REGISTERED COMPANY NUMBER: 07814000 (England and Wales)
REGISTERED CHARITY NUMBER: 1145211

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

FOR

BRECON AND DISTRICT MIND
TRADING AS SOUTH POWYS MIND

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

BRECON AND DISTRICT MIND
TRADING AS SOUTH POWYS MIND

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FOR THE YEAR ENDED 31 MARCH 2026

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2026

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 2026. 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).

Welcome from the Co-Chairs

2025-2026 has been a year of growth, resilience and opportunity for South Powys Mind.

As demand for mental health support continues to rise across our communities, we have remained committed to our purpose that we are 'Here to help you manage your mental health & wellbeing'.

Throughout the year we have continued to provide high-quality, person-centred support whilst adapting to an increasingly challenging financial and operational environment.

We have celebrated significant achievements, including securing new funding, achieving the Investors in Volunteers Quality Mark, expanding our reach across South Powys, strengthening partnerships, and continuing to develop innovative services that place lived experience at the heart of everything we do.

Behind every statistic in this report is a person, family or community whose life has been positively impacted through connection, support, hope and understanding. We are incredibly proud of the dedication shown by our staff team, volunteers, trustees and supporters throughout the year.

On behalf of the Board of Trustees, thank you to everyone who has helped make this work possible.

OBJECTIVES AND ACTIVITIES

Objectives and aims

South Powys Mind exists to ensure that nobody has to face a mental health challenge alone.

We provide support, information, counselling, wellbeing activities, volunteering opportunities and community-based services that help people improve their mental health and wellbeing.

Our work is guided by the belief that everyone deserves access to compassionate, inclusive and effective support regardless of their circumstances.

We achieve this by:

- Providing accessible mental health and wellbeing support throughout South Powys.
- Delivering counselling, bereavement support, wellbeing services and peer support opportunities.
- Supporting people to build resilience, confidence and stronger community connections.
- Working collaboratively with health, social care and voluntary sector partners.
- Championing the voices of people with lived experience of mental health challenges.
- Challenging stigma and promoting positive attitudes towards mental health.

Our services during 2025-2026 included:

- Wellbeing Support
- Counselling
- Bereavement Café Support
- Blended CBT
- Green Minds, nature based wellbeing
- Brecon High School Wellbeing Project
- Powys In Work Service Support
- Mums Social Groups
- Activity based groups, such as Art in Mind, Pottery and writing for wellbeing
- Peer Support Groups, such as Bi-Polar Support Group
- Community Outreach and Awareness Activities

OBJECTIVES AND ACTIVITIES

Impacts and Achievements

During 2025-2026 South Powys Mind continued to provide vital mental health and wellbeing support to individuals, families and communities across South Powys.

Over the year we supported **768 people** through a diverse range of services and delivered **4,014 sessions of support**, helping people improve their wellbeing, build resilience, develop connections and access support when they needed it most.

Behind every number in this report is a person, family or community member whose life has been positively impacted through compassion, connection and support.

Service Impact at a Glance

Service	People Supported	Sessions Delivered
Bereavement Support	32	147
Wellbeing Support (1:1)	322	1,017
Outreach Groups	55	90
Activity Groups	84	185
Brecon High School Wellbeing Project	130	107
Wellbeing Centre Activities	135	240
Mums Social	37	184
In Work Support Service Powys	102	575
Blended CBT	65	364
Counselling	80	524
Green Minds	50	115

Wellbeing Support (1:1)

Our one-to-one wellbeing support service remained one of our most accessed services during the year, supporting **322 individuals** through **1,017 sessions**.

The service provides practical and emotional support to people experiencing a wide range of challenges, helping them improve wellbeing, increase confidence and access appropriate support networks.

Outcomes

81% of participants recorded improved wellbeing scores using the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS).

Counselling Service

Our counselling service supported **80 individuals** through **524 counselling sessions**, providing safe, confidential and professional support to people experiencing a range of mental health challenges.

Outcomes

93% of participants demonstrated improvement in their SWEMWBS or CORE outcome measures.

OBJECTIVES AND ACTIVITIES

One participant shared:

"An invaluable service. My counsellor Carolyn was lovely and made me feel at ease from the first session. Very helpful sessions that made me rethink my approach to dealing with issues and help me manage my anxiety better. I would definitely recommend reaching out to South Powys Mind for help with anxiety or other mental health issues."

Blended CBT

Our Blended Cognitive Behavioural Therapy service supported **65 people** through **364 sessions.**

This service combines evidence-based CBT techniques with personalised support, helping individuals develop practical strategies to manage their mental health.

Participants told us:

"It really helped me by opening my eyes to the way I think and talk to myself."

"I think the face-to-face option was extremely beneficial for me. It was something hard to discuss and work through over the phone. My supporter was amazing."

Bereavement Support

During the year our bereavement service supported **32 people** through **147 sessions**, providing compassionate support for individuals experiencing grief and loss.

Participants were supported to explore their experiences of bereavement, process emotions and develop coping strategies within a safe and supportive environment.

One participant reflected:

"This exercise has cemented what I already knew but hadn't put into words - that he is a lasting, never-ending presence in my life - and that makes me very happy."

Supporting Young People

Brecon High School Wellbeing Project

The Brecon High School Wellbeing Project supported **130 young people** during the year.

Outcomes

- **100%** would recommend the service to others.
- **91%** rated the service 8 out of 10 or higher.
- **72%** demonstrated improved wellbeing scores.

The project continues to provide an important source of early intervention and support for young people, helping them develop resilience, emotional wellbeing and confidence.

Building Connection Through Groups

Outreach Groups

Our outreach groups supported **55 people** through **90 sessions**, creating opportunities for connection, peer support and shared experiences.

OBJECTIVES AND ACTIVITIES

Participants told us:

"They have helped me understand that I am not alone and that help is out there so people do not have to suffer alone."

"Meeting up with other people who are dealing with their own issues - there is no pressure to share."

Activity Groups

Our activity groups supported **84 people** through **185 sessions**, using creativity, shared interests and meaningful activities to improve wellbeing and reduce isolation.

One participant shared:

"I feel inspired to write and create. I feel stronger to cope with my challenges."

Wellbeing Centre

The Wellbeing Centre remained a welcoming community hub throughout the year, supporting **135 individuals** through **240 sessions** and activities.

Participants described the impact of the centre as:

"Helped with being able to talk to someone."

"Makes me feel less lonely."

"Gives me something to do and get out of the house."

"The atmosphere is friendly and helpful."

Mums Social

Mums Social continued to provide a warm and welcoming environment for parents and carers, supporting **37 mothers** through **184 sessions**.

The group offers opportunities for connection, peer support and reducing isolation during early parenthood.
Participants told us:

"The social group is fab in having a reason to leave the house, and it's great for the little ones to also be able to socialise with others."

"It is such a welcoming group. I always look forward to seeing everyone on a Wednesday and knowing I can meet other mums and relax while my children play."

In Work Support Service Powys (IWSS)

Our In Work Support Service supported **102 people** through **575 sessions** during the year.

The service helps individuals experiencing mental health challenges to remain in work, return to employment and improve workplace wellbeing.

By supporting people to sustain employment, the service contributes positively to both mental wellbeing and economic resilience within our communities.

OBJECTIVES AND ACTIVITIES

Green Minds

Green Minds continued to flourish throughout the year, supporting **50 participants** through **115 sessions** of nature-based wellbeing activities.

The project combines connection with nature, practical activities and social support to improve mental wellbeing and reduce isolation.

Participants told us:

"Being in nature makes me feel more calm and less anxious. At Green Minds I have made new friends and the sessions have been so rewarding."

"The Green Minds team were able to facilitate personal reflection and self-development just perfectly."

A major achievement during the year was securing Lottery funding for Green Minds for a further **three** years, ensuring that this valued service can continue supporting communities across South Powys.

The project also gained wider recognition through media coverage, including a feature on ITV Coast & Country.

Public benefit
The Trustees confirm that they have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and planning future activities.

The Trustees are satisfied that the activities outlined within this report demonstrate the charity's ongoing commitment to delivering public benefit through improving mental health and wellbeing across South Powys.

Volunteer Involvement
Volunteers remain central to the success of South Powys Mind.

During 2025-2026, **52** volunteers contributed their time, skills, experience and compassion across our services, groups, events and governance activities.

Volunteers told us:

"As a volunteer, the service has enabled me to ground myself in my community."

"It has been such an honour to have been part of this group."

The contribution of our volunteers strengthens every aspect of our work and helps ensure that more people across South Powys can access support, connection and hope.

In March 2026, we secured further funding from WCVA's Volunteering Wales programme to further support and develop quality volunteering opportunities.

ACHIEVEMENTS AND PERFORMANCE

Quality, Governance and Improvement

We have continued to strengthen governance, quality assurance and organisational development throughout the year.

The introduction of the new Mind Quality Mark framework has provided an opportunity to reflect on our strengths whilst identifying opportunities for continuous improvement.

Trustees have continued to strengthen oversight through regular monitoring of performance, finances, risk management and strategic development.

Our commitment to equality, diversity and inclusion has remained a key priority and continues to shape service delivery, governance and organisational culture.

ACHIEVEMENTS AND PERFORMANCE

Achievements and Performance

A Year at a Glance

During 2025-2026 South Powys Mind:

- Expanded its reach across South Powys.
- Secured significant new grant funding to support future sustainability.
- Achieved the Investors in Volunteers Quality Mark.
- Continued delivery of counselling, wellbeing and bereavement support services.
- Developed new community engagement opportunities and outreach activity.
- Hosted successful fundraising and awareness events including Mental Elf.
- Strengthened partnerships across health, social care and the voluntary sector.
- Continued preparations for operating as South Powys Mind while retaining our legal charity name of Brecon & District Mind.

Community Growth and Engagement

During 2025-2026 South Powys Mind continued to expand opportunities for people to connect, learn and support one another through community-based initiatives.

Highlights included:

- Launch of the Welsh for Wellbeing group.
- Establishment of a new Bipolar Peer Support Group.
- Continued growth of Mums Social.
- Development of Games Night and other social wellbeing activities.
- Participation in Brecon Pride 2025.
- International Youth Day awareness activities.
- Delivery of workplace mental health awareness sessions, including collaboration with National Grid.
- Community workshops focused on grief, loss and bereavement.
- Ongoing development of family support and wellbeing programmes.

These activities created safe and welcoming spaces where people could build confidence, reduce isolation and strengthen social connections.

Green Minds

Green Minds continued to flourish throughout the year, providing nature-based wellbeing opportunities that promote connection, confidence and improved mental health.

A significant milestone was achieved when Green Minds secured funding for a further three years, providing long-term stability and allowing the project to continue expanding its impact across South Powys.

Participants benefited from gardening activities, environmental projects, skills development opportunities and the therapeutic benefits of spending time in nature. The programme remains a powerful example of how community, environment and wellbeing can work together to support positive mental health outcomes.

Supporting Mental Health Across South Powys

Throughout the year we have continued to provide a wide range of mental health and wellbeing services designed to meet the diverse needs of our communities.

ACHIEVEMENTS AND PERFORMANCE

Our counselling service has continued to grow, supporting people experiencing a range of emotional and mental health challenges. We have expanded specialist provision, including bereavement support and increased capacity for trauma-informed approaches.

Alongside counselling, our wellbeing team has continued to offer practical and emotional support, helping individuals build confidence, reduce isolation and access appropriate services and community resources.

The Green Minds programme has continued to demonstrate the positive impact that nature-based activities can have on mental health and wellbeing. Participants have benefited from opportunities to connect with nature, develop new skills and build meaningful relationships.

Growth and Expansion

This year marked an important milestone in our organisational development as we progressed plans to operate publicly as South Powys Mind.

This change reflects our commitment to supporting communities across the wider South Powys area and strengthening access to mental health support for people who may previously have faced barriers to accessing services.

We increased our visibility within communities through outreach activity, local events and awareness-raising sessions, helping more people understand what support is available and how to access it.

The introduction of support within GP settings and continued exploration of innovative delivery models demonstrates our commitment to meeting people where they are and providing support in ways that feel accessible and responsive.

Volunteers at the Heart of Our Work

Volunteers remain essential to the success of South Powys Mind.

Throughout the year volunteers contributed across peer support, group facilitation, governance, events, fundraising and community engagement activities.

During Volunteers' Week 2025, the organisation hosted a celebration event bringing together volunteers, trustees and staff to recognise the significant contribution volunteers make to improving mental health and wellbeing across South Powys.

The achievement of the Investors in Volunteers Quality Mark further recognised our commitment to supporting, valuing and developing volunteers.

Listening to Lived Experience

People with lived experience continue to shape our work.

Through forums, consultation activities, community events and ongoing feedback mechanisms, we have sought to ensure that the voices of people accessing support remain central to our decision-making.

Our first Open Day attracted community members, volunteers, partners and supporters, providing valuable opportunities to gather feedback, increase awareness and strengthen local connections.

We remain committed to ensuring that lived experience influences service development, governance and future priorities.

ACHIEVEMENTS AND PERFORMANCE

Investing in Our People

Recognising that staff wellbeing is fundamental to effective service delivery, South Powys Mind continued to invest in opportunities for reflection, learning and professional development.

A team development day at Coleg Trefeca brought together colleagues from across the organisation to reconnect with the charity's purpose, values and strategic priorities. The event provided opportunities for learning, collaboration, reflection and engagement with partners from Mind Cymru.

This commitment to staff wellbeing and organisational learning helps ensure the charity remains resilient, responsive and focused on delivering high-quality support.

FINANCIAL REVIEW

Financial review

Overview

The charity continued to operate in an increasingly challenging funding environment and recorded a loss of £57,270 for the year

Income, Expenditure and Use of Reserves

Income reduced from £424,393 in the previous year to £353,227. Although expenditure also fell, the need to support beneficiaries and staff while projects and services were reviewed or wound down meant that the trustees decided to use reserves to help manage this transition.

Free reserves currently stand at £95,772, which is just below the minimum reserves level of £100,000.

Reserves policy

Given the exceptionally challenging operating environment across the sector, the trustees propose reviewing the charity's reserves policy.

Any revised reserve levels will remain prudent and will be set with due regard to:
- current financial risks;
- contractual commitments;
- cash-flow requirements; and
- the need to maintain sufficient resilience to respond to future funding uncertainty.

The policy will be reviewed regularly to ensure it remains appropriate.

Going concern

Trustees consider the charity a going concern based on confirmed funding and operational plans for 2025-26.

Managing Financial Risks

In managing financial risk in the current climate, the trustees will take a measured and evidence-led approach to reducing expenditure. They will prioritise efficiencies and reductions in non-essential costs while protecting the services that deliver the greatest benefit.

Financial performance, cash flow and emerging risks will be reviewed regularly so that timely action can be taken where required. This will help ensure that difficult spending decisions are balanced carefully against the charity's purpose and its commitment to supporting beneficiaries.

PLANS FOR FUTURE PERIODS

Looking Ahead

As we move into 2026-2027, our priorities include:

1. Expanding access to mental health support across South Powys.
2. Strengthening volunteering, participation and lived experience leadership.
3. Growing counselling and bereavement support services.
4. Increasing community engagement and early intervention opportunities.
5. Building long-term financial sustainability.
6. Continuing to embed quality improvement through the Mind Quality Mark framework.
7. Strengthening partnerships that improve outcomes for individuals, families and communities

We remain ambitious about the future and committed to ensuring that everyone across South Powys can access the support they need to achieve better mental health and wellbeing.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Structure, Governance and Management

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.

South Powys Mind is a Registered Charity and Company Limited by Guarantee governed by a Board of Trustees who are responsible for ensuring the charity fulfils its charitable objectives and delivers public benefit.

Trustees provide strategic leadership, financial oversight and governance, while supporting the Chief Executive Officer, staff team and volunteers to deliver high-quality services throughout South Powys.

The Board meets regularly throughout the year to review organisational performance, finances, risk management, safeguarding, service quality and strategic priorities. Trustees receive management reports, financial updates and service performance information to support effective decision-making.

Trustee Recruitment, Induction and Training

The charity is committed to maintaining a diverse and skilled Board of Trustees. Recruitment is undertaken through open advertising, local networks and community engagement opportunities.

New trustees receive an induction programme and are supported to develop their understanding of charity governance, safeguarding, financial responsibilities and the strategic aims of South Powys Mind.

During the year, trustees participated in ongoing development activities linked to governance, equality, diversity and inclusion, safeguarding, risk management and continued implementation of the Mind Quality Mark framework.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Our Team

During 2025-2026 our staff team included specialists delivering support through counselling, bereavement services, Green Minds, Mums Matter, wellbeing support, community development, blended CBT and workplace wellbeing services.

The breadth of expertise within the team enables South Powys Mind to provide support across a wide range of mental health and wellbeing needs whilst maintaining a person-centred and community-focused approach.

Our Reach

Throughout the year South Powys Mind delivered services across Brecon, Hay-on-Wye, Talgarth, Crickhowell, and surrounding communities. Our community based and open access (self referred) support, helped to ensure that people throughout South Powys could access mental health and wellbeing support close to home.

Our Purpose and Vision

Here when you need us to help you manage your mental health and wellbeing.

We support minds.
We connect minds.
We change minds.
Together, we are Mind.

Our Mission

To promote the preservation of good mental health by enabling and empowering everyone experiencing mental health challenges to live with, manage and recover from their condition.
To relieve the needs of people experiencing mental health challenges by increasing understanding of mental health, raising awareness, challenging stigma and discrimination, and sharing information that supports recovery and wellbeing.

Our Values

Everything we do is guided by four core values:
- Honesty
- Kindness
- Learning
- Connection

These values shape our culture, influence our decision-making and guide the way we work with individuals, communities, volunteers, partners and one another.

Senior Leadership Team

South Powys Mind is led by CEO Marie Davies, supported by a dedicated team of wellbeing practitioners, counsellors, project leads, administrators, facilitators and volunteers working across South Powys.

Lived Experience and Participation

South Powys Mind recognises the importance of lived experience in shaping services and governance.

Trustees, staff, volunteers and people accessing services contribute to organisational development through consultation, feedback opportunities, community engagement events and service evaluation activities. This helps ensure that decisions remain informed by the experiences of those who use our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Partnerships and Collaboration

The charity works closely with Powys Teaching Health Board, Powys County Council, Mind and its Mind Cymru team, the Local Minds in Wales Network, and more closely with Mid & North Powys Mind (Minds in Powys partnership) and a range of local, regional and national partners to improve mental health and wellbeing outcomes across South Powys.

Strong partnership working enables us to maximise resources, reduce duplication and provide more effective support to individuals, families and communities.

Risk management

Our approach to Risk Management was reviewed during the year. A Safeguarding and Risk Lead, Dave Canning introduced an updated Risk Register and Issues Log with meetings to identify, review and mitigate organisational risks.

We have added Cyber Security to the list of organisational risks and hold the Cyber Essentials Certification.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07814000 (England and Wales)

Registered Charity number
1145211

Registered office
Ty Croeso St David's House
48 Free Street
Brecon
Powys
LD3 7BN

Trustees
Mr David Canning Consultant
Ms Stephanie Davies Operations Manager
Ms Amie Louise Evans Nursery Manager
Mr Caradoc Fitzgerald Lowe Joiner
Ms Claire Moore Self Employed
Ms Eva Melissa Roshan Writer
Ms Willow Amanda Hearne Director (appointed 16.12.25)

Company Secretary
Mrs Sally Catherine Morris

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

Approved by order of the board of trustees on 29th Sept 2026 and signed on its behalf by:



.....

Mr Caradoc Fitzgerald Lowe - Trustee

Independent examiner's report to the trustees of Brecon And District Mind ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2026.

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

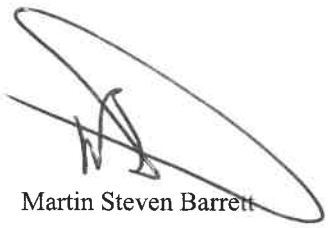
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act').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

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

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

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



Martin Steven Barrett

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

Date: 22/10/2026

BRECON AND DISTRICT MIND
TRADING AS SOUTH POWYS MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted fund £	Restricted funds £	**2026 Total funds £**	2025 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		**19,037**	**11,055**	**30,092**	31,215
Charitable activities					
GENERAL		**246,835**	**70,947**	**317,782**	390,413
Investment income	2	**5,352**	**-**	**5,352**	2,765
Total		**271,224**	**82,002**	**353,226**	424,393
EXPENDITURE ON					
Raising funds		**7,177**	**-**	**7,177**	9,529
Charitable activities					
GENERAL		**321,540**	**81,779**	**403,319**	415,390
Total		**328,717**	**81,779**	**410,496**	424,919
NET INCOME/(EXPENDITURE)		**(57,493)**	**223**	**(57,270)**	(526)
RECONCILIATION OF FUNDS					
Total funds brought forward		**155,095**	**23,044**	**178,139**	178,665
TOTAL FUNDS CARRIED FORWARD		**97,602**	**23,267**	**120,869**	178,139

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2026

	Notes	Unrestricted fund £	Restricted funds £	2026 **Total funds** £	2025 Total funds £
FIXED ASSETS					
Tangible assets	6	**5,112**	**-**	**5,112**	6,391
CURRENT ASSETS					
Debtors	7	**10,113**	**-**	**10,113**	5,999
Cash at bank		**129,064**	**23,264**	**152,328**	181,778
		139,177	**23,264**	**162,441**	187,777
CREDITORS					
Amounts falling due within one year	8	**(46,684)**	**-**	**(46,684)**	(16,029)
NET CURRENT ASSETS		**92,493**	**23,264**	**115,757**	171,748
TOTAL ASSETS LESS CURRENT LIABILITIES		**97,605**	**23,264**	**120,869**	178,139
NET ASSETS		**97,605**	**23,264**	**120,869**	178,139
FUNDS	9				
Unrestricted funds				**97,605**	155,095
Restricted funds				**23,264**	23,044
TOTAL FUNDS				**120,869**	178,139

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2026.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2026 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

continued...

BALANCE SHEET - continued
31 MARCH 2026

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 ....22/10/2026..... and were signed on its behalf by:



.....
Mr Caradoc Fitzgerald Lowe - 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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

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

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

Fixtures and fittings	- 20% on reducing balance

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

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

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

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

continued...

2. INVESTMENT INCOME

	2026	2025
	£	£
Deposit account interest	**5,352**	2,765

3. NET INCOME/(EXPENDITURE)

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

	2026	2025
	£	£
Auditors' remuneration	**3,866**	3,752
Depreciation - owned assets	**1,279**	1,598
Surplus on disposal of fixed assets	**-**	(3,044)

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2026 nor for the year ended 31 March 2025.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2026 nor for the year ended 31 March 2025.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	23,556	7,659	31,215
Charitable activities			
GENERAL	266,239	124,174	390,413
Investment income	2,765	-	2,765
Total	292,560	131,833	424,393
EXPENDITURE ON			
Raising funds	9,529	-	9,529
Charitable activities			
GENERAL	212,022	203,368	415,390
Total	221,551	203,368	424,919
NET INCOME/(EXPENDITURE)	71,009	(71,535)	(526)

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	84,084	94,581	178,665
TOTAL FUNDS CARRIED FORWARD	155,093	23,046	178,139

6. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2025 and 31 March 2026	**13,000**	**22,947**	**35,947**
DEPRECIATION			
At 1 April 2025	**13,000**	**16,556**	**29,556**
Charge for year	**-**	**1,279**	**1,279**
At 31 March 2026	**13,000**	**17,835**	**30,835**
NET BOOK VALUE			
At 31 March 2026	**-**	**5,112**	**5,112**
At 31 March 2025	-	6,391	6,391

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026 £	2025 £
Trade debtors	**6,757**	5,700
Prepayments	**3,356**	299
	10,113	5,999

continued...

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Trade creditors	**5,242**	7,606
Other creditors	**35,127**	4,543
Accruals and deferred income	**6,315**	3,880
	46,684	16,029

9. MOVEMENT IN FUNDS

	At 1.4.25	Net movement in funds	At 31.3.26
	£	£	£
Unrestricted funds			
General fund	**155,095**	**(57,490)**	**97,605**
Restricted funds			
Friends of Brecon Mind	**441**	**(441)**	**-**
Mums Matter	**11,440**	**(5,277)**	**6,163**
Green Minds	**1,950**	**(1,551)**	**399**
Children and Young People Fund	**3,516**	**5,588**	**9,104**
Engagement Project	**896**	**(896)**	**-**
Cost of Living - mental wellbeing	**2,989**	**(2,989)**	**-**
Postvention	**874**	**(874)**	**-**
Buxton Movers	**938**	**(938)**	**-**
Brecknock Art Trust	**-**	**3,000**	**3,000**
Moondance	**-**	**4,598**	**4,598**
	23,044	**220**	**23,264**
TOTAL FUNDS	**178,139**	**(57,270)**	**120,869**

continued...

9. 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	**271,224**	**(328,714)**	**(57,490)**
Restricted funds			
Friends of Brecon Mind	**-**	**(441)**	**(441)**
Art Project	**2,577**	**(2,577)**	**-**
Mums Matter	**9,089**	**(14,366)**	**(5,277)**
Green Minds	**11,784**	**(13,335)**	**(1,551)**
Children and Young People Fund	**21,000**	**(15,412)**	**5,588**
Counselling	**16,546**	**(16,546)**	**-**
Engagement Project	**-**	**(896)**	**(896)**
Cost of Living - mental wellbeing	**-**	**(2,989)**	**(2,989)**
VWG	**2,500**	**(2,500)**	**-**
Postvention	**(874)**	**-**	**(874)**
MNPM - Bereavement	**11,782**	**(11,782)**	**-**
Buxton Movers	**-**	**(938)**	**(938)**
Brecknock Art Trust	**3,000**	**-**	**3,000**
Moondance	**4,598**	**-**	**4,598**
	82,002	**(81,782)**	**220**
TOTAL FUNDS	**353,226**	**(410,496)**	**(57,270)**

continued...

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted fund	84,084	71,011	155,095
Restricted funds			
Friends of Brecon Mind	2,941	(2,500)	441
Mums Matter	23,862	(12,422)	11,440
My Generation	2,652	(2,652)	-
Green Minds	9,407	(7,457)	1,950
Children and Young People Fund	20,200	(16,684)	3,516
Crisis Prevention	469	(469)	-
Counselling	4,544	(4,544)	-
Engagement Project	9,930	(9,034)	896
Cost of Living - mental wellbeing	8,349	(5,360)	2,989
VWG	11,250	(11,250)	-
Postvention	977	(103)	874
Buxton Movers	-	938	938
	94,581	(71,537)	23,044
TOTAL FUNDS	178,665	(526)	178,139

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted fund	292,561	(221,550)	71,011
Restricted funds			
Friends of Brecon Mind	-	(2,500)	(2,500)
Art Project	6,257	(6,257)	-
Mums Matter	49,814	(62,236)	(12,422)
My Generation	-	(2,652)	(2,652)
Green Minds	20,221	(27,678)	(7,457)
Children and Young People Fund	1,000	(17,684)	(16,684)
Crisis Prevention	-	(469)	(469)
Counselling	12,422	(16,966)	(4,544)
Engagement Project	1	(9,035)	(9,034)
Cost of Living - mental wellbeing	-	(5,360)	(5,360)
VWG	11,248	(22,498)	(11,250)
Postvention	-	(103)	(103)
MNPM - Bereavement	8,931	(8,931)	-
Ponthafren	13,874	(13,874)	-
Buxton Movers	2,000	(1,062)	938
IWSS	6,064	(6,064)	-
	131,832	(203,369)	(71,537)
TOTAL FUNDS	424,393	(424,919)	(526)

continued...

9. MOVEMENT IN FUNDS - continued

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

	At 1.4.24	Net movement in funds	At 31.3.26
	£	£	£
Unrestricted fund	84,084	13,521	97,605
Restricted funds			
Friends of Brecon Mind	2,941	(2,941)	-
Mums Matter	23,862	(17,699)	6,163
My Generation	2,652	(2,652)	-
Green Minds	9,407	(9,008)	399
Children and Young People Fund	20,200	(11,096)	9,104
Crisis Prevention	469	(469)	-
Counselling	4,544	(4,544)	-
Engagement Project	9,930	(9,930)	-
Cost of Living - mental wellbeing	8,349	(8,349)	-
VWG	11,250	(11,250)	-
Postvention	977	(977)	-
Brecknock Art Trust	-	3,000	3,000
Moondance	-	4,598	4,598
	94,581	(71,317)	23,264
TOTAL FUNDS	178,665	(57,796)	120,869

continued...

9. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted fund	563,785	(550,264)	13,521
Restricted funds			
Friends of Brecon Mind	-	(2,941)	(2,941)
Art Project	8,834	(8,834)	-
Mums Matter	58,903	(76,602)	(17,699)
My Generation	-	(2,652)	(2,652)
Green Minds	32,005	(41,013)	(9,008)
Children and Young People Fund	22,000	(33,096)	(11,096)
Crisis Prevention	-	(469)	(469)
Counselling	28,968	(33,512)	(4,544)
Engagement Project	1	(9,931)	(9,930)
Cost of Living - mental wellbeing	-	(8,349)	(8,349)
VWG	13,748	(24,998)	(11,250)
Postvention	(874)	(103)	(977)
MNPM - Bereavement	20,713	(20,713)	-
Ponthafren	13,874	(13,874)	-
Buxton Movers	2,000	(2,000)	-
IWSS	6,064	(6,064)	-
Brecknock Art Trust	3,000	-	3,000
Moondance	4,598	-	4,598
	213,834	(285,151)	(71,317)
TOTAL FUNDS	777,619	(835,415)	(57,796)

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2026.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	2026 £	2025 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	**30,092**	31,215
Investment income		
Deposit account interest	**5,352**	2,765
Charitable activities		
Grants	**317,782**	390,413
Total incoming resources	**353,226**	424,393
EXPENDITURE		
Raising donations and legacies		
Other Fundraising Costs	**7,177**	9,529
Charitable activities		
Wages	**257,748**	247,572
Direct Costs	**61,652**	74,037
	319,400	321,609
Support costs		
Finance		
Bank charges	**303**	243
Depreciation of tangible fixed assets	**1,278**	1,753
Loss on sale of tangible fixed assets	**-**	(3,044)
	1,581	(1,048)
Other		
Postage and stationery	**1,638**	2,584
Sundries	**634**	858
Office Expenses	**21,021**	22,303
Establishment Costs	**39,491**	39,182
Travel Costs	**-**	226
Advertising	**2,742**	1,209
Subscriptions	**824**	3,156
Consultancy Costs	**5,567**	12,696
Staff Training	**1,329**	2,613
Staff Costs	**5,226**	6,250
	78,472	91,077

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	2026 £	2025 £
Other		
Governance costs		
Auditors' remuneration	**3,866**	3,752
Total resources expended	**410,496**	424,919
Net expenditure	**(57,270)**	(526)

This page does not form part of the statutory financial statements