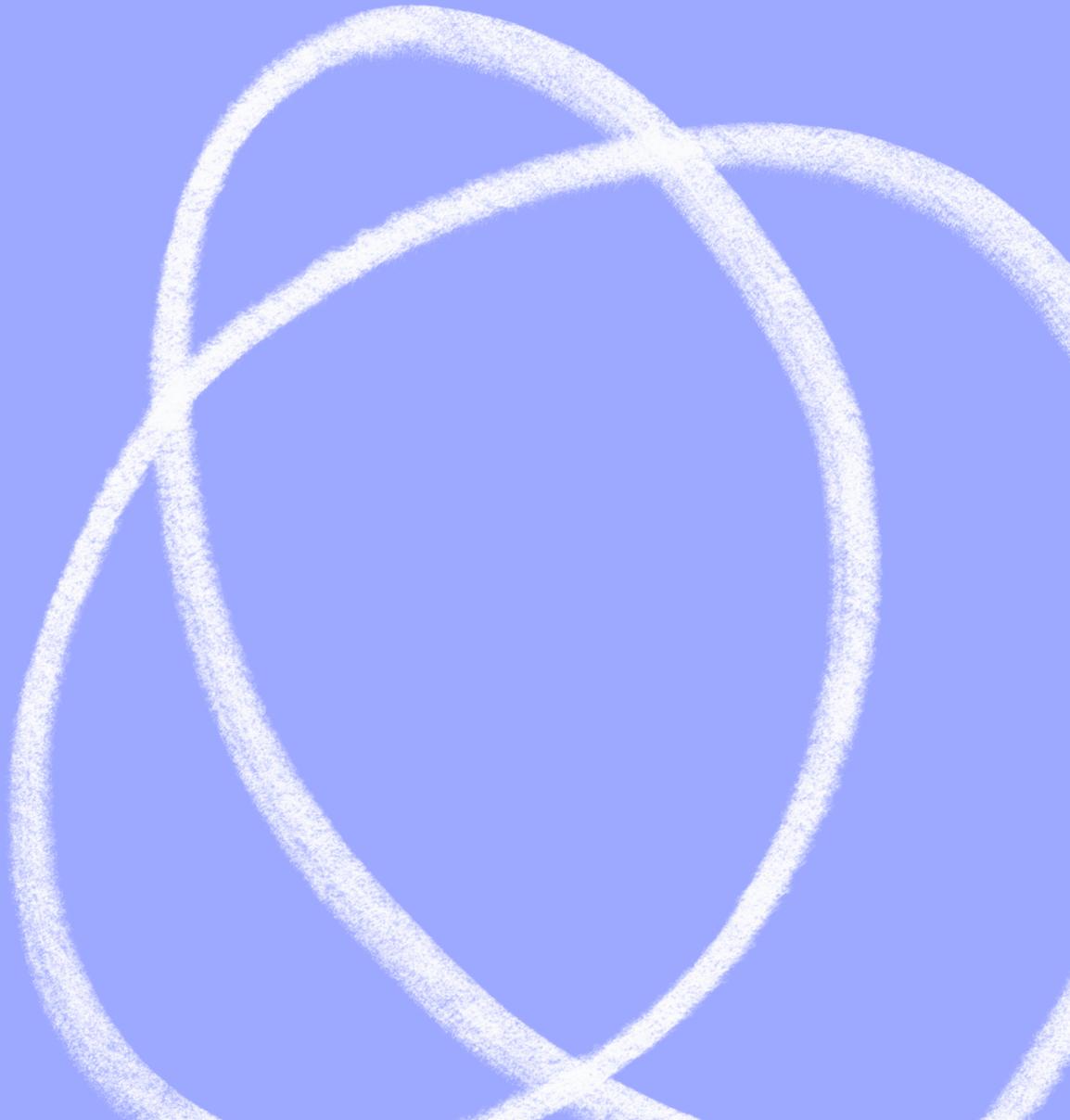




Mid and
North Powys
Canolbarth a
Gogledd Powys

Annual Report

2024-2025



Registered Charity
Number: 1167840

Registered Company
Number: 10158044

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Board's Report

Welcome to our Annual Report for 2024-2025

What a busy year it's been for Mid & North Powys Mind and what a remarkable year we go into, with a bright future ahead for our charity!

Transformation can be tough. Change is difficult, even when it's welcome. But life is all about change and how we adapt, survive and thrive with the right people around us. Sometimes the differences that a year brings are uplifting, but sometimes we need our support system to prop us up.

Thankfully, none of us need to go through change alone. Not only do we live in tight-knit communities, but we have organisations like Mid & North Powys Mind embedded in those communities, available to help and support people in the right place, at the right time.

Throughout the past decade, we've been told that we're living through unprecedented, changing times. Some of this has been political, some social and some economic. However we feel about the past five years since 'Covid' came into our vocabulary, it's still having an impact. And right now, we are living through a cost-of-living crisis that's been ongoing since 2021, and its impact is deep. We know that this has a toll on people's mental health. We know that our services are needed more than ever in Powys.

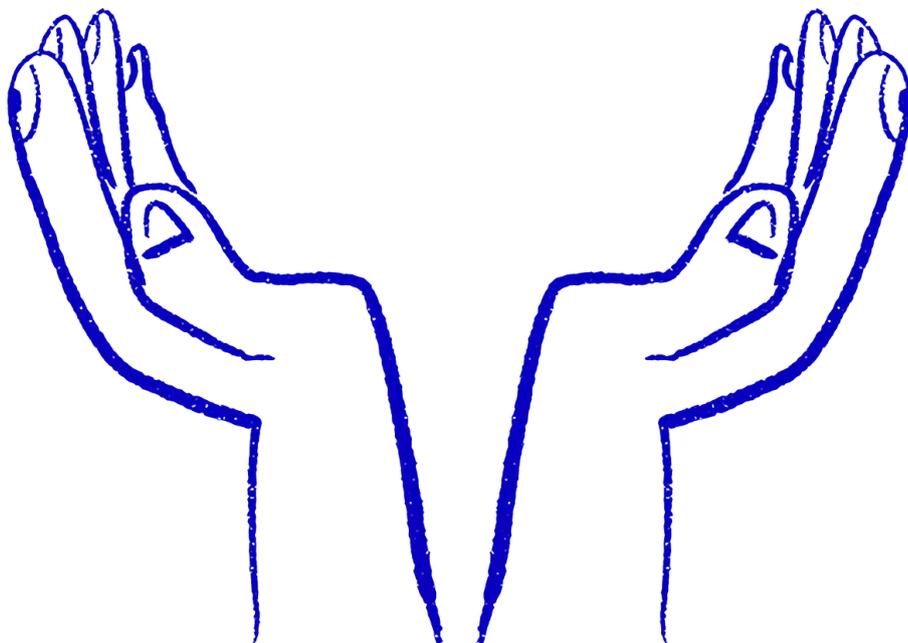
This year has seen one of the biggest moves to futureproof Mid & North Powys Mind in recent times. We have secured funding not only to support delivering our services to over 1,400 people each year, but to have a permanent home to deliver them from.

Without the support of funders, partners and commissioners, we could not be taking this bold step, so we thank them for recognising the decades of support that Mid & North Powys Mind has provided and the positive effect we continue to have. It is only through working closely and consistently that we can reach people when they need us and we do not do this alone. We will continue to pull together to make the most of resources, knowledge and networks.

Our dedicated staff and volunteers have helped to place us in this strong position. They have had faith in the vision of the organisation and diligently but consistently carried on delivering excellent support. Our co-CEO's have had to shift their focus at times to apply for funding to move us forward, so adaptability has been vital. The board would like to sincerely thank the staff team and volunteers. We are never complacent that it is your conscientiousness that maintains consistent and high- quality support for people in Powys.

There have been some changes to the staff team this year. Jo Jones, Anna Poulton and Betty Morrall left the organisation and we wish them all the very best for the future. Katie Hodson joined us in April as a Youth Mental Health Practitioner and also took on the role of Outreach Worker in July. Bethanie Powell joined the Mums Matter team at the end of July as a 1:1 Mental Health Practitioner after volunteering for the team for many years. Leila Tribe also joined us in July as IWSS Coordinator. Mary-Ann Shoubridge left her role as Blended Online CDT Practitioner in October, but stayed on in her role as 1:1 Mental Health Practitioner.

So, although we're heading into another transformational year, it's with great optimism that we will be here to help people onto brighter futures. Some things remain the same, but we'll all move forward, together, for the people of Mid & North Powys.



Mission

Improving mental wellbeing for people in
Mid & North Powys

Vision

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations. We value individuality and work to raise awareness.

Our Goals

- Staying well: Support people likely to develop mental health problems, to stay well.
- Empowering choice: Empower people who experience a mental health problem to make informed choices about how they live and recover
- Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem
- Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society
- Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination
- Organisational excellence: Make the most of our assets by building a culture of excellence.

Strategic Aims and Objectives

We have identified 5 strategic aims on which we will concentrate to achieve our Mission and Vision:

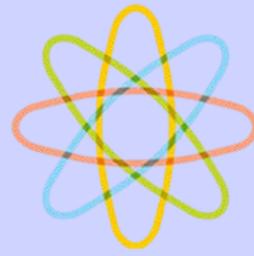
1. To monitor and improve the quality of our services by being responsive, proactive and innovative
2. To develop new services, projects and products that reach out to our rural population and enhance peoples' recovery and wellbeing
3. To work collaboratively with other organisations and in co-production with the people we support, to provide the best services for local communities.
4. To ensure that Mid & North Powys Mind is a great place to work and volunteer
5. To maintain current levels of funding and improve financial sustainability

Each strategic aim is supported by a number of measurable objectives. You can download a copy of our strategic plan by visiting our website or request a hard copy from our office.



Working with Diverse Cymru

Diverse Cymru's vision is to help create a nation without prejudice or discrimination, where every person is equal and diversity is celebrated.



**diverse
cymru**

Promoting equality for all
Hyrwyddo cydraddoldeb i bawb

Mid and North Powys Mind are delighted to have won a Silver Diverse Cymru Award at this year's event in Cardiff.

The award recognises the progress that Mid & North Powys Mind has made toward breaking down barriers many Black, Asian and Minority Ethnic groups face in the workplace.



Impact Summary 24/25



1440
people supported



9411
sessions of support



99%
rated us
4 or 5 / 5

97% felt listened to & heard	85% felt more connected to other people	95% felt support addressed what mattered
88% had improved mental health	85% had improved resilience	91% moved towards the life they wanted to live

Bereavement Support

100% of people felt they were listened to and their voice was heard

“ I have been able to be totally honest with (my supporter) and also to myself, this has helped me to understand things more

1 to 1 Support

301 people supported over 1051 sessions of support.

99% found support helped them to address what is important

97% reported their mental health had improved

80% felt more connected to others

Outreach

36 people attended the groups

“ I like talking to others and doing craft work. Group helps me to make the effort of going out and being with others.

Wellbeing Centre

116 people attended over 151 sessions across drop-ins, workshops, groups and support sessions.

100% felt more connected to others
95% felt their mental health had improved

Youth Service

231 young people supported

Having a safe space to talk with someone who actually listens

“ Making friends and actually being able to smile and mean it

Training

26 training courses delivered with 402 attendances from 135 different people.

86% rated the course delivery as very good
82% felt more resilient

Support Groups

117 people attended sessions across 8 groups inc. Art & Craft, Walk & Talk and Tai Chi

“ Gives me a reason to leave the house and talk to others.

Mums Matter

82 mums supported through the Mums Matter courses, 38 mums with 1 to 1 support and 5 family members through the supporter's sessions.

“ I feel more resilient and assertive

I feel like I have a toolkit to help me through my anxiety

Silvercloud

41 people supported over 147 sessions of support.

“ Helped me to analyse thoughts easier and stop overthinking to the point of physical reactions. Thoughts are not facts!

In-Work Support

286 people supported with their mental and physical health

59% of participants indicated that the support received was instrumental in helping them maintain their employment

Counselling

48 people have had counselling

94% found support helped them to address what is important to them

94% felt better able to manage future challenges

One to One Support

During 2024 – 2025 our team of mental health practitioners has comprised of Claire Abson, Caroline Stanley, Katie Jones, Janet Henderson, Amanda Lewis, Mary-Ann Shoubridge and Abbie Lycett. Janet Henderson is Team Lead, Katie Jones went on maternity leave in November 2024 and Abbie Lycett has been taking part in a one-year trial project, based at Montgomery Doctors Surgery.

Between the team we provide 175 contracted hours of one to one support over week days and evenings.

Our funders have included the Moondance Foundation, The National Lottery Community Fund, SPF and the Housing Support Grant.

The One-to-One Support Service has provided in-depth and person centred mental health support to enable anyone aged 16 years and over to address barriers, build a plan and take small steps forward to recovery.

Support has been delivered part in-person/part remote – depending on need. Staff meet people in their own homes, our bases in Llandrindod Wells or Newtown or within the wider community. People have been offered up to 10 sessions of support that also coordinates external (e.g. Citizens Advice/Domestic Abuse Services etc.) and internal services (training courses, support groups, CBT etc) forming a coordinated ‘team around the person’. Support has started with a ‘What Matters’ conversation where we seek to build the relationship and get to the heart of the underlying need/s.

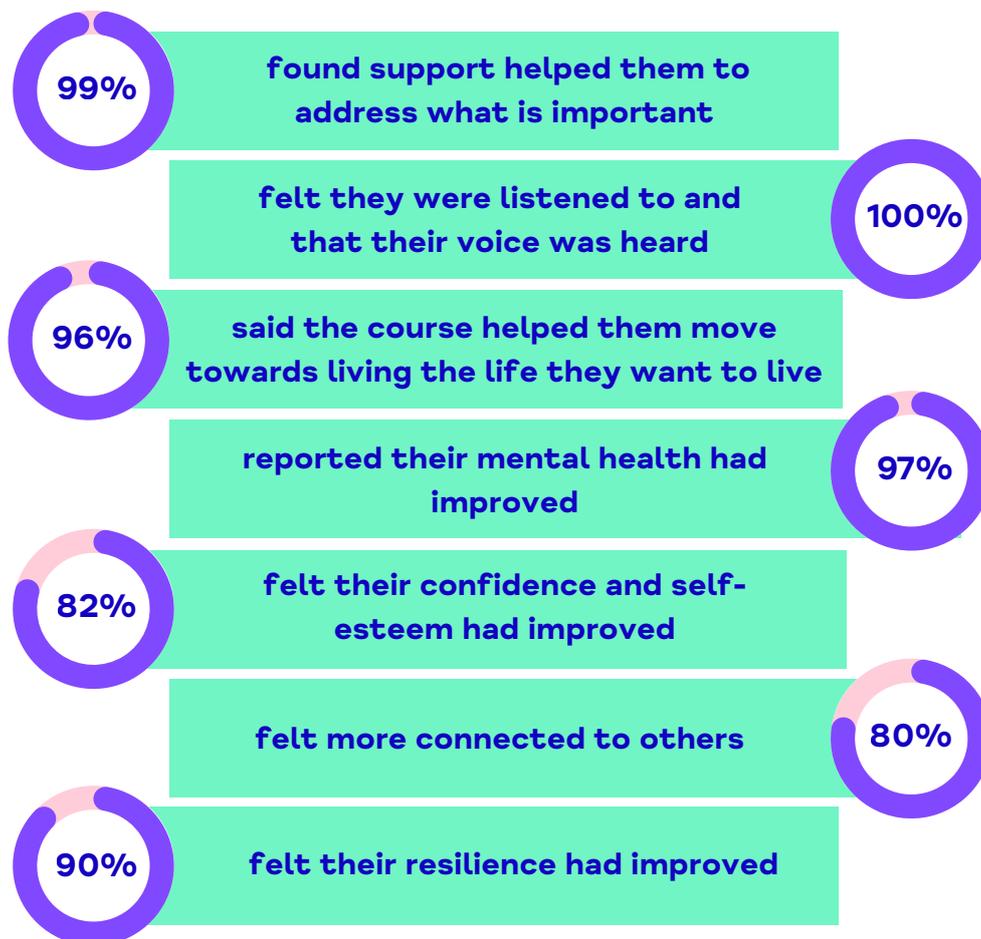
Over the year, the team have supported 301 different people over 1051 sessions of support. The service has been operating at capacity for nearly all of this period and currently has a 2-3 month waiting list. We have again seen higher levels of demand and complexity and severity of need than ever before, as the result of the continued impact of the pandemic and cost of living crisis.



On entry to the service the average Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS) score was 16.5 (very low wellbeing) and the average service exit score was 21.4 (UK population average is 23.6).

Online Mental Health Group for over 25's

Abbie and Katie H started a trial at the beginning of 2025 for a new online Mental Health group for over 25's on the first Friday of the month at 6pm.



Some of the specific outcomes we have helped people achieve (in their own words):

- I learned coping skills and my confidence was restored, following a setback in my life.
- It has helped me realise that it's ok to feel the way I do sometimes.
- Gave me confidence and understanding of my feelings.
- Helped me see what upsets me. I can get stressed but now have different ways to deal with it and need to keep it up.
- I have started to go to a tai chi class as I trust that the whole organisation is consistent and professional.
- Made me happy and able to balance life.

What people said they liked most about the service (in their own words):

“
Being listened
to and not
being judged
”

“
[worker] helped to guide
me in the right direction.
She really listened to me
and supported me.
”

“
It being a
completely
safe space
”

“
I liked that it gave me
empowerment, confidence to
be assertive, I felt validated
and I was given the
confidence to handle
stressful situations better
”

“
Professional,
compassionate and
supportive worker.
They listen,
understand and think
of solutions.
”

“
it was adaptable to my
different needs each
week. I vented, we
sorted practical things,
we discussed my issues
and ways to regain
control
”

“
No pressure but
reassurance and
knowledgeable.
Empathetic but
professional.
”

Thanks to our funders:



**HENRY SMITH
FOUNDATION**

Training

During the year, training course provision was funded by UKSPF and national Mind.



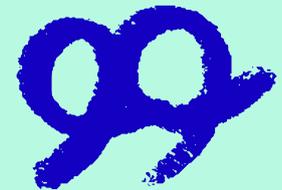
Over the year there has been 402 attendances by 135 different people. We have delivered a total of 26 different courses including; Confidence building, Stress & anxiety management, Assertiveness skills, Better sleep for children, Staying safe online, Letting go of unwanted thoughts and feelings, to name but a few.



Our in-house training team includes; Lorna Jones, Tracy Lewis, Janet Henderson, Katie Hodson, Claire Johnson-Wood and John Paul Higgerson. All our in-house trainers also deliver support services within Mid & North Powys Mind, making them highly experienced in what helps people improve their mental health. Much of our training continues to be delivered by two tutors together, giving plenty of support for those that attend.

What people like most about our training

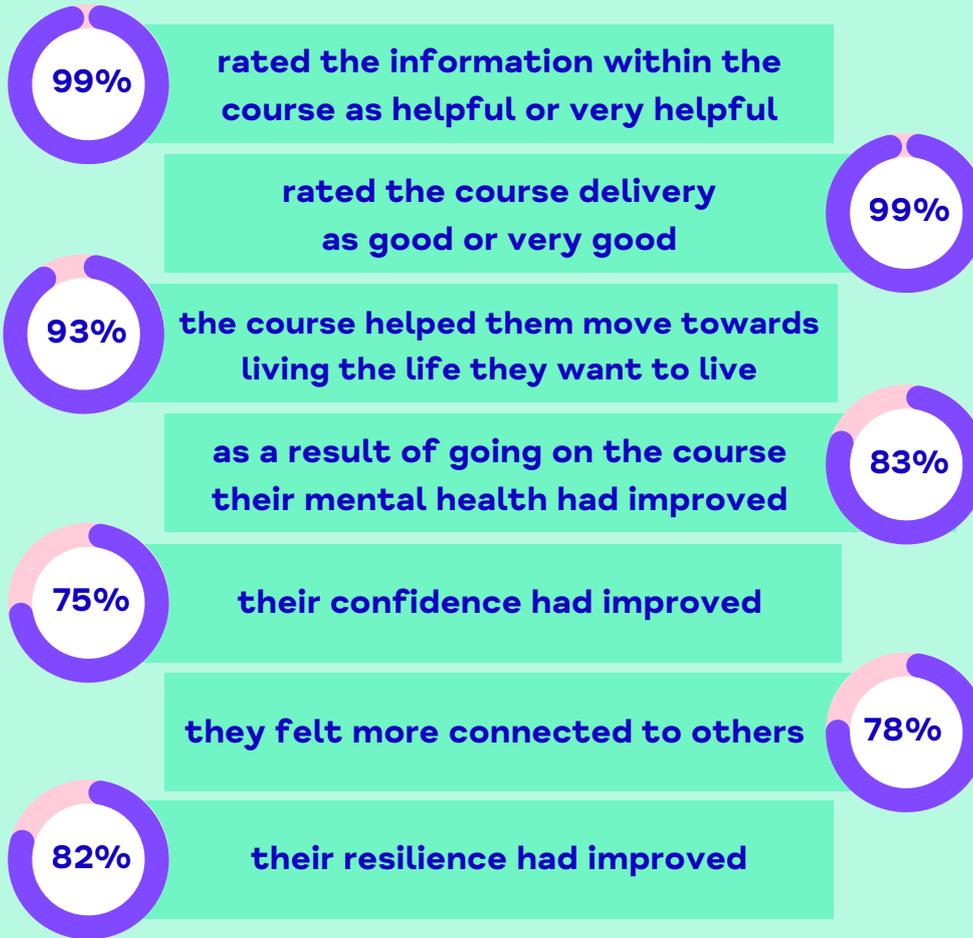
“ How interactive and supportive it was ”



“ The course was very useful and a lot of information to think about and things to try and improve my mental health ”

“ Friendly atmosphere. valuable advice, great ideas, emotional support ”

As a result of attending the courses, people said that:



mind Mid and North Powys Canolbarth a Gogledd Powys
SPRING/SUMMER TRAINING 2024

Mums Matter courses
 Free course available
 Fridays 10am - 12pm starting 10th May 2024
 8 weeks at Hope Church, Newtown
 Tuesdays 10am - 12pm starting 28th May 2024
 8 weeks at YFC Building, Showground, Bulth
 Fridays 10.30am - 12.30pm starting 9th August 2024
 8 weeks at Integrated Family Centre, Welshpool

Tai Chi
 Every Monday (except bank holidays)
 5.30pm - 7pm
 at Celf, Llandrindod Wells LD1 5EB

Positive Thinking	1.30 - 3.30pm Online on Zoom with Tracy & Lena	Thursday 23rd May
Coping with the cost of living crisis	1pm - 3pm Online on Zoom with Janet & Betty	Thursday 30th May Thursday 6th June
Supporting Parents/Carers with youth & child wellbeing	6 - 8.30pm Training Room, Llandrindod with Lorna and Lynda	Tuesdays 4th, 11th, 18th & 25th June
Stress and Anxiety Management	10am - 12.30pm in Llandrindod OR 2.00 - 4.30pm at Plas Dolerw, Newtown with Janet & Tracy	Monday 10th June Monday 17th June
Navigating Narcissism	10am - 12pm online on Zoom with Tracy & Betty	Weds 5th June Weds 12th June Weds 19th June
Understanding Neurodiversity (in adults and children)	10am - 12pm online on Zoom with Tracy & Betty	Weds 26th June Wed 3rd July
Managing Frustration	10am-12pm Training Room, Llandrindod OR 2pm - 4pm Integrated Family Centre, Welshpool with Tracy & Janet	Weds 10th July Weds 17th July

Booking Essential
 Contact Mid & North Powys Mind on:
 Tel: 01597 824411
 Email: admin@mnpmind.org.uk
 Registered Charity Number: 102940

This project is funded by the UK Government through the UK Shared Prosperity Fund, supported by Powys County Council.

Funded by UK Government
LEVELLING UP
 Powys
 Ynys Môn
 Ynys Iddawod
 Ynys Iddawod



Wedi ei arannu gan Llywodraeth y DU Arian y project hwn gan Lywodraeth y DU drwy Grŵp Ffyniant Gyffwrdd y DU a gyllid gan Yngwyl 50 Rhwyb.

mind Mid and North Powys Canolbarth a Gogledd Powys

HYFFORDIANT HYDREF/GWANWYN 2024

Ymwybyddiaeth Ofalgar a Myfyrio	Arlein ar Zoom 5.30yp - 6.30yh gyda Mike	Am 4 wythnos yn dechrau Dydd Mercher 2 Hydref
Ysgrifennau Creadigol	Canolfan Lles Mind, Llandrindod 10.30yb - 12yp, gyda Emma	Dydd Mawrth 8 & 22 Hydref 5 & 19 Tachwedd 3 & 12 Rhagfyr
Ymlacio trwy ddefnyddio Human-hypnosis	Plas Dolerw, Y Drenewydd 11yb - 12.30yp gyda John-Paul	Dydd Mawrth 5 a 12 Tachwedd
Mae Mamau'n Bwysig	Arlein ar Zoom 6yh - 7.30yh gyda Tracy	Am 8 wythnos yn dechrau ar Dydd Mawrth 29 Hydref
Cadw'n Ddiogel Ar-lein (I bobl 14-25 mlwydd oed)	Arlein ar Zoom 6yh - 7.30yh gyda Katie a Claire	Dydd Mercher 4 a 11 Rhagfyr
Adelladu Hunan	Ystafell Hyffordiant Mind, Llandrindod 10.30yb - 1yp gyda Tracy a Janet	Dydd Mercher 4 a 11 Rhagfyr
Cadw'n Ddiogel Ar-lein (i rieni)	Arlein ar Zoom 6yh - 7.30yh gyda Katie a Claire	Dydd Iau 11 Rhagfyr
Ymdopi & Phwysedd a Phryder	Arlein ar Zoom 10.30yb - 1yp gyda Tracy a Janet	Dydd Llun 9 a 16 Rhagfyr

Mae Archebu Lle yn Hanfodol Cysylltwch Mind Canolfan a Gogledd Powys:
 Ffon: 01597 824411 E-bost: admin@mnpmind.org.uk
 Rhif Eusan Gofrestrwyd: 102940

AM DDIM

NEW YEAR COURSES 2025 **mind** Mid and North Powys Canolbarth a Gogledd Powys

For your body

COACH TO 5KM
 For 12 weeks starting Monday 6th January Meeting at Hafan-yr-Afon in Newtown at 5.30pm with Katie Hodson

NETBALL - AN INTRODUCTION
 4 week course starting Saturday 11th January at Llandrindod Leisure Centre from 2pm - 3pm with Tracy Lewis

YOGA - AN INTRODUCTION **FOR 16+ 25 year olds**
 3 week course starting 16th January at Play Radnor, Llandrindod from 6.30pm - 7.30pm with Kallika

YOGA - HALF DAY INTRODUCTION
 Saturday 18th January
 At Hafan-yr-Afon, Newtown
 10.30am - 1.30pm (Mats provided)

TAI CHI & WALK AND TALK
 Tai Chi - every Monday 5.30 - 7pm at Celf, Llandrindod Wells
 Walk & Talk Groups in Welshpool, Newtown, Llandrindod and Bulth. See our website for details

Mums Matter Courses

FREE PERINATAL SUPPORT **FREE CRECHE**
 Play Radnor, Llandrindod
 Starting on Thursday 16th January at 1pm - 3pm
 Hope Church, Newtown
 Starting on Friday 17th January at 10am - 12 noon
 Online, on Zoom
 Starting on Wednesday 5th February at 10am - 12 noon
All Courses run for 8 weeks

Have you made some healthy body, healthy mind resolutions for the New Year? Try our FREE mental health and wellbeing courses. Booking Essential.

For your mind

DEPRESSION MANAGEMENT
 2 week course starting Thursday 30th January at Radnor YFC, Unit 5 Ddole Road, Llandrindod at 10.30 am - 1pm with Janet & Katie

LETTING GO OF UNWANTED THOUGHTS AND FEELINGS
 3 week course starting Friday 7th February at Hafan-yr-Afon, Newtown at 10.30 am - 12pm with John-Paul Higginson

CONFIDENCE BUILDING
 2 week course starting Monday 10th February Online on Zoom at 10 am - 12pm with Tracy Lewis

QUANTUM CONSCIOUSNESS
 3 week course starting Tuesday 4th March Online on Zoom at 7pm - 8pm with John-Paul Higginson

STRESS & ANXIETY MANAGEMENT
 2 week course starting Tuesday 4th March Wellbeing Centre, Llandrindod Wells at 1pm - 3.30pm with Janet & Tracy

BUILDING EMOTIONAL RESILIENCE
 Thursday 6th March
 Hafan-yr-Afon, Newtown at 5.30pm - 7.30pm with Tracy

CONTACT: Tel: 01597 824411 Email: admin@mnpmind.org.uk

Mums Matter

Our Mums Matter service continues to run 9 courses per year across mid and north Powys, as well as offering 12 different monthly peer support groups and 1:1 support for any mum that needs it.

Our peer support offer consists of 12 monthly peer supports groups operating in different locations face to face, online and in the evenings. The service also offers a free weekly fitness session.

One of the aims for the service this year was to work on our physical health as well as our mental well-being. The service has done this by adding pop up walk and talk groups (to boost our monthly walk and talk group numbers) and change the weekly fitness sessions so that they are more accessible, we have done this by recording the live sessions, allowing mums to have access to the recorded sessions so they can be accessed at any time.

The staff and volunteers have also been doing lots of fundraising in order to be able to continue to offer all these vital peer support groups, which in total have supported 116 women during the year. In total the service has supported 82 women through the Mums Matter courses, 38 women through 1:1 support and 5 family members through the supporter's sessions.

The project has 23 dedicated volunteers, all mums who have completed the Mums Matter course and gone on to work within the project. These volunteers support our Perinatal Team Lead, Tracy Lewis, to co-facilitate the Mums Matter courses.



82

mums helped by
Mums Matter
courses



38

mums received
help through 1:1
support



5

family members
helped through
supporter's
sessions

They also run the 12 peer support groups which run in 7 different areas as well as the weekly fitness class, and specialized online peer support group dealing with loss. The service has also launched a new peer support group called Creative Connections, which runs in person on a Friday evening just for mums (no children). This has been very well attended. The peer support groups also have guest speakers on a wide range of topics throughout the year including slings, fire safety, Arfid, positive thinking, The Bracken Trust, Home Start, car seat safety and first aid awareness.

April started with a new walk and talk group in Newtown, with new volunteers taking up the role of running this group. The service also started getting out and about in the community with our first stand of the year in Knighton Community Centre, raising awareness of the service. We celebrated maternal mental health week throughout the peer support groups, showing the support we can offer to mums in all the different areas.



In July we appointed a new 1 to 1 worker, Bethanie Powell, who has been a volunteer with the project since the beginning and is now proving to be an asset to our staff team too.

The Mums Matter stand went to the Royal Welsh Show to support farming mothers alongside Powys teaching Health Board Farming Fit programme. The volunteers also were back in the community raising awareness for perinatal mental health and fundraising at the same time by running the leisure park at Princess Avenue in Llandrindod Wells for a week during the School Summer holidays.

Mums Matter were luckily enough to win the Tesco Stronger Starts blue token scheme in Llandrindod Wells, which again, helped to fund this much needed service.

We also purchased volunteer gilets to be worn at all peer supports and community functions, which made all our volunteers feel more valued and part of the wider team that makes up our Mums Matter service.



With Christmas approaching it was time for the Mums Matter team to take on Cefnlllys charity shop in Llandrindod for the week. This is a week that takes all hands on deck and we raised a lot of money to go towards our peer support costs, which is a fantastic outcome. As if that wasn't enough, the service also ran a 'Meet Santa' event in Newtown. By the end of 2024 the service had raised an incredible £4,050 to help towards the cost of running the 12 peer support groups.

As the new year started it was time to get back to it and the service started with a talk from the volunteers to BIBS in Llandrindod Wells, some mums attended Mind's new induction into Netball to remind everyone to look after their physical and mental health.

In February a mum who had accessed our service ran a bake sale to raise funds for Mums Matter, which was amazing. The service, on request from mums, ran 2 CV writing workshops, which were well attended.

Before the end of the year, the team put on a Neurodevelopment ALN Webinar, where there were guest speakers; from the early years ALN officer and ALN teachers, Home Start talk, appeals processes talk, Arfid talk, 1 to 1 mental health talk and CREDU. This was an amazing event as it enabled all the mums to come together to listen, ask questions and get the support they needed, with over 20 mums attending.

Our Mums Matter Service continues to offer the gold standard in perinatal care, a service we are extremely proud of, that continues to go from strength to strength.

Quotes from mothers who have completed the Mums Matter course:

“
Would recommend this course to all mums
”

“
Wonderful resources
”

“
I feel more resilient and assertive
”

“
I feel like I have a toolkit to help me through my anxiety
”

“
I could focus on myself
”

“
My family and Friends have noticed how happy I now am
”

“
Very professional
”

“
I felt involved and comfortable to share my feelings.
”

Youth Service

Over the past year our youth service has supported 231 children and young people across mid and north Powys.

We have delivered a wide range of events and activities and been able to create meaningful opportunities and experiences that have helped to empower and inspire our young people.



We could not offer the range of services we do without our dedicated staff and volunteer team: Our Youth Mental Health Practitioners Claire Johnson-Wood, Elaine Evans-Spence, Lorna Jones and Katie Hodson. And our amazing volunteers: Caroline Wilson, Sarah Davies, Wendy Price, Abby Sims and Lynda Rogers.

Key Activities

We have continued to provide our core service of 1 to 1 support across all age categories, as well as support through peer and group work.. Our dedicated CBT/Supported Self Help is also an integral part of the service.

We continue to offer in-house support to Ysgol Calon Cymru on both campuses (Builth and Llandrindod), Llanidloes High School, and NPTC Newtown campus and have also run some assemblies this year around the 5 ways to wellbeing.

We also run a number of peer support groups for different age ranges. Our busiest group is our in-person 16-25s group that runs weekly in Llandrindod, with an average of 8 people attending each session.

We have been fortunate enough to be able to provide a range of other activities that our young people have been able to participate in, including yoga sessions, couch to 5k, paddle boarding, tennis, kayaking, rowing, and axe throwing. Being able to access these activities free of charge has helped our young people grow in confidence and experience things they may otherwise not have had the opportunity to.

Youth Café

Last year, we planned to provide a ‘youth café’ for 11 to 14-year-olds, in person in Llandrindod. We applied for, and were successful in gaining, funding from BBC Children in Need to be able to make this plan a reality. With this funding, and the huge generosity of Lakeside Catering, we started this initiative last Autumn at the Lakeside Café in Llandrindod.

It has been very popular, with an average of 12 young people attending each session, and continues to grow stronger. We hope to start a similar group in Welshpool over the coming year.

The café has provided opportunities for our older under-18s to mentor and support the younger attendees. Additionally, it has been confirmed that funding for this initiative will continue, allowing us to sustain this service for the next year.

GYDA CHEFNOGAETH / SUPPORTED BY



**PLANT MEWN ANGEN
CHILDREN IN NEED**

Quotes from young people who have used our Service:

“ Making friends and actually being able to smile and mean it
Young Person aged 17 ”

“ Having fun and just being listened to
Young Person aged 17 ”

“ Support has made me realise that it’s ok and that better things are waiting for me
Young Person aged 18 ”



Training

We have also run some training for parents/carers with our ‘Supporting young people who are struggling’ course, which is always popular and well received. We have also run our ‘How to cope with Exam Stress’ session for young people.

“

Picking up lots of tips in a secure and friendly environment. I will definitely be using all the information in my folder. I already feel, my teen and I have had more helpful conversations.

”

Partnerships and Acknowledgements

We have worked with many organisations, professionals, and individuals over the past year. Our thanks go to Music Anywhere, Mocca Cymru, Loretta Myers, Wild Rhythm, Jess Metcalfe, Toby Weale, Lakeside Catering, Hafan-yr-Afon, Wylesfield Care Home, and our fantastic volunteers who give their skills and time. We are deeply grateful for your invaluable contributions.

“The partnership between Newtown College and Mind has continued to flourish, providing invaluable support to our students. The 1:1 Wellbeing Practitioner service remains an essential resource, particularly through its 12-session intervention, which has had a significant impact. We also greatly appreciate their flexibility in supporting students, their expert mental health guidance, the accessibility of their services, and their prompt response times.”

– Bridget Royce, NPTC





“The feedback from all is that the MIND process has worked for them all and continues to do so. Some of the pupils who have completed the support said that the strategies and advice given to them are still being used.”

– Ann Lewis, Llanidloes High School

“I have had the pleasure of attending the Mind-run Youth Cafe in Llandrindod. The location and setup have been exactly what Youth Cafe provision is all about. Young people have the space they need to independently order food and drinks while having on-hand support from Youth Workers if needed. The sessions have been inclusive, fun, and pitched at the right level for the young people’s needs. Lorna and her team make the space exactly what it should be for young people and continually respond to their requests.”

– Jess Metcalf, Equalities and Engagement Young Peoples Officer, Powys County Council

Special thanks to our funders for helping us to ensure that our service is available to all those young people that need us.

Young people continue to inspire us with their kindness, help, support, resilience, and ability to overcome the hurdles and difficulties they face. We look forward to another year of growth, collaboration, and positive impact on our community.



In-Work Support Service

The Powys in-Work support service began in September 2023 after a successful tender by Mid and North Powys Mind to the Welsh Government.



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

There has been a partnership formed between the local Minds in Powys – Mid and North Powys Mind, Brecon and District Mind and Mind Ystradgynlais, working together to provide the mental health support aspect of the In-Work Support Service. The service also works with a range of external partners to deliver the physical health support and some aspects of the business support.

The primary objective of the In-work Support Service is to provide rapid therapeutic support to help any employed or self-employed Powys resident (aged 16 years or over) absent from work or at risk of becoming absent due to their ill-health, to remain in, or return to work.

The services available via the In-Work Support Service are:

1-to-1 Mental Health Support

1-to-1 support with a highly experienced and knowledgeable support worker who can help people manage their mental health, develop coping strategies and also assist with practical issues etc.

Supported Self-help CBT support

CBT stands for Cognitive Behavioural Therapy. CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. Using different methods and tools people can learn to improve these negative thinking patterns.

Counselling

Counselling/psychotherapy with fully trained counsellors to help people to develop their own understanding of their situation, provide them with a safe place where they can explore aspects of their life and feelings, by talking openly and freely. Our counsellors use techniques to assist people to reach their own resolutions or develop strategies to address and remedy their concerns.

EMDR

EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a comprehensive psychotherapy that helps people to process and recover from past experiences that are affecting their mental health and wellbeing. It involves using side to side eye movements combined with talk therapy in a specific and structured format.

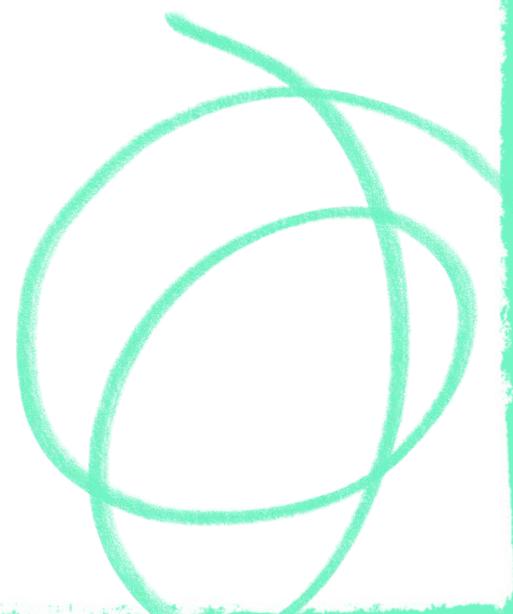
Physiotherapy /Osteopathy

Physiotherapy and osteopathy sessions with highly trained and experienced practitioners to help improve physical health.

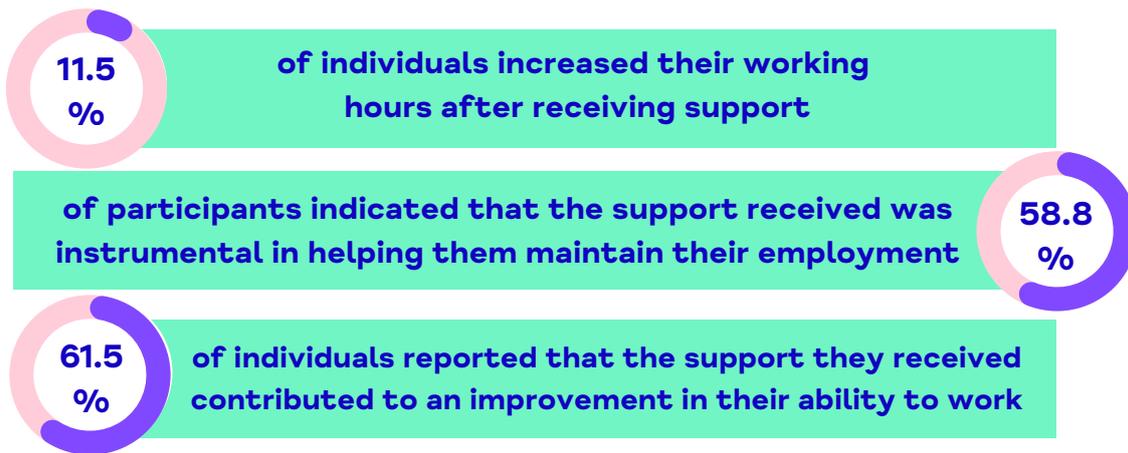
It also can provide small to medium enterprises in Powys with wellbeing support in the forms of staff training, a wellbeing package – outlining best practices and giving advice; and HR and employment law advice.

Support for individuals

The service has supported 222 people from across Powys for both physical and mental health support between April 2024 and March 2025, with referral numbers continuing to rise.



As a result of receiving support:



Here are some quotes from clients:



I accessed the In-work service to support me during a period of poor mental health and increased anxiety. I self-referred to the service at the same time as my GP referred me to primary care. The whole process from referral to receiving counselling has been supportive and easy, it felt nurturing and responsive to what I needed in that moment. I am yet to hear from primary care or access support through NHS pathways. The In-work service met me where I was, when I needed it, and this enabled me to manage my challenges and return to work. I wonder if this support wasn't available where I would be.



Support and practical advice received was really helpful. I have already implemented some of these tools in my everyday work, thank you.



“The service I received was excellent. My counsellor was easy to talk to, knowledgeable, and really made me feel heard. He really helped me through a really stressful time in my life and I feel much better having received his help.”





The therapy sessions have undoubtedly helped me at this time and have paved the way to my return to work. I'm extremely grateful to IWSS staff and my counsellor – and to NHS 111 Wales staff too – for taking me seriously and for their help, which was delivered immediately when I needed it and to the highest of professional standards. Thanks so much to you all once again, I'm very very grateful.



Business Support

In terms of offering our support to local businesses, we have changed our method of delivery, which has increased uptake of our support. This year we have supported 34 individuals from 5 different organisations, by providing 7 workshops, both online and in-person, tailored to the needs of the businesses engaged.

We have provided training in Mental health and suicide awareness, Assertiveness, How to better support your staff team and resilience in the workplace.

“Support and practical advice received was really helpful. I have already implemented some of these tools in my everyday work, thank you.”

FREE WORKPLACE TRAINING

Adennir gan Lywodraeth Cymru Funded by Welsh Government

FREE TO STAFF OF ANY ORGANISATION THAT IS BASED IN POWYS, HAS LESS THAN 250 EMPLOYEES AND A TURNOVER OF LESS THAN £50M
ALL DELIVERED ONLINE VIA ZOOM

5 Ways to Wellbeing	10am - 1pm Wednesday 29th January	Discover five simple ways to improve and promote good mental health and wellbeing, for a happier, healthier workplace.
Stress Management	10am - 1pm Tuesday 4th February	We will never completely remove stress from our lives, but identifying and managing stressors can help maintain a positive and healthy lifestyle. We look at causes, symptoms and practical ways to manage stress effectively
Resilience in the Workplace	10am - 1pm Tuesday 29th February	Focusing on enhancing emotional resilience in a workplace setting. Learn practical techniques to manage stress, navigate challenges and foster a healthier working environment.
Professional Boundaries	10am - 1pm Tuesday 4th March	Learn how to create and maintain good boundaries within work environments to ensure appropriate, healthy relationships.
Assertiveness	10am - 1pm Friday 7th March	Develop confidence to use assertiveness techniques to be heard, through helpful communication, rather than using passive or aggressive characteristics.
Mental Health Awareness	10am - 1pm Thursday 12th March	This is the perfect course if you are looking to increase mental health awareness and support within your organisation. Learn to recognise the signs, symptoms and support options for a range of mental health problems

TO BOOK PLEASE CONTACT JO@MNP.MIND.ORG.UK

If you would like a course that is not on this list, please get in touch. We can offer other free courses, specifically to meet your needs.

HYFFORDDIANT AM DDIM YN Y GWEITHLE

Adennir gan Lywodraeth Cymru Funded by Welsh Government

AM DDIM I STAFF UNRHYW SEFYDLIAD SYDD WEDI'I LEOLI YM MHWYS, SYDD Â LLAI NA 250 O WEITHWYR A THROSANT O LAI NA £50M
POB UN YN CAEL EI DDOSBARTHU AR-LEIN TRWY ZOOM

5 Ffordd at Les	10yb - 1yp Dydd Mercher 29 Ionawr	Darganfyddwch hwn Ffordd syml o wella a hyrwyddo lechyd meddwl a lles da, ar gyfer gweithle hapusach ac iachach
Rheoli Straen	10yb - 1yp Dydd Mawrth 4 Chwefror	Ni fyddwn byth yn dileu straen yn llwyr o'n bywydau, ond galli nodi a rheoli strawmwr helpu i gynnal ffurfiad gadarnhaol ac iach o fyw. Sgriftoem ar achosion, symptomau a ffurfiad ymarferol o reoli straen yn effeithiol.
Gwydnwch yn y Gweithle	10yb - 1yp Dydd Mawrth 25 Chwefror	Candebwrthia ar wella gwydnwch amolyn yn y gweithle. Dysgu technegau ymarferol i reoli straen, llywio heriau a maitrin amgylchedd gwaith iachach
Ffiniau Proffesiynol	10yb - 1yp Dydd Gwener 4 Mawrth	Dysgu sut i greu a chymat ffiniau da o fewn amgylcheddau gwaith i sicrhau perfformedd priddol ac iach
Pendantrwydd	10yb - 1yp Dydd Gwener 7 Mawrth	Datblygu hyder i ddefnyddio technegau pendantrwydd i gael eich cyfnewt, trwy gyfarthrebu defnyddiol, yn hytrach na defnyddio nodweddion gwaethol neu ymrosedd
Ymwybyddiaeth Iechyd Meddwl	10yb - 1yp Dydd Iau 13 Mawrth	Mae lwm yn gwrs parffalrh os ydych chi am gynyddu ymwybyddiaeth a chofnogaeth lechyd meddwl yn eich arlyfdd. Dysgwch i adnabod achosion, symptomau ac opsiynau cymorth ar gyfer ystod o broblemau lechyd meddwl

I ARCHEBU CYSYLLTWCWCH Â JO@MNP.MIND.ORG.UK

Os hoffech gwrs nad yw ar y rhestr hon, cysylltwch â ni. Gallwn gynnig cyrsiau eraill am ddim, yn benodol i ddiwallu eich anghenion

Blended Online SilverCloud CBT

Blended Online CBT provides up to six sessions of support via phone/video call with one of our Blended On-line CBT Practitioners, to help people manage their mental health and wellbeing with the aid of a CBT-based online tool called Silver Cloud.

The service is led by Powys Teaching Health Board and Ponthafren, in partnership with ourselves and Brecon Mind.

Our Practitioners, Jen Englefield and Mary-Ann Shoubridge have supported 41 people during the period, over 147 sessions of support. The most popular pathway for support has been 'Escape from Anxiety'.

In October, Mary-Ann sadly left the team to concentrate on her Mental Health Practitioner role with us. Recruitment was delayed due to the local health board retendering the service, which was successfully won by Ponthafren as the lead organisation and ourselves and Brecon Mind as partners. We have since employed Laura Cummings, who joined the team in April this year.

“ Having chance to speak to someone on the outside of family and friends and who is able to help to show me what changes I could make in a lot of different areas that I would not have thought about. ”

“ Helped me to analyse thoughts easier and stop overthinking to the point of physical reactions. Thoughts are not facts! ”

What people liked most about support:

“ Yes. It has helped me to feel more relaxed and less stressed at work. I no longer take things to heart, I just finish work and go home to my family. I religiously use the 'Worry Tree' each night, this helps me to keep any worries under control. ”



Wellbeing Centre

The Wellbeing Centre is a warm and inviting space for anyone to drop in for a cuppa and a chat. The centre is staffed by Caroline Stanley, a Mental Health Practitioner, and Lizzie Percival an experienced volunteer. The centre is open for drop in sessions on Mondays from 1-4pm and Thursdays from 10am-1pm.

On Mondays we also offer a monthly craft group in our drop in space. We have run a wide variety of craft activities, usually facilitated by someone who has previously used our services and now feels confident enough to run a group session and share their skills, which is just fantastic to see.

This year we also visited Jayne's Studio for two flower-arranging courses, which were well received.

“I loved doing the flower arranging, it was very relaxing and something I have never done before”



On Thursdays we had monthly talks from other organisations and services. We had many different talks, including one from the wildlife trust which was really interesting. We also hosted Powys teaching Health Board to run a workshop on how to improve Mental Health Services. Participants have expressed how beneficial it has been to their wellbeing.

Another group that runs on a Friday is our Stitch and Bitch group, for all things to do with needlecraft. We offer starter kits to anyone who wants to try a new skill or just reconnect with an old one.



We have been fortunate enough to have been able to run some evening yoga sessions on Tuesdays this year. Run by Kallika Bruce, these sessions were for complete beginners and were around anxiety and insomnia, with each block lasting for 6 weeks.

Throughout the winter months we offered free hot drinks and warm packs to anyone who needed them. These packs contained a warm hat, gloves, torch, hot water bottle and a blanket. In addition to this, we also offered free carbon monoxide detectors and information. Along side this, Warm Wales have run some surgeries offering advice on all utility concerns and grants that people may be eligible for.



In total, the Wellbeing Centre has supported **116 different people**. Of those supported, **100% said that they felt their mental health had improved** and they felt more connected to others as a result of attending the Wellbeing Centre.

Community Groups

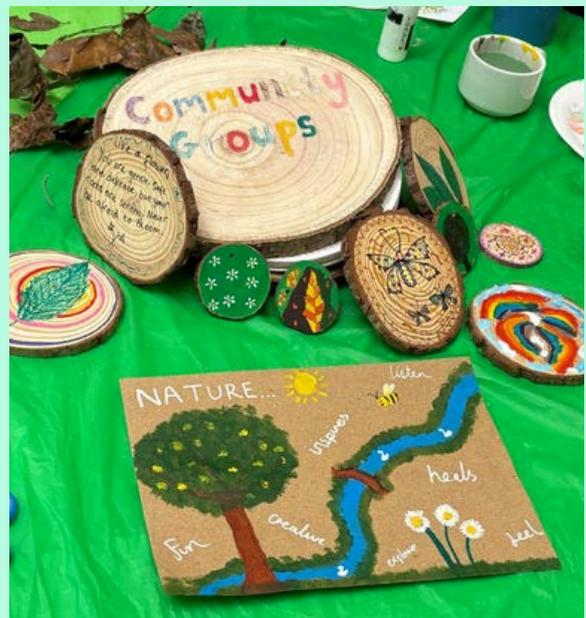
Our two successful community outreach groups have continued in both Builth Wells and Knighton this year, with a few changes along the way.

We said a fond farewell to staff member and group facilitator Joanne Jones and warmly welcomed Katie Hodson, who took on the Community Outreach Worker role alongside her existing role within the Youth Team. We also said goodbye and a huge thank you to volunteers Margaret Bennet and Gillian Coleby, but hello to new volunteer Becky Gibbons.

Both groups are very grateful to have support from reliable and committed volunteers, without whom the groups just wouldn't be the same! We are very glad to have Christine Johnson still supporting our Builth group, who are now meeting at a new venue - the TIC Building in the Groe Carpark. We would like to thank Knighton Community Centre for continuing to provide a wonderful venue for us.

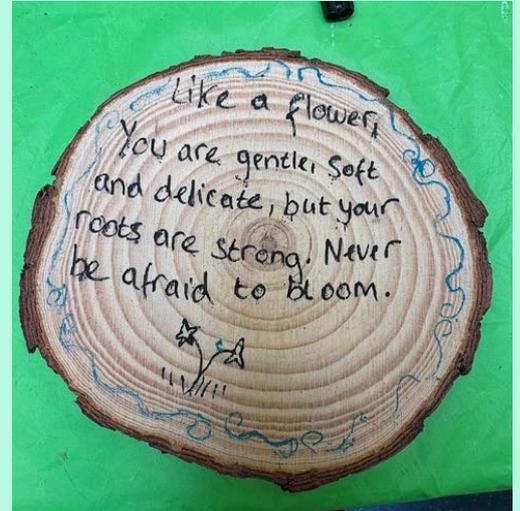
Both groups offer the opportunity for members to meet up, connect over a cup of tea and engage in an activity – often something they may not have tried before. The groups meet twice a month, on the 2nd and 4th weeks. In Builth we meet on a Thursday and in Knighton on a Friday.

This year the Builth group have enjoyed a variety of activities, including nature sessions with Toni Pettitt from Branching Out, baking, mosaic crafts and more. We continue to extend our thanks to Llanwrtyd Community Transport for their ongoing support in helping our members to attend the group sessions.



In Knighton, activities have included making shrink plastic key rings with Jess Metcalf, taking part in a variety of nature and sound based sessions with Wild Rhythm, making living Christmas wreaths and relaxation sessions with Kallika Bruce.

We would like to extend our thanks to all the many organisations and individuals that have either led or supported one of our sessions, including many that have donated their time to us for free. Both groups were also able to benefit from sessions with a numeracy theme thanks to PAVO's Numeracy Funding, which also allowed us to buy new baking equipment, art materials and more, for which we are incredibly grateful!



What people liked most about the groups:

“The company of the group has really helped me to improve my socialising”

“Meeting other people who have also experienced a similar thing has really helped me”

“The group gets me out of the house”

“I like talking to others and doing craft work. Groups helps me to make the effort of going out and being with others.”

“The group has helped me to improve my self-esteem and confidence”

Art and Craft Groups

Art Group

The Art Group runs every Thursday morning in our Llandrindod Wellbeing Centre, from 10:30 till 12:30. The group is run by 2 experienced volunteers, Linda Roberts and Linda Ellis and welcomes anyone with an interest to join the popular group.

As well as providing a space for members to create their artwork, the group also helps people to feel more connected to others, share skills and tips and has enabled people to feel more confident and have improved self-esteem.



The Art Group's work is proudly displayed throughout our building and always receives positive comments from visitors.

Craft Group

The Craft Group runs every Tuesday morning from 10.30am to 12.30pm at our main base in Llandrindod Wells. The group is run by our very experienced volunteer crafter, Danielle.



The group undertakes different craft projects, with all materials supplied, helping people to learn new crafting skills, meet others and gain confidence, in a friendly and supportive environment.

Physical Activity

Walk and Talk Groups

Llandrindod

The walking group in Llandrindod is a well attended group that meets up on a Monday morning at 10am at the Boathouse, with an average of 8 people each week.

The group will walk a leisurely 3 laps around the lake, this ensures that the walk is suitable for all abilities. After the walk most of the group will go for coffee at the Lakeside Café, although this is optional. Many good friendships have been created within this group and the participants report better mental health and connections as a result.

In addition to the walking, Caroline, the group facilitator, sends out weekly feel good emails, about gentle stretches, recipes and what is going on in Mind that may be interesting to the group.

Newtown

Newtown Walk and Talk meets every Wednesday at 11 am in Newtown at the end of the bridge near the Elephant. We often walk the green spaces by the river Hafren that run through Newtown. Being outside and taking physical exercise, however moderate is important to good mental health and wellbeing. The group of participants offer gentle and low pressure peer support. It is run by MNP Mind and Ponthafren.

Some attendees have said what they most like about the group is having social interaction and have found that they have made friends on the Walk and Talk. Over the year, 15 different people have attended the group. The following is a poem written by one of the attendees about the group:

NEWTOWN WALK & TALK BY JEN



What a lovely walk and talk
We had again today
The sun was shining brightly
Spring is certainly on its way
Nicky came with Susan the dog
Then there was Abbie, Beryl & me
Let's call ourselves
The Famous Five
And everyone had to agree
We walked along the river
Chatting about this & of that
I felt a little overdressed
I was the only one wearing a hat
Susan was enjoying herself
As she was leading the way
We all went off exploring
See what we'd spot today
As we strolled across the bridge
A thought came into my head
Fancy a game of Pooh sticks?
Oh what's that? Nicky said
After explaining the game to her
A few sticks we went to find
Beryl then started the race
Mine came last - but I didn't mind
The second race was quite exciting
Susan's stick was travelling fast
We all cheered and had a giggle
Well we were certainly having a blast
Congratulations Susan
Think I need to practice more
Same time next week?

As we're The Famous Five for sure!

Welshpool

The group meets every Tuesday at 11.00am at the bottom gates to Powys Castle. During the year we have grown in numbers with 8 – 12 people meeting regularly, as well as some who attend sporadically, for a gentle walk and chat in beautiful surroundings. In total, 21 different people have attended the group over the year.



Our two volunteers, Martin and Roland, have been so dependable that they continued to meet up during the Christmas and New Year period as there was demand from those feeling the need for some friendly company.

Both our Newtown & Welshpool walk & talk groups also combined with local photographer, Brad Carr, to deliver a four week nature photography course, whilst walking.



Tai Chi

Tai Chi is an ancient Chinese art that aims to improve balance, flexibility and calm through a series of slow, controlled movements.

This group takes place at Celf in Llandrindod, every Monday from 5.30pm – 7pm (except Bank Holidays). The group is facilitated by tai chi tutor Lisa Gardener & 2 highly experienced volunteers, Jacqui Thomas and Sandra Williams. 16 different people have accessed the group and all find it extremely beneficial to their wellbeing.



Physical activity & Mental health

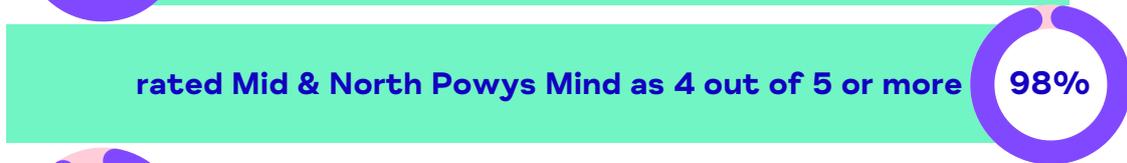
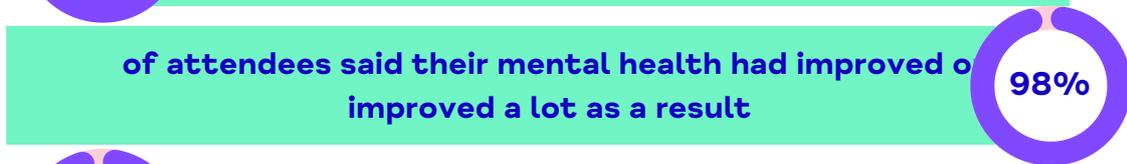
Funded by the ASICS – Get active connector fund from national Mind, this project delivered:

- Intro to tennis (for 16 to 25 yr olds) for 2 weeks 16th & 30th July
- Outdoor activity day (for 16 to 25 yr olds)
 - kayaking, paddle boarding & paddle boats on 7th August
- Outdoor youth activity day (for 16 to 25 yr olds)
 - raft building & axe throwing on 27th August
- Netball for 4 weeks starting on 29th July
- Short mat bowls for 6 wks starting on 5th September
- Youth beginner yoga (for 16 to 25 yr olds) for 6 wks starting 11th September
- C25K (for 16 to 25 yr olds) for 12 wks starting 16th September
 - stopped part way through due to low demand
- Badminton for 6 wks starting 16th October
- C25K for 12 wks starting 6th January '25
- Netball for 4 wk starting 11th January
- Youth beginners yoga (for 16 to 25 yr olds) starting 16th January
- Half day yoga workshop on 18th January
- Tai chi for 6 weeks, fortnightly, January to March



“
Yoga: 'This was something I have wanted to try for so long and it didn't disappoint! It was so calming and I felt much better after'
”

The project supported 121 different people. We measured beneficiary outcomes using a post course evaluation form, which gave the following results:



“

C25K: I saw this group advertised and really wanted to improve my physical and mental health. It was friendly and welcoming. I watched as I went from running 30 seconds in one go to 25 minutes! It helps clear my head, raise my heart rate and I've met some truly lovely people along the way. I have even ran 2 Park Runs since the course ended, and we continue to meet weekly. I'm so happy I pushed myself outside my comfort zone

”

“

C25K: This group really helped me to break through some barriers I had to improve my running. My health has definitely improved! Plus I've met some lovely people who have been so encouraging and supportive

”



Bereavement Support Service

What's New?



Local Minds working in partnership
Minds lleol gweithio mewn partneriaeth

Recruitment of Volunteers

In the last year the Bereavement Service has successfully recruited 5 new volunteers. Two are working with adult clients and we have three new Children and Young People (CYP) volunteers. This brings our total to 20 volunteers.

New CYP Training schedule created and completed

Our experienced CYP volunteers have devised and rolled out a training schedule specifically to train new volunteers to work with children and young people. This course was attended by 5 people, three of whom joined our Bereavement Support Service and two attended to use the skills learnt within their roles as school employees. Elisabeth Griffiths, one of the volunteers who helped create and deliver the training said:

“We were very pleased to deliver a successful first time CYP training for MNP Mind. It was well received by those who attended and several attendees will be using it in their professional work in school. Three new volunteers have joined our team to offer one to one support to CYP clients”

The service has also been working with PTHB post-vention team in their Powys Wide Walks for Hope for those bereaved by suicide. We are also continuing to facilitate a monthly bereavement peer support group in Newtown, All Saint's Church.

Feedback for Bereavement Support:

“ My supporter, who was a gentleman ”

“ I have been able to be totally honest with (my supporter) and also to myself, this has helped me to understand things more ”

“ Helped me get myself back on track. ”

Counselling service

Counselling as an integral part of Mid and North Powys Mind's services and one of the most in demand services we offer. This means that we always have a waiting list for this service of around 6-9 months.

Clients on the waiting list are always offered other services in the meantime, so no-one is simply put on the list without other support.

Each client is offered 12 sessions, each one lasting 1 hour. We continue to offer telephone/digital counselling in the main, but have also offered some walk and talk counselling if this suits the individual. Both have gone extremely well for both clients and counsellors.

With 2 counsellors working in the service this year we have been able to offer, on average, between 11 and 14 sessions a week. A total of 48 people have received support from our counselling service during the year.



Quotes from Clients:

“ Having someone sitting with me and not judging me helped bring me clarity...I'm understanding my feelings and regulating more effectively ”

“ Counselling helped me to see my future without dread... I have a path and its doable ”

“ I feel I have regained myself. I now realise good enough is good enough and I feel at long last that I am able to be my true self. ”

The Dance Centre

A huge piece of work that has been going on behind the scenes is our move to new premises. Mid and North Powys Mind have been looking to find suitable premises to purchase for over 5 years. Purchasing a building being our ultimate goal, helping to ensure that the organisation was more sustainable, but also, our rented premises, that we have been in for around 30 years, are not fit for purpose.



The building has been significantly affecting the quality of our service delivery. It is an old Victorian 5 storey terrace which was inaccessible (and couldn't be made accessible) and it was in a very poor state of repair. We had looked at nearly all the properties that came onto the market, from old pubs to B&B's to empty banks, but none were suitable for our needs. We have even considered various old council building, but for various reasons, these building either weren't available or were not suitable.

Then, in early 2024, one of our trustees, who also sat on the Board for Impelo, told us that Impelo were having to close and put their building, the Dance Centre, on the market, due to a large and unexpected cut in Arts Council funding. At first we thought that this building would not be suitable, a large dance studio was not something that we needed, but we felt we should view it before writing it off.

As soon as we came to view the building and discovered the space within it, we knew that we could make it work, we could 'see' the spaces as we intended them to be and it was exciting! On further talks with Impelo, they stated that they would dearly love to rent the space back from us (the space that Mind didn't need, as the building is too big for us alone), so that is when plans really started to come together.



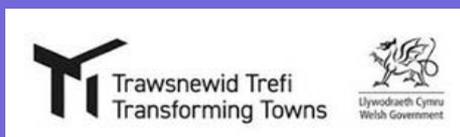
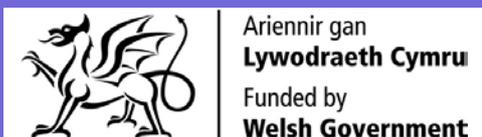
In the year that followed, Mid and North Powys Mind have worked hard to secure the necessary funding to make this vision a reality. We have been successful in our funding applications to both Powys County Council's Transforming Towns and Welsh Government's Community Facilities capital funds. These monies, along with some of our designated reserves and additional funding from the Arts Council of Wales (via Impelo), have meant that we have been able to purchase the Dance Centre from Impelo (injecting much needed funds into this well loved charity) and fund the redevelopment of the building.

We have been lucky to work with Impelo to form an innovative partnership. We have also formed an alliance with Breathe Studios, who will become the third wellbeing charity to be based in our new premises at the Dance Centre in Llandrindod. This co-location model is really exciting and we believe we are a forerunning in our area for promoting this kind of model of service delivery. In April 2025 we will vacate our rented premises at Crescent Chambers, and move our services into our new home.



We are so very lucky that all of the professionals that supported us during this project have been patient, understanding and flexible! Without them this project would never have come to fruition.

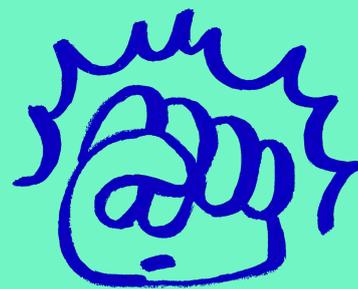
We are really proud of what we have achieved, not only with our new beautiful building, but also the home that has been created for all 3 organisations, in a town where many of our old buildings sit empty. We are really excited about this next phase of Mid and North Powys Mind's journey and hope to work with Impelo and Breathe on some joint projects, for the benefit of everyone that we support.



Funders and Supporters

We are very grateful to all our funders, without their support we would not be able to run all the valuable services we offer:

Powys Teaching Health Board
Children in Need
PCC Housing Support Grant
Powys County Council
Moondance Foundation
ASICS
Henry Smith
PAVO
Mind
WCVA
Garfield Weston
Lloyds Foundation



Postcode Community Lottery
National Grid
Welsh Government
Shared Prosperity Fund
Community Ownership Fund
Newydd
Tesco Stronger Starts
Transforming Towns
Community Facilities

We also received £5619 in donations from the public. These are amazing figures and we would like to say a huge thank you to all of our supporters.

Financial Information

The income for the year totalled £1,358,690 whilst our expenditure for the year was £1,341,882 resulting in Mid and North Powys Mind ending the year with a surplus of £16,808. This surplus is due to the timings of grant payments, some having been received in advance for the next financial year. Accounts can often look like this, as they only show income that was received during a very specific time frame, and not all the income received for individual projects running within the same period. The organisation also generated its own income through donations and paid for training services.

Staff costs were the main area of expenditure at £466,912; without our staff we would have no services. The other costs of £891,778 consist of other service delivery costs, volunteer costs, rent, utilities and administration, along with the purchase and redevelopment of our new premises at the Dance Centre.



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