

REGISTERED COMPANY NUMBER: 02929424 (England and Wales)
REGISTERED CHARITY NUMBER: 1047314

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
THE ABBEY ROAD CENTRE**



**Canolfan
Abbey Road**



THE ABBEY ROAD CENTRE

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FOR THE YEAR ENDED 31 MARCH 2023**

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THE ABBEY ROAD CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To improve the mental health of those experiencing problems. This could include depression, anxiety, drug and alcohol abuse and other social problems.

To improve and modify the public's attitude to such problems, thus enabling supportive approaches to assist the service users to engage.

We work with other agencies, both directly and indirectly, who are involved and active in the field.

The planning and monitoring of current and future services is sensitive to input from service users as well as carers and the voluntary sector.

Plans for the future will be in accordance with the guidelines of the Charity Commission.

Public benefit

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

ACHIEVEMENT AND PERFORMANCE

Charitable activities - How our activities deliver public benefit

The Centre has continued to work towards raising and maintaining our mental health and well being, reducing stigma and displaying good practice throughout its work. The service continues to raise awareness of mental health issues through partnership work with the Statutory and 3rd Sector Agencies. The Drop In continues to support the mental health and well being of it's community, welcoming new members and initiating new projects.

FINANCIAL REVIEW

Financial position

Overall there was a deficit this year of £14,835 compared with a surplus of £16,169 in 2021/22, leaving total reserves at 31 March 2023 of £86,782 (£76,424 unrestricted and £10,358 restricted).

Reserves policy and going concern

The level of the Reserves will be reviewed by the Board and that unless otherwise agreed, the organisation will strive, in line with good practice, to maintain a minimum reserve equivalent to the current three months running costs of the organisation, which are currently achieved, and endeavour to make good and maintain the equivalent of six months running costs at some time in the future.

The charitable company's survival is largely dependent on funding from local authorities, local health boards and government agencies.

Although there was a deficit in the year, which was anticipated, and the unrestricted reserves have decreased, the trustees still consider it appropriate to prepare the financial statements on a going concern basis as there are sufficient reserves to carry forward.

THE ABBEY ROAD CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document & Charity constitution

The charity is a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 27 April 1994 and amended on 12 March 2003 and 5 January 2006. It is registered with the Charity Commission.

There are two categories of membership; full membership and individual membership. Those eligible for membership are:-

- Organisations involved in the field of mental health in the county of Gwynedd can apply for full membership
- Individuals aged over 18 years, with an interest in mental health issues in Gwynedd or with experience or expert knowledge which would be of benefit to the Company; and which are in agreement with the Objects of the Company; and that such membership does not hold more than 50% of the total voting rights of the Company

No organisation or person can be admitted as a member of the Company until they are approved by the Board of Trustees.

Recruitment and appointment of new trustees

The business of the charity is managed by a board of trustees.

The number of trustees is determined by the Company in General Meeting, but unless and until so fixed there is no maximum number. The minimum number of trustees is five.

Membership of the board of trustees will accurately as possible reflect the membership and objects of the Company.

One third of trustees stand down every year but are eligible for re-election

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02929424 (England and Wales)

Registered Charity number

1047314

Registered office

5/9 Abbey Road
Bangor
Gwynedd
LL57 2EA

Trustees

Ms G V Martin (resigned 6.6.23)
Mr J M Martin
Mr L J Jones
Mr J W Jones (Vice Chair)
Dr L Miles (Chair)
Cllr C E Wager
Cllr P J Rowlinson
Mr A Griffiths (appointed 9.11.22)

Company Secretary

Ms F W Owens

THE ABBEY ROAD CENTRE

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

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

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

Senior Management

Ms F W Owens - Chief Officer

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 order of the board of trustees on29/09/2023..... and signed on its behalf by:



.....
Dr L Miles (Chair) - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE ABBEY ROAD CENTRE**

Independent examiner's report to the trustees of The Abbey Road Centre ('the Company')

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Colin Bell
FCCA

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

Date: 12/10/2023

THE ABBEY ROAD CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	3,738	-	3,738	3,370
Charitable activities					
Mental Health Support Services	5	131,193	3,000	134,193	153,286
Other trading activities	3	25,187	-	25,187	24,488
Investment income	4	<u>190</u>	<u>-</u>	<u>190</u>	<u>9</u>
Total		<u>160,308</u>	<u>3,000</u>	<u>163,308</u>	<u>181,153</u>
EXPENDITURE ON					
Charitable activities					
Mental Health Support Services	6	<u>172,243</u>	<u>5,900</u>	<u>178,143</u>	<u>164,984</u>
NET INCOME/(EXPENDITURE)		(11,935)	(2,900)	(14,835)	16,169
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>88,359</u>	<u>13,258</u>	<u>101,617</u>	85,448
TOTAL FUNDS CARRIED FORWARD		<u>76,424</u>	<u>10,358</u>	<u>86,782</u>	<u>101,617</u>

The notes form part of these financial statements

THE ABBEY ROAD CENTRE

**BALANCE SHEET
31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	13	1,928	-	1,928	2,466
CURRENT ASSETS					
Stocks	14	175	-	175	175
Debtors	15	6,026	-	6,026	13,159
Cash at bank and in hand		<u>81,769</u>	<u>10,358</u>	<u>92,127</u>	<u>104,764</u>
		87,970	10,358	98,328	118,098
CREDITORS					
Amounts falling due within one year	16	<u>(13,474)</u>	-	<u>(13,474)</u>	<u>(18,947)</u>
NET CURRENT ASSETS					
		<u>74,496</u>	<u>10,358</u>	<u>84,854</u>	<u>99,151</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>76,424</u>	<u>10,358</u>	<u>86,782</u>	<u>101,617</u>
NET ASSETS					
		<u>76,424</u>	<u>10,358</u>	<u>86,782</u>	<u>101,617</u>
FUNDS					
Unrestricted funds	18			76,424	88,359
Restricted funds				<u>10,358</u>	<u>13,258</u>
TOTAL FUNDS					
				<u>86,782</u>	<u>101,617</u>

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

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

The trustees acknowledge their responsibilities for

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


The notes form part of these financial statements

THE ABBEY ROAD CENTRE

BALANCE SHEET - continued
31 MARCH 2023

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 27/04/2023 and were signed on its behalf by:



.....
Dr L Miles (Chair) - Trustee



.....
Mr J W Jones (Vice Chair) - Trustee

The notes form part of these financial statements

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Government grants

Grants which relate to revenue are recognised as income in the period the related costs for which the grant is intended to compensate are incurred.

Allocation and apportionment of costs

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent by staff on those activities.

Fixed assets

Tangible fixed assets for use by the charity are stated at cost or valuation or in cases where fixed assets have been donated at valuation at the time of acquisition, less depreciation. The cost of minor additions or those costing less than £500 are not capitalised.

Depreciation has been provided at the following rates in order to write down the cost or valuation less estimated residual value, of all tangible fixed assets by equal annual instalments over their expected useful lives: -

Freehold Buildings	written off in year of acquisition
Plant & Machinery	25% per annum straight line
Computer Equipment	25% per annum straight line

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

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

Fund accounting

Unrestricted funds

These are for the objects of the charity without further specified purpose and are available as general funds.

THE ABBEY ROAD CENTRE

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

1. ACCOUNTING POLICIES - continued

Fund accounting

Designated Funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Restricted funds

These are to be used for specific purposes as laid down by the provider / donor.

Leasing commitments

Operating leases and payments made under them are included in the Statement of Financial Activities on a straight line basis over the lease term.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. Contributions payable for the year are charged in the Statement of Financial Activities.

Going concern

The charitable company's survival is largely dependent on funding from local authorities, local health boards and government agencies.

The trustees consider it appropriate to prepare the financial statements on a going concern basis.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	<u>3,738</u>	<u>3,370</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Contributions from user groups	<u>25,187</u>	<u>24,488</u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>190</u>	<u>9</u>

THE ABBEY ROAD CENTRE

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

5. INCOME FROM CHARITABLE ACTIVITIES

	Unrestrict ed £	Restricted £	31.3.23 £	31.3.22 £
Coronavirus Job Retention Scheme	-	-	-	702
Gwynedd County Council -Core	36,220	-	36,220	33,885
Local Health Authority	94,289	3,000	97,289	97,288
Therapy Project Council Group	-	-	-	5,000
Mantell Gwynedd	-	-	-	10,000
Bangor University Graduate support placement	684	-	684	2,052
BCUHN - Bonus Payment	-	-	-	4,359
Total	<u>131,193</u>	<u>3,000</u>	<u>134,193</u>	<u>153,286</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Mental Health Support Services	<u>135,280</u>	<u>42,863</u>	<u>178,143</u>

7. SUPPORT COSTS

	Other £	Governance costs £	Totals £
Mental Health Support Services	<u>23,612</u>	<u>19,251</u>	<u>42,863</u>

8. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Independent examination of the accounts	1,980	1,800
Depreciation - owned assets	1,415	1,330
Other operating leases	<u>2,249</u>	<u>2,132</u>

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

9. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

10. STAFF COSTS

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

	2023	2022
Chief Officer	1	1
Direct Charitable	4	3
Administration and Support	<u>1</u>	<u>1</u>
	<u><u>6</u></u>	<u><u>5</u></u>

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

The charity considers its key management personnel comprise of the Chief Officer. Total emoluments, including employer pension contributions, of the key management personnel were £36,678 (2022 - £34,075).

The charity operates a defined contribution pension scheme for 5 staff (2022 - 5 staff) under auto-enrolment regulations.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,370	-	3,370
Charitable activities			
Mental Health Support Services	150,286	3,000	153,286
Other trading activities	24,488	-	24,488
Investment income	<u>9</u>	<u>-</u>	<u>9</u>
Total	<u><u>178,153</u></u>	<u><u>3,000</u></u>	<u><u>181,153</u></u>
EXPENDITURE ON			
Charitable activities			
Mental Health Support Services	<u>160,419</u>	<u>4,565</u>	<u>164,984</u>
NET INCOME/(EXPENDITURE)	17,734	(1,565)	16,169
RECONCILIATION OF FUNDS			
Total funds brought forward	70,625	14,823	85,448

THE ABBEY ROAD CENTRE

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

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>88,359</u>	<u>13,258</u>	<u>101,617</u>

12. TAXATION

As a charity, The Abbey Road Centre is exempt from tax on income and gains to the extent that these are applied to its charitable objects. No tax charges have arisen this year.

13. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Computer equipment £	Totals £
COST				
At 1 April 2022	1	28,905	15,343	44,249
Additions	<u>-</u>	<u>877</u>	<u>-</u>	<u>877</u>
At 31 March 2023	<u>1</u>	<u>29,782</u>	<u>15,343</u>	<u>45,126</u>
DEPRECIATION				
At 1 April 2022	1	28,905	12,877	41,783
Charge for year	<u>-</u>	<u>219</u>	<u>1,196</u>	<u>1,415</u>
At 31 March 2023	<u>1</u>	<u>29,124</u>	<u>14,073</u>	<u>43,198</u>
NET BOOK VALUE				
At 31 March 2023	<u>-</u>	<u>658</u>	<u>1,270</u>	<u>1,928</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>2,466</u>	<u>2,466</u>

The freehold property 7-9 Abbey Road was transferred to the charitable company by the Local Health Authority for £1 in March 2013. There is a covenant on the property that it cannot be sold and that in the event of the charitable company be wound up it would be transferred back to the Local Health Authority.

14. STOCKS

	2023 £	2022 £
Stocks	<u>175</u>	<u>175</u>

THE ABBEY ROAD CENTRE

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

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Debtors	6,022	13,107
Other debtors	<u>4</u>	<u>52</u>
	<u>6,026</u>	<u>13,159</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Creditors	388	1,315
Social security and other taxes	10,834	10,998
Business charge credit card	503	815
Accrued expenses	<u>1,749</u>	<u>5,819</u>
	<u>13,474</u>	<u>18,947</u>

17. LEASING AGREEMENTS

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

	2023	2022
	£	£
Within one year	2,018	1,574
Between one and five years	<u>1,390</u>	<u>5,310</u>
	<u>3,408</u>	<u>6,884</u>

18. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	88,359	(11,935)	76,424
Restricted funds			
Maintenance fund	13,258	(2,900)	10,358
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>101,617</u>	<u>(14,835)</u>	<u>86,782</u>

THE ABBEY ROAD CENTRE

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

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	160,308	(172,243)	(11,935)
Restricted funds			
Maintenance fund	3,000	(5,900)	(2,900)
TOTAL FUNDS	<u>163,308</u>	<u>(178,143)</u>	<u>(14,835)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	70,625	17,734	88,359
Restricted funds			
Maintenance fund	14,823	(1,565)	13,258
TOTAL FUNDS	<u>85,448</u>	<u>16,169</u>	<u>101,617</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	178,153	(160,419)	17,734
Restricted funds			
Maintenance fund	3,000	(4,565)	(1,565)
TOTAL FUNDS	<u>181,153</u>	<u>(164,984)</u>	<u>16,169</u>

18. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	70,625	5,799	76,424
Restricted funds			
Maintenance fund	14,823	(4,465)	10,358
	<u>85,448</u>	<u>1,334</u>	<u>86,782</u>
TOTAL FUNDS			

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	338,461	(332,662)	5,799
Restricted funds			
Maintenance fund	6,000	(10,465)	(4,465)
	<u>344,461</u>	<u>(343,127)</u>	<u>1,334</u>
TOTAL FUNDS			

Purpose of restricted funds

Maintenance fund

This fund is derived from funding from the Local Health Authority and is to be set aside for significant future maintenance of the property.

19. RELATED PARTY DISCLOSURES

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