



Impact report

2023 - 2024



Who we are

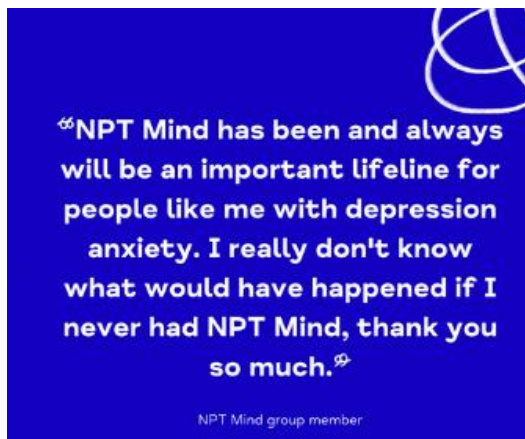


Welcome to NPT Mind. We help people build on their strengths, overcome obstacles and become more in control of their lives. We promote positive mental health and wellbeing, and provide help and support to anyone who needs it in and around Neath and Port Talbot.

1 in 4 people experience mental health difficulties at some point in their lives. Whether you're experiencing mental health conditions such as depression or anxiety, or things that can impact mental wellbeing, such as stress, bereavement and loneliness NPT Mind is here for you.

We are part of the national Mind network, but are an independent registered charity and rely on our own resources to provide local services. The services we deliver are built around local people's needs.

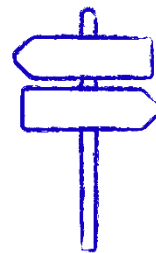
We support the people of Neath and Port Talbot to discover their own resources to 'recover' from periods of poor mental health (whatever recovery looks like for each person), and to live life independently with their mental health difficulties. To find out more about any of the services or activities in this report, or about how you can get involved in the fight for better mental health for all, please visit our website at www.nptmindmind.org.uk



2023 – 2024 in numbers



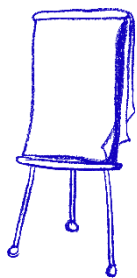
We hosted **1920**
Group support
sessions.



Our mental health website
information was accessed
by **9600 people**



4 People accepted into services
and projects **everyday**



612 Hours of training
delivered



2748 benefits
enquiries signposted
and supported.

Key achievements 2023-2024

We delivered support to **2109 more people** in 2023/24 across all of our projects.

Many of our services saw big percentage increases, **counselling saw 83% more clients** and groups **attendances increased by 44%** on the previous year welcoming more people both in person and online.

In 2023/2024 **1 in 5 of the people accessing support were under 25** following our outreach work in schools and supporting the mental health of children and young people.

NPT WASP our pioneering new wellbeing after stroke service, opened up to referrals in September developing a unique mental health focused support in partnership with the Neath Port Talbot Stroke Group.

Our mental health training also had its best year yet, with 74 sessions reducing stigma and supporting understanding around mental health conditions.

643 client assessments have taken place totalling over 1242 work hours.

420 clients attended counselling, with an average of 5.5 sessions, outcome measures showing a significant overall improvement is those attending.

Developing the range of **groups and workshops** we offer by facilitating **466 adult groups** with 3395 hours of support across the year.

Maintaining **Cyber Essentials Plus** across the whole of the IT Infrastructure demonstrating that NPT Mind holds data securely and is resilient to cyber attack, compliant with government standards.

We are actively engaging with new audiences through our social media, **launching our Instagram account** [NPT Mind \(@neathporttalbotmind\)](#) • [Instagram photos and videos](#) to **608 followers with reach of 1300**. Sitting alongside established Social media platforms on Twitter [NPT Mind \(@NPTMind\)](#) / Twitter, and Facebook [\(2\) Neath Port Talbot Mind | Facebook](#) our **2403 Facebook following, with a reach of 50,500**

The NPT Mind website www.nptmind.org.uk was visited by **9600 people**.

Neath Port Talbot Mind has been awarded the Mind Quality Mark, a rigorous quality assurance standard. It sets the bar of good practice and legal compliance for all organisations in the Mind Federation. To achieve the Mind Quality Mark, local Minds must be well-run organisations delivering safe, life-changing support for people with mental health problems.

We are nominated for Local Mind Excellence Awards for our work in the following areas as a result of our continuing excellent and effective practice:

Contribution to the Mind Federation

Workforce and culture

Collaboration, profile and influence



Sue Jones

Interim Chair



On behalf of the Board of Trustees it is my privilege to contribute to the Neath Port Talbot Impact report for 2023-24.

The past year has continued to see increased demand for our services proving the adaptability of Neath Port Talbot Mind to continue to meet the needs of the clients. Our services often face greater demand but time and time again the staff and volunteers rise to the challenge offering both support, advice and a friendly face. NPT Mind continues to evolve and adapt to the needs of the community it supports and the organisation continues to offer support both through face to face contact as well as online services. Due to the excellent work of our staff team we have successfully been able to secure funding for the continuation of many of our existing services and develop new services

During the course of the year Neath Port Talbot Mind successfully completed the MQM Quality Assurance framework that helps local Mind groups to deliver high - quality support for people with mental health needs.

The MQM assessment covers four broad themes, leadership, finance and policies, services and people, and influence and engagement. It is a clear indication that the work of the organisation, the CEO, Staff, Volunteers and Trustees is of a high standard. We work hard to ensure that we can provide greater support and respect for our service users. Grateful thanks must go to all those involved in the process particularly people who choose to access our services.

This impact report serves as a record of the services that Neath Port Talbot Mind have delivered to meet the needs of our community, to ensure that anyone experiencing poor mental health can be offered the support that they deserve.

Finally I must thank all those connected with NPT Mind. The loyal and dedicated staff team led by Sharon, the volunteers as well as my fellow trustees. All have given 100% throughout the year and the success and growth of the organisation is testament to their dedication to NPT Mind.

Sue Jones Interim Chair.

A large, stylized handwritten signature in blue ink, likely belonging to Sue Jones.



Our Vision

We won't give up until everyone experiencing a mental health problem living in the Neath and Port Talbot area gets both support and respect.

Our Mission

To empower and support anyone living with a mental or emotional health problem. To deliver a range of excellent services and promote positive mental health and wellbeing.

Our Values



Together
We're stronger in partnership.



Open
we reach out
to anyone who needs us.



Unstoppable
we never give up.



Responsive
we listen, we act.



Independent
we speak out fearlessly.

A few words from the Chief Executive Officer of NPT Mind

It has been another big year for us here at NPT Mind, as we start to celebrate our 40th Anniversary, and as with previous years' reports- I am immensely proud of what we have managed to achieve yet again over the last 12 months.

Thanks to the steadfast commitment of our team, and the generosity of commissioners and funders, we have been able to continue offering our core services, along with being able to secure additional funding to expand our reach and work in new and innovative ways across the area.

The legacy of the last few years including the Covid pandemic and the cost of living crisis have continued to take their toll, especially on the most vulnerable in society. Whilst we anticipate there will be many challenges in the year ahead, we know we are well placed to meet them. As a result, we will continue to be there when it matters most for people who need our support across Neath and Port Talbot.

We remain steadfast in our commitment to delivering the best possible support to as many people as we can. Our goal is to make Neath and Port Talbot a mentally healthy place to live and work. We extend our heartfelt thanks to everyone who contributes to the realisation of our mission.

Our dedicated team rose to the challenges, demonstrating resilience and creativity. As ever, I remain incredibly grateful to our dedicated team, comprising of staff and volunteers- who never cease to amaze me with their determination, resilience, passion, and commitment, now more than ever.

Sharon Bevans

CEO



I want to thank our incredible Board of Trustees, chaired by Sue in her first year as Chair of the Board, who have continued to support and lead our organisation.

For millions of people, mental health is now something to increasingly be open about, rather than ashamed of. But we also appreciate that there is much more that needs to be done.

As part of the Mind network, we are part of the movement to ensure mental health is not hidden anymore, and no mind is left behind.

Sharon Bevans

Chief Executive Officer



Supporting young people

New NHS research, published in November 2022, showed exactly why our work with young people matters. 1 in 6 young people have faced a mental health problem since the start of the pandemic. For 17-19 year olds, that rises to 1 in 4. We secured investment in young people's mental health. And we're working with partners to provide support right now.



Young people with mental health problems like anxiety and low mood often don't qualify for professional support. Many schools and colleges aren't set up to fill that gap. But without the right help early enough, young people's problems can get worse. That's why we joined the project as one of 11 Local Minds offering support in local schools and Colleges and delivered in partnership with the Anna Freud centre. During the project we worked in partnership with The Anna Freud Centre and worked **outreach in 6 local schools across the county.**

Options for support include 1:1 online sessions with mental health practitioners, as well as group support sessions. School staff, parents and carers can get support too. Our project is having a real impact. Results show young people feel able to cope better and say their wellbeing is improving. Anxiety and depression are falling too. NPT Mind and The Anna Freud Centre worked together until December 2023. After this we secured funding for our community and continued the local support through Active Monitoring in schools. Our CYP Counsellors attend weekly and have **supported 250 pupils** and families both in school and at our London Road Hwb.

Seren's story

“I learnt ways to destress and found positive ways to talk about myself ...”



*Seren, 14 had been struggling with anxiety, and heard about the Active Monitoring project through school. Seren asked her teacher for support and was teamed with Molly an Active Monitoring CYP practitioner at NPT Mind. Together they planned Seren's programme choosing resource booklets 'coping with stressful and anxious feelings' and 'challenging my worries and positive self-talk'.

Seren learnt that her anxiety and worries were linked to low self-esteem. The work helped her to notice **‘when I worry about something I pick out negative things about myself.’**

Seren's trusted adult supported her in the process at home, Seren explained that she found it helpful for Mum to understand what was going on for her. Seren finished the programme including her plans to move forward, with positive affirmations in her daily routine, looking at both the positive and negatives of situations that cause her to worry, writing down how she is feeling (journalling) and talking about her feelings to her trusted adult. Seren stated that she **“learnt ways to destress and found positive ways to talk about myself moving forward”**.

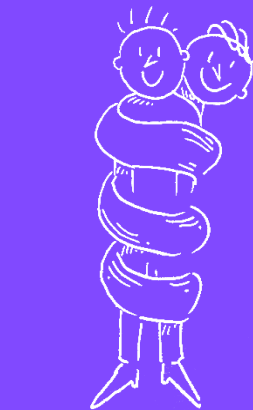
Molly the CYP Project Lead has seen the positive impact of Active Monitoring over and over again working with children and young people. 'Having one to one support and learning different ways to think about things is key to the effectiveness we have seen through the Active Monitoring programme.'

Seren scored Active Monitoring a 10/10, because it **“helps you understand things better, that you didn't think of before”**

*Seren's name is changed for anonymity.

Wellbeing After Stroke Project

Many stroke survivors find the rehabilitation process after a stroke to be very challenging. The physical, cognitive, communication, and emotional consequences of stroke are often complex. Depressive symptoms, anxiety, and social isolation are common after a stroke. Research studies have shown that structured conversations with healthcare professionals can be helpful in promoting coping and psychosocial wellbeing after a stroke.



NPT WASP is a 3 year National Lottery Community Fund project. The NPT WASP team started in their roles in September 2023, before the launch of the project on National Stroke Day October 2023, attended by local stroke group members, local politicians and dignitaries.

The project offers a range of support which is accessible to stroke and brain injury survivors, their carers and their family members. Options for support include **Signposting support**, with a pathfinder to help with benefits, support to access additional mental health support, and referrals to other agencies to find practical solutions such as home adaptations.

We provide specialised mental health practitioners for **1 to 1 Counselling** and **Supported Self Help**, offering both online and in-person sessions.

Understanding the impact of isolation and loneliness following a Stroke emphasis is placed on making connections. **Our psycho-educational courses** designed to enable independent living, acceptance and change are continually popular with bespoke delivery for survivors and their families and carers to foster understanding during rehabilitation. **Our peer support and wellbeing groups** accessible to all are designed for everyone to enjoy.

Having fun at the Wellbeing Groups at the NPT WASP Project



Supporting minds through talking therapies

Every year we help thousands of people across our community get the best possible support for their mental health. Our online and printed information makes sense of mental health, and it's always based on real experiences. Our Counselling and Supported self-help enables people to find answers, options and hope. We deliver face-to-face and online support that meets the most urgent problems people face today.



We have been able to offer a uniquely free Counselling to anyone contacting NPT Mind which has been funded thanks to Mind, Co-op, Moondance, and the West Glamorgan partnership. Through this support **2341 Counselling sessions** have taken place both online and in-person for adult clients.

Thanks to CVS UK shared prosperity funding we have supported **22 Student counsellors** on their journey to completing their Counselling qualification. Offering them professional and personal growth facilitating future mental health provision in our community. We have maintained our BACP Organisational membership and supported all our practitioners through Supervision and CPD training opportunities.

Thanks to Mind Cymru we have offered support to **428 adults both in Neath and Port Talbot and nationally across Wales** towards better mental health. The free Active Monitoring / Supported self-help project pioneered immediate access mental health support for transitional mental health issues. Working with Anxiety, loneliness, building self-esteem and low-mood are some of the pathways available with trained practitioners working in both English and Cymraeg.

Our Link Officer funded by Moondance has been a welcome point of contact for over **624 people** helping them to decide what type of support they need and supporting them take their first steps towards better mental health.

“NPT Mind Groups are very supportive.”



Therapeutic groups

Through our groups 3,395 hours support has been received across a range of 466 groups.

We host our popular social groups, aware of the impact of isolation on our service users. We offer online and in person groups as part of our inclusive service offer.

Our in person social groups meet at London Road and have activities all your round with trips out and our annual Christmas meal together. We have great community connection with Ward F visiting to join us at the hwb for these sessions.

Our group range includes psychoeducational groups, therapeutic groups and creative groups, maintained to complete a holistic rolling group programme of support, available to everyone.

We have trained group volunteers during this time, using their experience to work within both the third sector and the NHS, continuing their supporting mental health.

Supporting people in poverty

Food prices, energy bills, and housing costs have all surged, putting immense pressure on everyone. The toll on mental health is significant and hard to ignore. However, with the help of our supporters and partners, we're ensuring that more individuals have access to the support they need.



The Welfare Rights Project was set up as a partnership project by Neath Mind, Neath Social Services, and the Glan Y Mor NHS trust back in 1997. The project exists to support people experiencing mental health problems through the benefits system process- from initial application through to appeal, along with providing others in the mental health field with the correct information and training they need to undertake their own benefits work with clients. The project also has a campaigning and policy remit, to ensure that the interests and rights of people with mental health problems are represented within the Benefits arena.

This has been achieved through face to face casework here at London Road, as well as partnership working with the mental health teams across the borough. Our Caseworker works closely with other third sector organisations and their clients, offering support, information, and advice to other workers along with taking on referrals from other organisations. The Caseworker also offers a national information line for welfare rights support and provides outreach casework within the local recovery unit/hospital; supports local authority social workers and has a mental health consultancy role with the Big Book of Benefits and Mental Health (which originated in NPT Mind). In the last year alone **2748 enquiries** received.

Through our Money and Me project we continued to raise awareness and provide drop in sessions supporting the links between mental health and managing finances. As well as in house training to increase all staff awareness, outreach sessions in the YMCA ensured partnership working to meet the needs of the most vulnerable in society. In its first year, **Money & Me supported 251 people.**



Get Active

Providing Physical activity tasters/programmes: Throughout the last year, we have provided a physical activity in the form of one-off taster events (Including Self-defence/resilience, Walking football and 'inclusion' football) and structured programmes (such as Tai Chi and couch-2-5k).

Our ASICS Get Active project Run Leaders and First Aiders: Through the ASICS Get Active project, we were able to sponsor the training of two staff members and two volunteers, both of whom are service users who have previously participated in Couch-2-5k programmes via NPT Mind—through the Leadership in Running Fitness course to become run leaders. The staff and volunteers have hosted our Couch-2-5k programmes, some have used their run leader qualifications to assist people in external running groups. Additionally, we funded first aid training for two staff members to support future activities.

We responded to feedback from our service users: By collecting feedback from our support groups and partners, we organised tailored events including a six-week Tai Chi programme and a self-defence workshop in collaboration with a local community interest company.

Rebuilding relationships with local rugby and football teams: We have rekindled relationships with clubs and have attended games and events at local clubs, reinforcing our presence as the area's mental health organisation.

Providing mental health awareness to physical activity providers: We conducted mental health awareness sessions for various physical activity providers, including local rugby clubs, a gardening club, and a running organisation.

Fundraising for sustainability: Our Physical Activity Lead addressed inquiries about physical activity fundraisers, such as a Movember event with a local rugby club. We have plans to extend into team events such as the Cardiff Half, the London marathon and Mind's Mental Elf run all looking forward to ensure the legacy of our project for the future.



Training minds, reducing metal health stigma

Greater awareness helps reduce the stigma surrounding mental health issues. Increased knowledge means people are able to recognise symptoms of poor mental health for themselves, those they work with and those they care about. Our mental health courses highlight the importance of looking after our mental health, signposting and giving the confidence to have conversations where ‘how are you?’ is an invitation of support.



With funding received from NPT Council we set out rolling programme of courses and workshops for 2023/ 2024 with the aim to increase mental health training opportunities to people in organisations across Neath and Port Talbot.

Through consultation with partners and NPT Mind clients we developed a series of training modules with the aim of increasing knowledge around coping strategies, techniques to develop healthier ways of coping with stress, anxiety, depression, and other common mental health problems. We used the training materials to deliver in community-based programs such as the Menopause café , Wellness through sport and Mums Matter. Our suicide awareness and mental health and masculinity workshops were developed and delivered in response to the themes our wonderful fundraisers highlighted.

Through delivery and over **612 attendances**, people have been empowered to advocate for themselves and make informed decisions about their wellbeing. Leading to healthier and more fulfilling relationships with friends, family, and significant others. We ensured self-help materials were available in English and Cymraeg.

In the responses given to our survey 80% of participants are more comfortable in talking about their mental health and all felt more able to access mental health support when needed.

Neath Port Talbot Mind Association
Financial statements
For the year ended March 2024

Legal and Administrative Information Status

Company Status:

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter.

The Association is a charitable company limited by guarantee, registered as a charity in 1988, incorporated in 1999 and again under the new title of Neath Port Talbot Mind association, on the 11th June 2007.

Registered Charity Number: 1076817

Company Registration Number: 03750679

Members of the Executive Committee are elected at the Annual General Meeting to serve for a period of three years.

Executive Committee (Trustees/Directors)

Sue Jones (Director and Chairperson)

Winston John Price (Director/Treasurer)

Jonathan Tidball (Director/Secretary)

Ian Hutchinson (Director)

Lowri Collins (Director)

Key Contacts

Registered Office and Operations Address: 21 London Road, Neath, SA11 1LE

Independent Scrutineer: Forge Accountancy, 6 Forge Road, Port Talbot, SA13 1NU

Bankers: Lloyds Bank Plc, 5 Windsor Road, Neath, SA11 1LP

Solicitors: Probert & Barton, 21, Victoria Gardens, Neath, SA11 3AY

Report of the Board of Trustees

For the Year Ended 31st March 2024

Company number. 03750679

The Trustee/Directors of Neath Port Talbot Mind Association (NPT Mind) have pleasure in presenting its annual report, together with, the accounts for the year ended 31st March 2024 which have been independently scrutinised in accordance with Section 145 of the Charities Act 2011.

Objectives:

The association exists to provide support, information, advice, and a wide variety of services for people who are experiencing mental or emotional health problems, their carers', and families, in accordance with the aims and objectives of NPT Mind.

Structure:

NPT Mind is managed by an Executive Committee (unpaid Trustees/Directors) who meet on a regular basis and employ a team of staff (working full and part time) to manage the organisation on a day-to-day basis. The average number of employees on the payroll during the year to 31st March 2024 is 23 (2022/23 - 20).

Review of Activities:

The Charity has not only maintained but, has once again, increased its level of services over the past twelve months. We have been able to deliver a blended approach - offering services in person and via remote delivery. We continue to offer our services using the latest information technology, to both adults and young people experiencing emotional and mental health problems, along with their carers'.

The organisation also offers a Welfare Rights Service; Perinatal Project; Talking Therapies; and a Children and Young Person's Project (11-18), along with a specific service aimed at 18 - 25-year-olds. The Association has a training remit offering students requiring a placement a valuable supervised experience within the organisation.

Financial Review:

The total income of £570,398 (2022/23 - £449,816) was spent on direct charitable expenditure totalling £533,102 (2022/23 - £423,150), and administration costs of £0 (2022/2023 - £0). This has resulted in net income of £37,296 (2022/2023 - £26,666). Unrestricted funds carried forward total £183,585 (2022/2023 - £148,836), including designated funds of £158,948 (2022/2023 - £58,977). Restricted funds are £22,342 (2022/2023 - £19,795).

Advice and Information:

The Resource Centre based at the registered office offers support, information, advice, and a range of direct services for people experiencing emotional and mental health problems along with their carers'. The Centre was fully open during the year and offers face-to-face sessions as well as providing our full range of services using up to date information technology. Leaflets, information, and resources are available digitally at www.nptmind.org.uk,

Facebook and Twitter and directly via the organisation and through other relevant services in the area.

Risk Review:

The Executive Committee has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. All procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The reserves policy is reviewed regularly. The Executive Committee have decided to hold £60,000 in designated reserves to cover redundancy costs and obligations under the Resource Centre Lease in case the Charity's funding levels significantly decline.

Responsibilities of the Executive Committee:

Company law requires the Executive Committee to prepare financial statements for each financial year which give a fair view of the state of affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources including income and expenditure for the financial year. In preparing these financial statements, the Executive Committee should follow best practice and:

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

The Executive Committee is responsible for maintaining 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 and the Charities Act 2011. The executive Committee is also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Executive Committee:

Members of the Executive Committee who are directors for the purpose of company law, and trustees for the purpose of charity law who served during the year and up to the date of this report are set out in Page 2.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of guarantees as of 31st March 2024 is five.

This report has been prepared in accordance with the Statement of Recommended Practice (102) - Accounting and Reporting by Charities and in accordance with the special provisions of Part VII of the Companies Act 2006.

Approved by the Executive Committee on

9th December 2024

Signed by: Sue Jones (Chairperson)

NPT Mind Association - Company Reg: 03750679

Statement of Financial Activities

For the year to 31 March 2024

Descriptions	Notes	Unrestricted	Total	Total	Total	2023
		Funds	Designated	Restricted		
		£	Funds	Funds	£	£
INCOMING RESOURCES						
Restricted Income				533,263	533,263	420,977
Unrestricted Grant Income		0	20,650		20,650	14,800
Donations		11,117			11,117	11,461
Training		1,870			1,870	2,138
Bank Interest		3,498			3,498	440
Spare		0			0	0
Total Income		16,485	20,650	533,263	570,398	449,816
RESOURCES EXPENDED						
Charitable Expenditure		1,008	30,500	501,595	533,102	423,150
Net Income/(Expenditure)		15,477	-9,850	31,668	37,296	26,666
Fund balances brought forward		89,859	58,977	19,795	168,631	141,965
Transfers In/(Out)		-80,700	109,821	-29,121	0	0
Fund balances carried forward		24,636	158,948	22,342	205,927	168,631

NPT Mind Association - Company Reg: 03750679
Balance Sheet
as at 31 March 2024

		2024	2023
		£	£
CURRENT ASSETS			
Debtors	2	14,591	7,371
Prepayments	3	1,437	1,642
Savings accounts		258,592	223,374
Current account		14,416	16,346
Cash in Hand		34	34
Total Current Assets		<u>289,071</u>	<u>248,768</u>
Creditors: Due within one year	4	-12,978	-10,681
Income Received in Advance	5	-70,166	-69,456
Net Assets		<u>205,927</u>	<u>168,631</u>
REPRESENTED BY:			
Unrestricted funds			
Opening Balance		89,859	64,811
Add: Excess Income/(Expenditure)		15,477	18,138
Unrestricted funds sub-total		<u>105,336</u>	<u>82,949</u>
Add/(Deduct): Fund transfers		-80,700	6,910
Closing Balance		<u>24,636</u>	<u>89,859</u>
Designated Funds			
Opening Balance		58,977	49,267
Add: Excess Income/(Expenditure)		-9,850	210
Unrestricted funds sub-total		<u>49,127</u>	<u>49,477</u>
Add/(Deduct): Fund transfers		109,821	9,500
Closing Balance		<u>158,948</u>	<u>58,977</u>
Restricted Funds			
	6		
Opening Balance		19,795	27,888
Add: Excess Income/(Expenditure)		31,668	8,317
Unrestricted funds sub-total		<u>51,463</u>	<u>36,205</u>
Add/(Deduct): Fund transfers		-29,121	-16,410
Closing Balance		<u>22,342</u>	<u>19,795</u>
Total All Funds		<u>205,927</u>	<u>168,631</u>

Signed by: S. Jones (Chairperson)

Signed by: [Signature] (Treasurer)

1. Accounting Policies

- a) The accounts have been prepared in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice (FRS102) for Charities. The Accounts have been prepared using the accruals basis.
- b) At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.
- c) Funds received by the charity are appropriately classified and accounted for separately. Restricted funds are used for the purposes specified by the Sponsor and matched against related expenditure. Unrestricted funds can be used in accordance with the charity's objectives at the discretion of the trustees. General expenditure such as establishment costs are apportioned to restricted funds as determined by the Trustees. Transfers between restricted funds and unrestricted funds are approved by the Trustees following a full understanding of the circumstances. Negative balances are set-off against unrestricted funds at the end of a funding activity.
- d) Grants are credited to income over the course of an activity. Donations and other unrestricted income are treated as income on receipt.
- e) IT equipment costing less than £750 per item is charged against income in the year of purchase.
- f) Fixed Assets are depreciated at the rate of 10% p.a. on a reducing balance basis. Fixed assets have been scrapped and have therefore been written off.
- g) Current assets and current liabilities are measured in cash or other consideration expected to be paid or received.
- h) Trustees receive no remuneration for their services.
- i) The employment costs of one employee during the year was £60,665.96. The average number of employees throughout the year was 23.
- j) The Accounts have been subject to independent scrutiny for a fee of £600.
- k) The Board has examined the charity's requirements for unrestricted reserves in light of the main risks to the organisation. It has established a designated fund to cover redundancy and repair costs that may be required in the event of closure through the loss of the charity's core sponsor. To reduce this risk it is the Charity's objective to diversify its income sources as far as possible.
- l) The charity is exempt from tax on its charitable activities. Input VAT is charged against the expense category for which it was incurred.
- m) The Charity contributes to individual pension funds for a number of employees. Payments to defined contribution pension schemes are charged in the period in which they accrue. The assets of the pension schemes are held separately from those of the Charity in independently administered schemes.
- n) There were no related party transactions for the year under review.

2. Debtors	2024	2023
	£	£
SBUHB Service Improvement Fund - CYP Active Monitoring	4,843	0
SBUHB Service Improvement Fund - Adult Active Monitoring	4,936	0
GP Cluster	1,330	1,715
Co-op Resilience Programme - Young Minds Missing Middle	0	659
SBUHB Service Improvement MH Fund (AM CYP) ii	0	4,997
Cost Recovery	3,482	
Total Debtors	14,591	7,371
3. Prepayments	2024	2023
	£	£
Insurance	0	0
IT Costs	779	719
Utilities - Water	529	543
Alarm/Security	129	380
Total Prepayments	1,437	1,642
4. Creditors	2024	2023
	£	£
Employment	-3,000	-3,000
Employment (HMRC)	-6,851	-6,108
Employment (Standard Life) Pension	-262	0
Employment (Nest) Pension	-1,795	0
Telephone	-135	-118
Rent	-334	-834
Payroll Preparation	0	-346
Accountancy & Audit fees	-600	-275
Total Creditors	-12,978	-10,681
5. Income Received in Advance	2024	2023
	£	£
Unrestricted Grants - Lloyds Bank Foundation for England & Wales	0	-20,650
Local Health Board	0	0
Children in Need	-6,470	-8,849
Missing Middle Wales - Supported Self Help	-12,736	
National Lottery - Wellbeing After Stroke	-17,848	
Moondance Foundation - Welcome Worker	-2,392	
MIND/Pepsi Investing in Mental Health	-14,748	
Investing in Mental Health carry over	0	-15,947
MIND/ASICS (Get Active) II	-5,730	-8,472
Anna Freud & MIND - Schools & Colleges Early Support Service	0	-15,538
NPT CVS Shared Prosperity Fund - Volunteer Counselling Coordinator	-5,761	
Chrysalis, Mental Health Support for Women	-4,481	
Total Income Received in Advance	-70,166	-69,456

	Opening			Net income/	Add/(Deduct)	Closing
	Balances	Income	Expenditure	Expenditure	fund	Balances
					transfers	
6. Restricted Funds						
Local Health Board	7465	106,504	109,055	-2,551	-4,974	-60
Children in Need	784	19,335	19,230	105	-899	-10
MIND - Self Help Adults	0	47,158	39,594	7,564	-7,585	-21
Missing Middle Wales - Supported Self Help	0	43,200	37,041	6,159	0	6,159
SBUHB Service Improvement Fund - CYP Ac	0	19,832	19,286	546	-558	-12
National Lottery - Wellbeing After Stroke	0	65,836	64,391	1,445	0	1,445
Neath Port Talbot Council (Training Officer)	0	16,000	16,213	-213	204	-9
SBUHB Service Improvement Fund - Adult Ac	0	33,893	33,767	126	-147	-21
MIND Cost of Living Fund	0	17,995	16,974	1,021	0	1,021
Moondance Foundation - Welcome Worker	0	26,202	21,706	4,496	0	4,496
GP Cluster	-108	6,123	7,634	-1,510	1,614	-4
MIND/Pepsi Investing in Mental Health	0	31,200	31,144	56	0	56
Investing in Mental Health carry over	6468	20,947	7,416	13,531	-20,003	-4
MIND/ASICS (Get Active) II	1159	16,992	15,103	1,889	0	3,048
Co-op Resilience Programme - Young Minds	3592	-659	2,691	-3,350	-243	-1
Anna Freud & MIND - Schools & Colleges Ee	435	40,428	37,087	3,341	0	3,776
NPT CVS Shared Prosperity Fund - Volunteer	0	8,708	8,702	6	0	6
NPTCVS Cost of Living fund	0	9,974	9,747	227	-233	-6
Local Health Board - Mums Matter	0	3,094	4,209	-1,114	1,113	-1
Children in Need - Supported Self-help	0	0	139	-139	2,590	2,451
Chrysalis, Mental Health Support for Women	0	500	464	36	0	36
Totals	19795	533,263	501,595	31,668	-29,121	22,342

**Neath Port Talbot MIND Association
Income & Expenditure Account
for the Year Ended 31st March 2024**

Description	2024 £	2023 £
Income		
Restricted Income	533,263	420,977
Unrestricted Grant Income	20,650	14,800
Donations	11,117	11,461
Training	1,870	2,138
Bank Interest	3,498	440
Total Income	570,398	449,816
Expenditure - Direct Costs		
Employment	348,928)	286,991
HMRC	86,032)	67,140
Standard Life Pension	5,922)	5,214
Nest Pension	20,084)	13,461
IT Equipment	4,941	3,672
Mobile Phones	1,320)	2,291
Travel & Subsistence expenses	1,872)	
Activities	4,304	2,938
Training (incl Courses)	3,649	748
Consultancy	6,522	10,666
Affiliation Fees	4,310	1,884
Postage	445	623
Outreach	0	0
Marketing & Communications (Leaflets/Translation)	6,738	1,089
Adverts Recruitment	1,139	825
Refreshments	408	382
Room Hire	2,093	
Expenditure - Apportioned	34,396	25,224
Office supplies/ Photocopier	1,649	2,039
IT Costs	9,798	5,932
Repairs and renewals	3,228	90
Insurance	5,373	4,914
Telephone	2,755	3,160
Rent	2,000	2,001
Alarm/ security	593	706
Utilities (gas, water, electricity)	4,573	2,652
Waste disposal and Cleaning	930	383
Sundries	1,290	1,555
Payroll Preparation	1,482	1,365
Bank Charges	119	152
Accountancy/ Audit Fees	607	275
Spare 4	0	0
Total Expenses	533,102	423,150
Surplus / (Deficit)	37,296	26,666



Forge Accountancy

Rebrand of Lewis Ladd & Co

Accountants, Payroll Bureau, Tax & Small Business Advisors

6 Forge Road
Port Talbot
West Glamorgan
SA13 1NU

Tel: (01639) 885038 / 881130

E-Mail:

enquiries@forgeaccountancy.co.uk

Directors: Malcolm M Ladd & Susan C Ladd
Practice Manager: Sandra Levy

Senior Accountant: Sandra Levy
Administrator: Laureline Mikson

Independent examiner's report to the trustees of NPT Mind Association- company registration number 3750679.

I report to the trustees on my examination of the accounts of the NPT Mind Association (the Trust) for the year ended 31st March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - To keep accounting records in accordance with section 130 of the 2011 Act and
 - To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

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.

Signed:

Peter Jenkins FCCA 0225964

Name:

PETER JENKINS

Address: Forge Accountancy, 6 Forge Road, Port Talbot, SA13 1NU.

Date: 16-12-2024

Office hours Monday to Thursday 9am to 4pm Friday 9am to 3pm
(Please note that there may be occasions when the office will have to close for lunch between 1-2pm)

Forge Accountancy is a trading name of OTCCO Limited registered in England & Wales: 12525670



Governance

NPT Mind is a charitable company limited by guarantee (company number 3750679), and registered charity (1076817). NPT Mind is affiliated as Local Mind Association to National Mind. This relationship is governed by a membership agreement (the Community Partnership Agreement) which sets out the operation of the trademark licence, and which was updated in 2021 as the new Mind Federation Agreement

The Board of Trustees

NPT Mind is governed by a Board of Trustees who are also directors of Neath & Port Talbot Mind.

The Board sets the strategic direction of NPT Mind and appoints a director to manage the day-to-day operations of the charity, whilst overseeing the review and management of risks, controls, and procedures to ensure that the strategic plan is successfully implemented.

The Board meets up to 10 times a year and appoints members to both the HR sub-group and the Finance sub-group, who meet regularly.

The Board ensures that appropriate procedures are in place to recruit and appoint new trustees as necessary to reflect the skills and capabilities required and the diversity of our service users and the local community. Our affiliation to National Mind requires that there is active service user involvement in the governance, management, and operations of NPT Mind.

In 2023-24, the Trustees of NPT Mind were:

Howard Puxley - Chair
Karen Henn - Vice Chair
John Price - Treasurer
Jonathan Tidball – Secretary
Lowri Collins – Trustee
Ian Hutchinson- Trustee
Sue Jones - Trustee

Our full statutory accounts for 2023/2024 are available online from Companies House and the Charity Commission.

In April 2024 we sadly lost our Vice Chair Karen Henn. Karen's consistent support for NPT Mind saw her volunteering with the charity as a trustee for the past 20 years. Thank you to Karen and her family for all of their kindness and giving over the years.





Sharon Bevans	CEO	Sian John	Talking therapies
Tracey Sherlock	Business Development and Sustainability Officer	Helen Enser Morgan	Talking therapies Social Media / Comms
Rebecca Morgan	Talking Therapies Lead	Yein Pang	Talking therapies
Will Price	Money & me Project Lead ASICS Project Lead	Sally Ann Pugh	Counsellor programme Lead Talking therapies
Susan Meredith	Adult Assessment Officer	Chloe Morgan	Adult Services Caseworker
Fiona Hawkins	Talking therapies	Molly Leman	CYP Talking therapies
Anne-marie Edwards	Training Officer	Rhian Arwel	Talking therapies Anna Freud project
Terri Phillips	Welfare Rights Officer	Sherrie Hawkes	Anna Freud project
Rachel Diplock	NPT WASP Lead Seeds of change Lead	Dan Lloyd	Anna Freud project
Steve Carroll	NPT WASP Group facilitator	Harrie Cater-Pugh	Talking therapies NPT WASP pathfinder
Oriana Gibson	NPT WASP Group facilitator	Val Phillips	Talking therapies
Kirsty Wilson	CYP Talking therapies	Kerry Edwards	CYP Talking therapies
Celia Drew-Jones	Anna Freud Project Talking therapies	Kathy Davies	Talking therapies
Anthea Jones	Talking therapies		

Thank you to ...

Our Volunteers

Volunteers give their time to NPT Mind as Trustees, Counsellors and within all our projects. We would like to express our appreciation to everyone for their dedication and for the time they give so willingly.

Howard Puxley	Chair of the board of Trustees		
John Price	Treasurer	Angharad Griffiths	Student Counsellor
Jonathan Tidball	Secretary	Karen Thomas	Student Counsellor
Nicky Oakes	Trustee	Sian Thomas	Group facilitator
Karen Henn	Trustee	Lisa Rees	Group facilitator
Sue Jones	Trustee	Hayley Phillips	Student Counsellor
Ian Hutchinson	Trustee	Natasha Neale	Student Counsellor
Georgia Davies	Student Counsellor	Robert Fisher	Student Counsellor
Sian Lison	Student Counsellor	Lauren Shrigley	Student Counsellor
Lowri Collins	Safeguarding Trustee	Nicky Lewis	Student Counsellor
Emma Biant	Student Counsellor	Gina Biggs	Student Counsellor
Laura Morris	Student Counsellor	Louise Evans	Student Counsellor
Caitlin Rowlands	Student Counsellor	Carrie Watts	Student Counsellor
Catherine Heard	Student Counsellor	Victoria Jones	Student Counsellor
Trish Wheeler	Student Counsellor	Tara Vincent	Student Counsellor
Ewa Szerlich	Student Counsellor	Sarah Davies	Student Counsellor
Theresa Keating	Student Counsellor	Dawn Stokes	Group facilitator
Ella Woolcock	Student Counsellor		

Thank you to our Fundraisers and Donors

Thank you to the some of our fantastic fundraisers and their supporters who have donated to NPT Mind this year:

- PayPal Giving Fund
- Hive Health
- Charities Aid Foundation
- Pontrhydyfen RFC
- Swansea Valley Ladies Darts Team
- NPT Soroptimists
- Many who donated their birthday, anniversary, or other special occasion money, or in lieu of flowers for someone they lost.
- All who fundraised for us through fun runs, half marathons, cycle rides and many other challenges, thank you all.

Thank you to our Funders



How you can get involved

1) Access or help promote our services

[How we can help - Mind Neath Port Talbot \(nptmind.org.uk\)](https://nptmind.org.uk)

2) Have your say

[Compliments, Concerns and Complaints - Mind Neath Port Talbot \(nptmind.org.uk\)](https://nptmind.org.uk)

3) Raise money and/or awareness

[Fundraising for NPT Mind - Mind Neath Port Talbot](https://nptmind.org.uk)

4) Learn more about mental health

[Training - Mind Neath Port Talbot \(nptmind.org.uk\)](https://nptmind.org.uk)

5) Volunteer and/or join our board of trustees

[Volunteering - Mind Neath Port Talbot \(nptmind.org.uk\)](https://nptmind.org.uk)

6) Join the team

[Join Our Team - Mind Neath Port Talbot \(nptmind.org.uk\)](https://nptmind.org.uk)

Neath Port Talbot Mind Association

21 London Road

Neath

SA11 1LE

Phone: 01639 643 510

Company Register Number: 3750679

Charity Register Number: 1076817

