obligations

The charity operates a defined contribution scheme. The pension costs charge for the year represents contributions payable by the charity to the scheme and amounted to £54,265 (2024: £56,396).

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2025**

20. Related party disclosures

There were no related party transactions for the year ended 31 March 2025.

21. Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

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Cardiff Mind Ltd

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025 £	2024 £
Income and endowments		
Donations and legacies		
Donations	12,927	14,634
Investment income		
Deposit account interest	11,977	18,448
Charitable activities		
Local Mental Health Grants Scheme	231,959	231,959
Community Connectors	90,000	149,990
SPG - received in year	214,264	275,566
Tier Zero	265,805	265,805
SPRG	72,825	-
Domiciliary Care	117,751	117,286
Cardiff and the Vale University Health Board	79,631	61,002
Residents charges receivable	324,858	334,108
Voids	(52,817)	(71,379)
CAP SERVICE	15,833	-
Council Hubs	30,000	-
Counselling fees	129,930	118,680
Active Monitoring Mind	-	64,085
Other Grants	40,000	-
	1,560,039	1,547,102
Other income		
Other income	14,242	2,077
Training income	12,829	28,947
Rent income	880	-
	27,951	31,024
Total incoming resources	1,612,894	1,611,208
Expenditure		
Charitable activities		
Wages	956,007	980,712
Social security	77,090	79,177
Pensions	54,265	56,396
Rent and rates	-	16
Insurance	17,264	15,440
Light and heat	44,423	31,774
Telephone	38,238	30,542
Repairs and maintenance	38,798	43,929
Computer software and maintenance	30,130	25,749
Training, conferences and Awaydays	12,353	12,828
Travel costs	13,922	12,439
Printing, postage and stationery	5,592	8,797
Subscriptions and donations	17,647	12,465
Sundry and other costs	63,254	129,813
Cleaning	16,376	11,195
Management charges	117,493	114,970
Legal and professional fees	7,877	36,165
Fixtures and fittings	19,414	17,890
	1,530,143	1,620,297

This page does not form part of the statutory financial statements

Cardiff Mind Ltd

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	2025 £	2024 £
Support costs		
Finance		
Wages	68,919	68,237
Rent and rates	21,125	19,745
Bank charges	165	240
	<hr/>	<hr/>
	90,209	88,222
Human resources		
Bank loan interest	29,496	26,476
Governance costs		
Wages	11,724	11,608
Auditors' remuneration	5,025	4,706
Auditors' remuneration for non audit work	9,030	5,850
	<hr/>	<hr/>
	25,779	22,164
Total resources expended	<hr/>	<hr/>
	1,675,627	1,757,159
Net expenditure	<hr/>	<hr/>
	(62,733)	(145,951)

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