

# WEST WALES ACTION FOR MENTAL HEALTH

England & Wales · Charity number 1045123

## Details

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**Other names** W W A M H

**Status** Registered

**Legal form** Charitable company

**Company number** [03030938](#)

**Registered** 1995-03-21

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Cavs  
The Mount  
18 Queen Street  
Carmarthen  
Carms  
SA31 1JT

**Phone** 01267245572

**Email** [andrea@wwamh.org.uk](mailto:andrea@wwamh.org.uk)

**Website** [www.wwamh.org.uk](http://www.wwamh.org.uk)

## Activities

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**Objects:** TO PROMOTE AND PROTECT MENTAL HEALTH AND ASSIST THOSE SUFFERING FROM MENTAL HEALTH CONDITIONS OR OTHERWISE REQUIRING ADVICE OR TREATMENT IN DYFED BY (BUT NOT LIMITED TO) PROVIDING AND ASSISTING IN THE PROVISION OF SUPPORT, TREATMENT, ADVICE, TRAINING AND SUCH OTHER SERVICES AS THE TRUSTEES MAY DETERMINE FROM TIME TO TIME.

**Activities:** Working together with service users, carers, voluntary organisations, statutory providers and commissioners to improve the standards of mental health throughout West Wales. Has helped to develop projects for self help groups, drop in services, befriending schemes, housing, employment, carer and user groups, advocacy and patient's councils

## Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- **Area of benefit:** COUNTY OF DYFED
- Carmarthenshire
- Ceredigion
- Pembrokeshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£233,682	£214,077	-	-
2024-03-31	£221,319	£206,486	-	-
2023-03-31	£240,768	£230,881	-	-
2022-03-31	£242,246	£231,530	-	-
2021-03-31	£271,900	£234,134	-	-

## Trustees

Name	Role	Appointed
<b>ROBERT BRIAN BAMFORTH</b>	Chair	2013-03-11
Cara Jane Young		2022-10-25
ERIC MICHAEL DAYMOND		2011-06-27
Elizabeth Wilkinson		2019-11-27
Karen Alison Cuin		2024-06-20
Katie Bowen		2015-09-22
Margaret Ann Robinson		2013-10-21
Michael Andrew Howard		2024-06-20

**WEST WALES ACTION FOR MENTAL HEALTH**

England & Wales - Charity number 1045123

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# Accounts

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REGISTERED COMPANY NUMBER: 03030938 (England and Wales)  
REGISTERED CHARITY NUMBER: 1045123

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**  
**FOR**  
**WEST WALES ACTION FOR MENTAL HEALTH**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

**WEST WALES ACTION FOR MENTAL HEALTH**

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**FOR THE YEAR ENDED 31 MARCH 2025**

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## **WEST WALES ACTION FOR MENTAL HEALTH**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 MARCH 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

##### **Public benefit**

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board, Carmarthenshire County Council and Ceredigion and Pembrokeshire County Councils.

##### **Reserves policy**

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

As at the 31st March 2025, West Wales Action for Mental Health (WWAMH) has £186,670 of unrestricted funds, included within this is £1,000 designated funds.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **Recruitment and appointment of new trustees**

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

##### **Organisational structure**

We have a board of trustees that meet every two months to administer the charity. The director is employed by the WWAMH board to manage the day to day running of the charity.

**WEST WALES ACTION FOR MENTAL HEALTH**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Induction and training of new trustees**

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03030938 (England and Wales)

**Registered Charity number**

1045123

**Registered office**

18 Queen Street  
Carmarthen  
Dyfed  
SA31 1JT

**Trustees**

R B Bamforth  
Miss K E Bowen  
E M Daymond  
Mrs M A Robinson  
Ms E Wilkinson  
Ms C J Young  
Ms K A Cuin Medical Editor (appointed 20.6.24)  
M A Howard Senior Learning Advisor (appointed 20.6.24)


**Company Secretary**

E M Daymond

**Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

Approved by order of the board of trustees on 20 June 2025 and signed on its behalf by:



Ms E Wilkinson - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WEST WALES ACTION FOR MENTAL HEALTH**

**Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



R.A. Williams  
The Association of Chartered Certified Accountants

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

20 June 2025

**WEST WALES ACTION FOR MENTAL HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		12,087	-	12,087	311
<b>Charitable activities</b>					
Grants		3,578	213,529	217,107	217,519
Investment income	2	4,488	-	4,488	3,489
<b>Total</b>		<u>20,153</u>	<u>213,529</u>	<u>233,682</u>	<u>221,319</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Grants	3	(2,095)	216,172	214,077	206,486
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	10	22,248 360	(2,643) (360)	19,605 -	14,833 -
<b>Net movement in funds</b>		<u>22,608</u>	<u>(3,003)</u>	<u>19,605</u>	<u>14,833</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		166,062	3,003	169,065	154,232
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>188,670</u></u>	<u><u>-</u></u>	<u><u>188,670</u></u>	<u><u>169,065</u></u>

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**BALANCE SHEET**  
**31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank		205,075	-	205,075	174,224
<b>CREDITORS</b>					
Amounts falling due within one year	9	(16,405)	-	(16,405)	(5,159)
<b>NET CURRENT ASSETS</b>		<u>188,670</u>	<u>-</u>	<u>188,670</u>	<u>169,065</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		188,670	-	188,670	169,065
<b>NET ASSETS</b>		<u>188,670</u>	<u>-</u>	<u>188,670</u>	<u>169,065</u>
<b>FUNDS</b>	10				
Unrestricted funds				188,670	166,062
Restricted funds				-	3,003
<b>TOTAL FUNDS</b>				<u>188,670</u>	<u>169,065</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

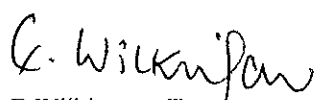
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 20 June 2025 and were signed on its behalf by:

  
E Wilkinson - Trustee

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Fixtures and fittings                      - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

**Taxation**

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

**Fund accounting**

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

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

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined benefit pension scheme. An actuarial valuation is done each year. Any deficits are recognised in the accounts as a contingent liability.

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**2. INVESTMENT INCOME**

	2025	2024
	£	£
Interest Received	4,488	3,489
	<u>4,488</u>	<u>3,489</u>

**3. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Grants	212,541	1,536	214,077
	<u>212,541</u>	<u>1,536</u>	<u>214,077</u>

**4. NET INCOME/(EXPENDITURE)**

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

	2025	2024
	£	£
Auditors' remuneration for non audit work	1,536	1,536
Other operating leases	11,000	11,000
	<u>11,000</u>	<u>11,000</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

**6. STAFF COSTS**

	2025	2024
	£	£
Wages and salaries	137,810	136,046
Social security costs	4,426	4,758
Other pension costs	22,000	19,000
	<u>164,236</u>	<u>159,804</u>

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

	2025	2024
Charitable Activities	6	6
	<u>6</u>	<u>6</u>

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

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025	2024
	£	£
Trade creditors	16,405	5,159

**10. MOVEMENT IN FUNDS**

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	135,062	22,248	30,360	187,670
Development(Designated) Fund	30,000	-	(30,000)	-
Interpretors (Designated) Fund	1,000	-	-	1,000
	<u>166,062</u>	<u>22,248</u>	<u>360</u>	<u>188,670</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	136	256	(392)	-
Pembrokeshire Dev Worker	1,666	(2,694)	1,028	-
Mental Health Forums	1,201	(920)	(281)	-
Hywel Dda	-	715	(715)	-
	<u>3,003</u>	<u>(2,643)</u>	<u>(360)</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>169,065</u>	<u>19,605</u>	<u>-</u>	<u>188,670</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	20,153	2,095	22,248
<b>Restricted funds</b>			
Ceredigion Dev Worker	20,394	(20,138)	256
Pembrokeshire Dev Worker	10,733	(13,427)	(2,694)
Mental Health Forums	-	(920)	(920)
Hywel Dda	182,402	(181,687)	715
	<u>213,529</u>	<u>(216,172)</u>	<u>(2,643)</u>
<b>TOTAL FUNDS</b>	<u>233,682</u>	<u>(214,077)</u>	<u>19,605</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2025**

**10. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
General fund	113,853	8,497	12,712	135,062
Development(Designated) Fund	30,000	-	-	30,000
Interpretors (Designated) Fund	1,000	-	-	1,000
	<hr/>	<hr/>	<hr/>	<hr/>
	144,853	8,497	12,712	166,062
<b>Restricted funds</b>				
Ceredigion Dev Worker	52	84	-	136
Pembrokeshire Dev Worker	-	1,666	-	1,666
Spirituality	616	(616)	-	-
Golfing Project	3,105	-	(3,105)	-
Mental Health Forums	1,277	(76)	-	1,201
Hywel Dda	4,329	5,278	(9,607)	-
	<hr/>	<hr/>	<hr/>	<hr/>
	9,379	6,336	(12,712)	3,003
	<hr/>	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>154,232</u>	<u>14,833</u>	<u>-</u>	<u>169,065</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	6,400	2,097	8,497
<b>Restricted funds</b>			
Ceredigion Dev Worker	20,310	(20,226)	84
Pembrokeshire Dev Worker	14,310	(12,644)	1,666
Spirituality	-	(616)	(616)
Mental Health Forums	-	(76)	(76)
Hywel Dda	180,299	(175,021)	5,278
	<hr/>	<hr/>	<hr/>
	214,919	(208,583)	6,336
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>221,319</u>	<u>(206,486)</u>	<u>14,833</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**10. MOVEMENT IN FUNDS - continued**

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

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
<b>Unrestricted funds</b>				
General fund	113,853	30,745	43,072	187,670
Development(Designated) Fund	30,000	-	(30,000)	-
Interpretors (Designated) Fund	1,000	-	-	1,000
	<u>144,853</u>	<u>30,745</u>	<u>13,072</u>	<u>188,670</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	52	340	(392)	-
Pembrokeshire Dev Worker	-	(1,028)	1,028	-
Spirituality	616	(616)	-	-
Golfing Project	3,105	-	(3,105)	-
Mental Health Forums	1,277	(996)	(281)	-
Hywel Dda	4,329	5,993	(10,322)	-
	<u>9,379</u>	<u>3,693</u>	<u>(13,072)</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>154,232</u>	<u>34,438</u>	<u>-</u>	<u>188,670</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	26,553	4,192	30,745
<b>Restricted funds</b>			
Ceredigion Dev Worker	40,704	(40,364)	340
Pembrokeshire Dev Worker	25,043	(26,071)	(1,028)
Spirituality	-	(616)	(616)
Mental Health Forums	-	(996)	(996)
Hywel Dda	362,701	(356,708)	5,993
	<u>428,448</u>	<u>(424,755)</u>	<u>3,693</u>
<b>TOTAL FUNDS</b>	<u>455,001</u>	<u>(420,563)</u>	<u>34,438</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**11. EMPLOYEE BENEFIT OBLIGATIONS**

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2025.

The total surplus relating to defined benefit schemes for the year recognised in the profit and loss was NIL (2024-NIL)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised  
Any actuarial deficit is recognised in the financial statements whilst actuarial surpluses are not.  
The amounts recognised in the statement of financial position are as follows:

	2025	2024
	£	£
Fair value of scheme assets	1,622,000	1,620,000
Present Value of defined benefit obligation	(1,272,000)	(1,400,000)
	350,000	220,000

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2025
	£
Present value at start of year	1,400,000
Current Service Cost	21,000
Interest	66,000
Members' Contributions	6,000
Past Service Cost	-
Remeasurements (Gains)	(155,000)
Benefits/transfers paid	(63,000)
	1,272,000

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,620,000
Interest income	79,000
Remeasurements (assets)	(42,000)
Administration Expenses	-
Employer Contributions	22,000
Member contributions	6,000
Benefits Paid	(63,000)
	1,622,000

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**12. RELATED PARTY DISCLOSURES**

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

**WEST WALES ACTION FOR MENTAL HEALTH**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	2025	2024
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	12,087	311
<b>Investment income</b>		
Interest Received	4,488	3,489
<b>Charitable activities</b>		
Grants	217,107	217,519
<b>Total incoming resources</b>	<u>233,682</u>	<u>221,319</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	137,810	136,046
Social security	4,426	4,758
Pensions	22,000	19,000
Rent Paid	11,000	11,000
Insurance	-	245
Telephone	2,780	3,377
Postage and stationery	2,533	2,274
Advertising	1,196	296
Sundries	30,796	27,954
	<u>212,541</u>	<u>204,950</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	1,536	1,536
<b>Total resources expended</b>	<u>214,077</u>	<u>206,486</u>
<b>Net income</b>	<u><u>19,605</u></u>	<u><u>14,833</u></u>

This page does not form part of the statutory financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

England & Wales - Charity number 1045123

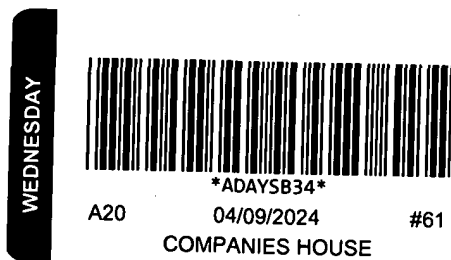
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# Accounts

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REGISTERED COMPANY NUMBER: 03030938 (England and Wales)  
REGISTERED CHARITY NUMBER: 1045123

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**  
**FOR**  
**WEST WALES ACTION FOR MENTAL HEALTH**



Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

**WEST WALES ACTION FOR MENTAL HEALTH**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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## WEST WALES ACTION FOR MENTAL HEALTH

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

##### **Public benefit**

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board, Carmarthenshire County Council and Ceredigion and Pembrokeshire County Councils.

##### **Reserves policy**

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

As at the 31st March 2024, West Wales Action for Mental Health (WWAMH) has £166,062 of unrestricted funds, included within this is £31,000 designated funds.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **Recruitment and appointment of new trustees**

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

##### **Organisational structure**

We have a board of trustees that meet every two months to administer the charity. The director is employed by the WWAMH board to manage the day to day running of the charity.

**WEST WALES ACTION FOR MENTAL HEALTH**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Induction and training of new trustees**

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03030938 (England and Wales)

**Registered Charity number**

1045123

**Registered office**

18 Queen Street  
Carmarthen  
Dyfed  
SA31 1JT

**Trustees**

R B Bamforth  
Miss K E Bowen  
E M Daymond  
A M S Kenwright (resigned 27.4.23)  
Mrs L Hall-Morgan  
Mrs M A Robinson  
Ms E Wilkinson  
Miss J L Hill  
Ms C J Young

**Company Secretary**

E M Daymond

**Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

Approved by order of the board of trustees on 22/8/2024 and signed on its behalf by:

  
.....  
R B Bamforth - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WEST WALES ACTION FOR MENTAL HEALTH**

**Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



R.A. Williams  
The Association of Chartered Certified Accountants

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

5 July 2024

**WEST WALES ACTION FOR MENTAL HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		311	-	311	326
<b>Charitable activities</b>					
Grants		2,600	214,919	217,519	239,792
Investment income	2	3,489	-	3,489	650
<b>Total</b>		<u>6,400</u>	<u>214,919</u>	<u>221,319</u>	<u>240,768</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	3				
Grants		<u>(2,097)</u>	<u>208,583</u>	<u>206,486</u>	<u>230,881</u>
Net gains on investments		<u>-</u>	<u>-</u>	<u>-</u>	<u>431,000</u>
<b>NET INCOME</b>		8,497	6,336	14,833	440,887
Transfers between funds	10	<u>12,712</u>	<u>(12,712)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		21,209	(6,376)	14,833	440,887
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		144,853	9,379	154,232	(286,655)
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>166,062</u>	<u>3,003</u>	<u>169,065</u>	<u>154,232</u>

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**BALANCE SHEET**  
**31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>CURRENT ASSETS</b>					
Cash at bank and in hand		171,221	3,003	174,224	157,860
<b>CREDITORS</b>					
Amounts falling due within one year	9	(5,159)	-	(5,159)	(3,628)
<b>NET CURRENT ASSETS</b>		<u>166,062</u>	<u>3,003</u>	<u>169,065</u>	<u>154,232</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		166,062	3,003	169,065	154,232
<b>NET ASSETS</b>		<u>166,062</u>	<u>3,003</u>	<u>169,065</u>	<u>154,232</u>
<b>FUNDS</b>	10				
Unrestricted funds				166,062	144,853
Restricted funds				<u>3,003</u>	<u>9,379</u>
<b>TOTAL FUNDS</b>				<u>169,065</u>	<u>154,232</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

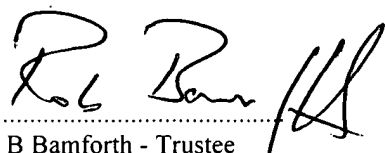
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 22/3/2024 and were signed on its behalf by:

  
R B Bamforth - Trustee

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Fixtures and fittings                      - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

**Taxation**

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

**Fund accounting**

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

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

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined benefit pension scheme. An actuarial valuation is done each year. Any deficits are recognised in the accounts as a contingent liability.

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**2. INVESTMENT INCOME**

	2024	2023
	£	£
Interest Received	3,489	650
	<u>          </u>	<u>          </u>

**3. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Grants	204,950	1,536	206,486
	<u>          </u>	<u>          </u>	<u>          </u>

**4. NET INCOME/(EXPENDITURE)**

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

	2024	2023
	£	£
Auditors' remuneration for non audit work	1,536	1,536
Other operating leases	11,000	11,000
	<u>          </u>	<u>          </u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**6. STAFF COSTS**

	2024	2023
	£	£
Wages and salaries	136,046	141,199
Social security costs	4,758	6,020
Other pension costs	19,000	22,000
	<u>          </u>	<u>          </u>
	<u>159,804</u>	<u>169,219</u>

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

	2024	2023
Charitable Activities	6	6
	<u>          </u>	<u>          </u>

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

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	326	-	326
<b>Charitable activities</b>			
Grants	18,251	221,541	239,792
Investment income	650	-	650
<b>Total</b>	19,227	221,541	240,768
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Grants	9,939	220,942	230,881
Net gains on investments	431,000	-	431,000
<b>NET INCOME</b>			
Transfers between funds	440,288 1	599 (1)	440,887 -
Net movement in funds	440,289	598	440,887
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	(295,436)	8,781	(286,655)
<b>TOTAL FUNDS CARRIED FORWARD</b>	144,853	9,379	154,232

**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2023 and 31 March 2024	18,563
<b>DEPRECIATION</b>	
At 1 April 2023 and 31 March 2024	18,563
<b>NET BOOK VALUE</b>	
At 31 March 2024	-
At 31 March 2023	-

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Trade creditors	<u>5,159</u>	<u>3,628</u>

**10. MOVEMENT IN FUNDS**

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	113,853	8,497	12,712	135,062
Development(Designated) Fund	30,000	-	-	30,000
Interpretors (Designated) Fund	1,000	-	-	1,000
	<u>144,853</u>	<u>8,497</u>	<u>12,712</u>	<u>166,062</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	52	84	-	136
Pembrokeshire Dev Worker	-	1,666	-	1,666
Spirituality	616	(616)	-	-
Golfing Project	3,105	-	(3,105)	-
Mental Health Forums	1,277	(76)	-	1,201
Hywel Dda	4,329	5,278	(9,607)	-
	<u>9,379</u>	<u>6,336</u>	<u>(12,712)</u>	<u>3,003</u>
<b>TOTAL FUNDS</b>	<u>154,232</u>	<u>14,833</u>	<u>-</u>	<u>169,065</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	6,400	2,097	8,497
<b>Restricted funds</b>			
Ceredigion Dev Worker	20,310	(20,226)	84
Pembrokeshire Dev Worker	14,310	(12,644)	1,666
Spirituality	-	(616)	(616)
Mental Health Forums	-	(76)	(76)
Hywel Dda	180,299	(175,021)	5,278
	<u>214,919</u>	<u>(208,583)</u>	<u>6,336</u>
<b>TOTAL FUNDS</b>	<u>221,319</u>	<u>(206,486)</u>	<u>14,833</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**10. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
General fund	105,564	9,288	(999)	113,853
Pension Fund	(431,000)	431,000	-	-
Development(Designated) Fund	30,000	-	-	30,000
Interpretors (Designated) Fund	-	-	1,000	1,000
	<u>(295,436)</u>	<u>440,288</u>	<u>1</u>	<u>144,853</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	4,289	(4,237)	-	52
Pembrokeshire Dev Worker	-	(10,730)	10,730	-
Spirituality	616	-	-	616
Golfing Project	3,817	(712)	-	3,105
Mental Health Forums	59	1,218	-	1,277
Hywel Dda	-	15,060	(10,731)	4,329
	<u>8,781</u>	<u>599</u>	<u>(1)</u>	<u>9,379</u>
<b>TOTAL FUNDS</b>	<u><u>(286,655)</u></u>	<u><u>440,887</u></u>	<u><u>-</u></u>	<u><u>154,232</u></u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	19,227	(9,939)	-	9,288
Pension Fund	-	-	431,000	431,000
	<u>19,227</u>	<u>(9,939)</u>	<u>431,000</u>	<u>440,288</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(25,493)	-	(4,237)
Pembrokeshire Dev Worker	14,310	(25,040)	-	(10,730)
Golfing Project	-	(712)	-	(712)
Mental Health Forums	1,256	(38)	-	1,218
Hywel Dda	184,719	(169,659)	-	15,060
	<u>221,541</u>	<u>(220,942)</u>	<u>-</u>	<u>599</u>
<b>TOTAL FUNDS</b>	<u><u>240,768</u></u>	<u><u>(230,881)</u></u>	<u><u>431,000</u></u>	<u><u>440,887</u></u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**10. MOVEMENT IN FUNDS - continued**

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

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
General fund	105,564	17,785	11,713	135,062
Pension Fund	(431,000)	431,000	-	-
Development(Designated) Fund	30,000	-	-	30,000
Interpretors (Designated) Fund	-	-	1,000	1,000
	<u>(295,436)</u>	<u>448,785</u>	<u>12,713</u>	<u>166,062</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	4,289	(4,153)	-	136
Pembrokeshire Dev Worker	-	(9,064)	10,730	1,666
Spirituality	616	(616)	-	-
Golfing Project	3,817	(712)	(3,105)	-
Mental Health Forums	59	1,142	-	1,201
Hywel Dda	-	20,338	(20,338)	-
	<u>8,781</u>	<u>6,935</u>	<u>(12,713)</u>	<u>3,003</u>
<b>TOTAL FUNDS</b>	<u>(286,655)</u>	<u>455,720</u>	<u>-</u>	<u>169,065</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	25,627	(7,842)	-	17,785
Pension Fund	-	-	431,000	431,000
	<u>25,627</u>	<u>(7,842)</u>	<u>431,000</u>	<u>448,785</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	41,566	(45,719)	-	(4,153)
Pembrokeshire Dev Worker	28,620	(37,684)	-	(9,064)
Spirituality	-	(616)	-	(616)
Golfing Project	-	(712)	-	(712)
Mental Health Forums	1,256	(114)	-	1,142
Hywel Dda	365,018	(344,680)	-	20,338
	<u>436,460</u>	<u>(429,525)</u>	<u>-</u>	<u>6,935</u>
<b>TOTAL FUNDS</b>	<u>462,087</u>	<u>(437,367)</u>	<u>431,000</u>	<u>455,720</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**11. EMPLOYEE BENEFIT OBLIGATIONS**

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2024.

The total surplus relating to defined benefit schemes for the year recognised in the profit and loss was NIL (2023-£431,000)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised  
Any actuarial deficit is recognised in the financial statements whilst actuarial surpluses are not.  
The amounts recognised in the statement of financial position are as follows:

	2024	2023
	£	£
Fair value of scheme assets	1,620,000	1,487,000
Present Value of defined benefit obligation	(1,400,000)	(1,371,000)
	220,000	116,000

Defined benefit pension scheme surplus (deficit)

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2024
	£
Present value at start of year	1,371,000
Current Service Cost	20,000
Interest	66,000
Members' Contributions	6,000
Past Service Cost	-
Remeasurements (Gains)	(11,000)
Benefits/transfers paid	(52,000)
	1,400,000

Present value at end of year

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,487,000
Interest income	72,000
Remeasurements (assets)	88,000
Administration Expenses	-
Employer Contributions	19,000
Member contributions	6,000
Benefits Paid	(52,000)
	1,620,000

Fair value at end of year

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2024**

**12. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

**WEST WALES ACTION FOR MENTAL HEALTH**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	311	326
<b>Investment income</b>		
Interest Received	3,489	650
<b>Charitable activities</b>		
Grants	217,519	239,792
<b>Total incoming resources</b>	<u>221,319</u>	<u>240,768</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	136,046	141,199
Social security	4,758	6,020
Pensions	19,000	22,000
Rent Paid	11,000	11,000
Insurance	245	903
Telephone	3,377	3,485
Postage and stationery	2,274	2,264
Advertising	296	1,147
Sundries	27,954	41,327
	<u>204,950</u>	<u>229,345</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	1,536	1,536
<b>Total resources expended</b>	<u>206,486</u>	<u>230,881</u>
<b>Net income before gains and losses</b>	14,833	9,887
<b>Realised recognised gains and losses</b>		
Actuarial Losses on Pension	-	431,000
<b>Net income</b>	<u><u>14,833</u></u>	<u><u>440,887</u></u>

This page does not form part of the statutory financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

England & Wales - Charity number 1045123

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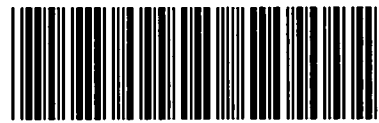
# Accounts

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REGISTERED COMPANY NUMBER: 03030938 (England and Wales)  
REGISTERED CHARITY NUMBER: 1045123

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**  
**FOR**  
**WEST WALES ACTION FOR MENTAL HEALTH**

TUESDAY



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08/08/2023

#58

COMPANIES HOUSE

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

**WEST WALES ACTION FOR MENTAL HEALTH**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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## WEST WALES ACTION FOR MENTAL HEALTH

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

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

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

##### **Public benefit**

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board, Carmarthenshire County Council and Ceredigion and Pembrokeshire County Councils.

##### **Reserves policy**

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

As at the 31st March 2023, West Wales Action for Mental Health (WWAMH) has £143,413 of unrestricted funds, included within this is £31,000 designated funds.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **Recruitment and appointment of new trustees**

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

##### **Organisational structure**

We have a board of trustees that meet every two months to administer the charity. The director is employed by the WWAMH board to manage the day to day running of the charity.

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Induction and training of new trustees**

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03030938 (England and Wales)

**Registered Charity number**

1045123

**Registered office**

18 Queen Street  
Carmarthen  
Dyfed  
SA31 1JT

**Trustees**

R B Bamforth  
Miss K E Bowen  
E M Daymond  
A M S Kenwright (resigned 27.4.23)  
Mrs L Hall-Morgan  
Dr H Morgan-Howard (resigned 25.10.22)  
Mrs M A Robinson  
Ms E Wilkinson  
Miss J L Hill  
Ms C J Young (appointed 25.10.22)

**Company Secretary**

E M Daymond

**Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

Approved by order of the board of trustees on 29 June 2023 and signed on its behalf by:



R B Bamforth - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
WEST WALES ACTION FOR MENTAL HEALTH**

**Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')**

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

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



R.A. Williams  
The Association of Chartered Certified Accountants

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

29 June 2023

**WEST WALES ACTION FOR MENTAL HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		326	-	326	5,034
<b>Charitable activities</b>					
Grants		18,251	221,541	239,792	237,196
Investment income	2	650	-	650	16
<b>Total</b>		<u>19,227</u>	<u>221,541</u>	<u>240,768</u>	<u>242,246</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Grants	3	9,939	220,942	230,881	231,530
Net gains on investments		431,000	-	431,000	53,000
<b>NET INCOME</b>					
Transfers between funds	11	440,288 1	599 (1)	440,887 -	63,716 -
<b>Net movement in funds</b>		<u>440,289</u>	<u>598</u>	<u>440,887</u>	<u>63,716</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		(295,436)	8,781	(286,655)	(350,371)
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>144,853</u>	<u>9,379</u>	<u>154,232</u>	<u>(286,655)</u>

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**BALANCE SHEET**  
**31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	9	-	-	-	2,750
Cash at bank and in hand		146,945	10,915	157,860	144,377
		<u>146,945</u>	<u>10,915</u>	<u>157,860</u>	<u>147,127</u>
<b>CREDITORS</b>					
Amounts falling due within one year	10	(2,092)	(1,536)	(3,628)	(2,782)
		<u>144,853</u>	<u>9,379</u>	<u>154,232</u>	<u>144,345</u>
<b>NET CURRENT ASSETS</b>					
		<u>144,853</u>	<u>9,379</u>	<u>154,232</u>	<u>144,345</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		144,853	9,379	154,232	144,345
<b>PENSION LIABILITY</b>					
	12	-	-	-	(431,000)
<b>NET ASSETS/(LIABILITIES)</b>					
		<u>144,853</u>	<u>9,379</u>	<u>154,232</u>	<u>(286,655)</u>
<b>FUNDS</b>					
	11				
Unrestricted funds				144,853	(295,436)
Restricted funds				9,379	8,781
<b>TOTAL FUNDS</b>					
				<u>154,232</u>	<u>(286,655)</u>

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

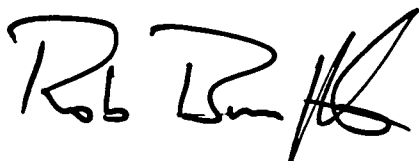
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 June 2023 and were signed on its behalf by:



R B Bamforth - Trustee

The notes form part of these financial statements

## WEST WALES ACTION FOR MENTAL HEALTH

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

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

##### **Tangible fixed assets**

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

Fixtures and fittings - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

##### **Taxation**

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

##### **Fund accounting**

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

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

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

##### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

##### **Pension costs and other post-retirement benefits**

The company operates a defined benefit pension scheme. An actuarial valuation is done each year. Any deficits are recognised in the accounts as a contingent liability.

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**2. INVESTMENT INCOME**

	2023	2022
	£	£
Interest Received	650	16
	<u>650</u>	<u>16</u>

**3. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Grants	229,345	1,536	230,881
	<u>229,345</u>	<u>1,536</u>	<u>230,881</u>

**4. NET INCOME/(EXPENDITURE)**

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

	2023	2022
	£	£
Auditors' remuneration for non audit work	1,536	1,440
Other operating leases	11,000	11,000
	<u>11,000</u>	<u>11,000</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

**6. STAFF COSTS**

	2023	2022
	£	£
Wages and salaries	141,199	135,205
Social security costs	6,020	7,335
Other pension costs	22,000	19,705
	<u>169,219</u>	<u>162,245</u>

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

	2023	2022
Charitable Activities	6	6
Governance	1	1
	<u>7</u>	<u>7</u>

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

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	5,034	-	5,034
<b>Charitable activities</b>			
Grants	200,434	36,762	237,196
Investment income	16	-	16
<b>Total</b>	205,484	36,762	242,246
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Grants	184,649	46,881	231,530
Net gains on investments	53,000	-	53,000
<b>NET INCOME/(EXPENDITURE)</b>	73,835	(10,119)	63,716
Transfers between funds	(10,175)	10,175	-
<b>Net movement in funds</b>	63,660	56	63,716
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	(359,096)	8,725	(350,371)
<b>TOTAL FUNDS CARRIED FORWARD</b>	(295,436)	8,781	(286,655)

**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2022 and 31 March 2023	18,563
<b>DEPRECIATION</b>	
At 1 April 2022 and 31 March 2023	18,563
<b>NET BOOK VALUE</b>	
At 31 March 2023	-
At 31 March 2022	-

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade debtors	-	2,750
	<u>          </u>	<u>          </u>

**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade creditors	3,628	2,782
	<u>          </u>	<u>          </u>

**11. MOVEMENT IN FUNDS**

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	105,564	9,288	(999)	113,853
Pension Fund	(431,000)	431,000	-	-
Development(Designated) Fund	30,000	-	-	30,000
Interpretors (Designated) Fund	-	-	1,000	1,000
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	(295,436)	440,288	1	144,853
<b>Restricted funds</b>				
Ceredigion Dev Worker	4,289	(4,237)	-	52
Pembrokeshire Dev Worker	-	(10,730)	10,730	-
Spirituality	616	-	-	616
Golfing Project	3,817	(712)	-	3,105
Mental Health Forums	59	1,218	-	1,277
Hywel Dda	-	15,060	(10,731)	4,329
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	8,781	599	(1)	9,379
<b>TOTAL FUNDS</b>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	(286,655)	440,887	-	154,232

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

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	19,227	(9,939)	-	9,288
Pension Fund	-	-	431,000	431,000
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	19,227	(9,939)	431,000	440,288
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(25,493)	-	(4,237)
Pembrokeshire Dev Worker	14,310	(25,040)	-	(10,730)
Golfing Project	-	(712)	-	(712)
Mental Health Forums	1,256	(38)	-	1,218
Hywel Dda	184,719	(169,659)	-	15,060
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	221,541	(220,942)	-	599
<b>TOTAL FUNDS</b>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	240,768	(230,881)	431,000	440,887

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**11. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	124,904	20,835	(40,175)	105,564
Pension Fund	(484,000)	53,000	-	(431,000)
Development(Designated) Fund	-	-	30,000	30,000
	<u>(359,096)</u>	<u>73,835</u>	<u>(10,175)</u>	<u>(295,436)</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	4,234	55	-	4,289
Pembrokeshire Dev Worker	-	(10,175)	10,175	-
Spirituality	616	-	-	616
Golfing Project	3,817	-	-	3,817
Mental Health Forums	58	1	-	59
	<u>8,725</u>	<u>(10,119)</u>	<u>10,175</u>	<u>8,781</u>
<b>TOTAL FUNDS</b>	<u><u>(350,371)</u></u>	<u><u>63,716</u></u>	<u><u>-</u></u>	<u><u>(286,655)</u></u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	205,484	(184,649)	-	20,835
Pension Fund	-	-	53,000	53,000
	<u>205,484</u>	<u>(184,649)</u>	<u>53,000</u>	<u>73,835</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(21,201)	-	55
Pembrokeshire Dev Worker	14,310	(24,485)	-	(10,175)
Mental Health Forums	1,196	(1,195)	-	1
	<u>36,762</u>	<u>(46,881)</u>	<u>-</u>	<u>(10,119)</u>
<b>TOTAL FUNDS</b>	<u><u>242,246</u></u>	<u><u>(231,530)</u></u>	<u><u>53,000</u></u>	<u><u>63,716</u></u>

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**11. MOVEMENT IN FUNDS - continued**

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
General fund	124,904	30,123	(41,174)	113,853
Pension Fund	(484,000)	484,000	-	-
Development(Designated) Fund	-	-	30,000	30,000
Interpretors (Designated) Fund	-	-	1,000	1,000
	<u>(359,096)</u>	<u>514,123</u>	<u>(10,174)</u>	<u>144,853</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	4,234	(4,182)	-	52
Pembrokeshire Dev Worker	-	(20,905)	20,905	-
Spirituality	616	-	-	616
Golfing Project	3,817	(712)	-	3,105
Mental Health Forums	58	1,219	-	1,277
Hywel Dda	-	15,060	(10,731)	4,329
	<u>8,725</u>	<u>(9,520)</u>	<u>10,174</u>	<u>9,379</u>
<b>TOTAL FUNDS</b>	<u>(350,371)</u>	<u>504,603</u>	<u>-</u>	<u>154,232</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	224,711	(194,588)	-	30,123
Pension Fund	-	-	484,000	484,000
	<u>224,711</u>	<u>(194,588)</u>	<u>484,000</u>	<u>514,123</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	42,512	(46,694)	-	(4,182)
Pembrokeshire Dev Worker	28,620	(49,525)	-	(20,905)
Golfing Project	-	(712)	-	(712)
Mental Health Forums	2,452	(1,233)	-	1,219
Hywel Dda	184,719	(169,659)	-	15,060
	<u>258,303</u>	<u>(267,823)</u>	<u>-</u>	<u>(9,520)</u>
<b>TOTAL FUNDS</b>	<u>483,014</u>	<u>(462,411)</u>	<u>484,000</u>	<u>504,603</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**12. EMPLOYEE BENEFIT OBLIGATIONS**

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2023.

The total cost (surplus) relating to defined benefit schemes for the year recognised in the profit and loss was (£431,000) (2022-£53,000)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised  
Any actuarial deficit is recognised in the financial statements whilst actuarial surpluses are not.  
The amounts recognised in the statement of financial position are as follows:

	2023 £	2022 £
Fair value of scheme assets	1,487,000	1,509,000
Present Value of defined benefit obligation	(1,371,000)	(1,940,000)
Defined benefit pension scheme surplus (deficit)	116,000	(431,000)

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2023 £
Present value at start of year	1,940,000
Current Service Cost	37,000
Interest	54,000
Members' Contributions	6,000
Past Service Cost	-
Remeasurements (Gains)	(618,000)
Benefits/transfers paid	(48,000)
Present value at end of year	1,371,000

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,509,000
Interest income	42,000
Remeasurements (assets)	(41,000)
Administration Expenses	-
Employer Contributions	19,000
Member contributions	6,000
Benefits Paid	(48,000)
Fair value at end of year	1,487,000

**WEST WALES ACTION FOR MENTAL HEALTH**

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

**13. RELATED PARTY DISCLOSURES**

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

**WEST WALES ACTION FOR MENTAL HEALTH**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	2023	2022
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	326	5,034
<b>Investment income</b>		
Interest Received	650	16
<b>Charitable activities</b>		
Grants	239,792	237,196
<b>Total incoming resources</b>	<u>240,768</u>	<u>242,246</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	141,199	135,205
Social security	6,020	7,335
Pensions	22,000	19,705
Rent Paid	11,000	11,000
Insurance	903	878
Telephone	3,485	4,059
Postage and stationery	2,264	2,686
Advertising	1,147	1,873
Sundries	41,327	47,349
	<u>229,345</u>	<u>230,090</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	1,536	1,440
<b>Total resources expended</b>	<u>230,881</u>	<u>231,530</u>
<b>Net income before gains and losses</b>	9,887	10,716
<b>Realised recognised gains and losses</b>		
Actuarial Losses on Pension	431,000	53,000
<b>Net income</b>	<u><u>440,887</u></u>	<u><u>63,716</u></u>

This page does not form part of the statutory financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

England & Wales - Charity number 1045123

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# Accounts

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REGISTERED COMPANY NUMBER: 03030938 (England and Wales)  
REGISTERED CHARITY NUMBER: 1045123

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**  
**FOR**  
**WEST WALES ACTION FOR MENTAL HEALTH**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

**WEST WALES ACTION FOR MENTAL HEALTH**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

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## **WEST WALES ACTION FOR MENTAL HEALTH**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 MARCH 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

##### **Public benefit**

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board, Carmarthenshire County Council and Ceredigion and Pembrokeshire County Councils.

##### **Reserves policy**

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

##### **Going concern**

As at the 31st March 2022, West Wales Action for Mental Health (WWAMH) has £135,564 of unrestricted funds, included within this is £30,000 designated funds, prior to recognising the pension liability of £431,000 for the defined benefit pension scheme.

Whilst the trustees confirm that they have no intention of leaving the pension scheme, additional contributions are being made to reduce the liability. As long as WWAMH remain within the pension fund the deficit will be covered via these contributions. If WWAMH were to leave the pension fund then a closing valuation would be undertaken and any surplus or deficit will need to be settled.

Accordingly the trustees consider the going concern basis adopted for the preparation of the financial statements appropriate.

**WEST WALES ACTION FOR MENTAL HEALTH**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Recruitment and appointment of new trustees**

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

**Organisational structure**

We have a board of trustees that meet every two months to administer the charity. The Exec Director (Miss A Darlington) sits on the board but has no voting rights. The exec director is employed by the WWAMH to manage the day to day running of the charity.

**Induction and training of new trustees**

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03030938 (England and Wales)

**Registered Charity number**

1045123

**Registered office**

18 Queen Street  
Carmarthen  
Dyfed  
SA31 1JT

**Trustees**

R B Bamforth  
Miss K E Bowen  
E M Daymond  
L Jaimangal (resigned 23.6.21)  
A M S Kenwright  
Mrs L Hall-Morgan  
Dr H Morgan-Howard  
Mrs M A Robinson  
Ms E Wilkinson  
Miss J L Hill (appointed 29.11.21)

**Company Secretary**

E M Daymond

**Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

Approved by order of the board of trustees on 6 May 2022 and signed on its behalf by:

**WEST WALES ACTION FOR MENTAL HEALTH**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

R B Bamforth - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**WEST WALES ACTION FOR MENTAL HEALTH**

**Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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



R.A. Williams  
A.C.C.A  
Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

6 May 2022

**WEST WALES ACTION FOR MENTAL HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		5,034	-	5,034	2,788
<b>Charitable activities</b>					
Grants		200,434	36,762	237,196	269,009
Investment income	2	16	-	16	103
<b>Total</b>		<b>205,484</b>	<b>36,762</b>	<b>242,246</b>	<b>271,900</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Grants	3	184,649	46,881	231,530	234,134
Net gains on investments		53,000	-	53,000	24,000
<b>NET INCOME/(EXPENDITURE)</b>		<b>73,835</b>	<b>(10,119)</b>	<b>63,716</b>	<b>61,766</b>
<b>Transfers between funds</b>	11	<b>(10,175)</b>	<b>10,175</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>63,660</b>	<b>56</b>	<b>63,716</b>	<b>61,766</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>(359,096)</b>	<b>8,725</b>	<b>(350,371)</b>	<b>(412,137)</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>(295,436)</b>	<b>8,781</b>	<b>(286,655)</b>	<b>(350,371)</b>

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**BALANCE SHEET**  
**31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	9	2,750	-	2,750	7,129
Cash at bank and in hand		135,596	8,781	144,377	128,075
		<u>138,346</u>	<u>8,781</u>	<u>147,127</u>	<u>135,204</u>
<b>CREDITORS</b>					
Amounts falling due within one year	10	(2,782)	-	(2,782)	(1,575)
		<u>135,564</u>	<u>8,781</u>	<u>144,345</u>	<u>133,629</u>
<b>NET CURRENT ASSETS</b>					
		<u>135,564</u>	<u>8,781</u>	<u>144,345</u>	<u>133,629</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		135,564	8,781	144,345	133,629
<b>PENSION LIABILITY</b>					
	12	(431,000)	-	(431,000)	(484,000)
		<u>(295,436)</u>	<u>8,781</u>	<u>(286,655)</u>	<u>(350,371)</u>
<b>NET ASSETS/(LIABILITIES)</b>					
		<u>(295,436)</u>	<u>8,781</u>	<u>(286,655)</u>	<u>(350,371)</u>
<b>FUNDS</b>					
	11				
Unrestricted funds				(295,436)	(359,096)
Restricted funds				8,781	8,725
				<u>(286,655)</u>	<u>(350,371)</u>
<b>TOTAL FUNDS</b>					
				<u>(286,655)</u>	<u>(350,371)</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 6 May 2022 and were signed on its behalf by:

R B Bamforth - Trustee

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Fixtures and fittings                      - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

**Taxation**

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

**Fund accounting**

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

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

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined benefit pension scheme.

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**2. INVESTMENT INCOME**

	2022	2021
	£	£
Interest Received	16	103
	<u>          </u>	<u>          </u>

**3. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs £	Totals £
Grants	230,090	1,440	231,530
	<u>          </u>	<u>          </u>	<u>          </u>

**4. NET INCOME/(EXPENDITURE)**

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

	2022	2021
	£	£
Auditors' remuneration for non audit work	1,440	1,440
Other operating leases	11,000	11,000
	<u>          </u>	<u>          </u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**6. STAFF COSTS**

	2022	2021
	£	£
Wages and salaries	135,205	147,274
Social security costs	7,335	8,727
Other pension costs	19,705	23,599
	<u>          </u>	<u>          </u>
	<u>162,245</u>	<u>179,600</u>

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

	2022	2021
Charitable Activities	6	6
Governance	1	1
	<u>          </u>	<u>          </u>
	<u>7</u>	<u>7</u>

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

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	2,788	-	2,788
<b>Charitable activities</b>			
Grants	223,091	45,918	269,009
Investment income	103	-	103
<b>Total</b>	<u>225,982</u>	<u>45,918</u>	<u>271,900</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Grants	176,081	58,053	234,134
Net gains on investments	24,000	-	24,000
<b>NET INCOME/(EXPENDITURE)</b>	<u>73,901</u>	<u>(12,135)</u>	<u>61,766</u>
<b>Transfers between funds</b>	<u>4,810</u>	<u>(4,810)</u>	<u>-</u>
<b>Net movement in funds</b>	78,711	(16,945)	61,766
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	(437,807)	25,670	(412,137)
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>(359,096)</u></u>	<u><u>8,725</u></u>	<u><u>(350,371)</u></u>

**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2021 and 31 March 2022	<u>18,563</u>
<b>DEPRECIATION</b>	
At 1 April 2021 and 31 March 2022	<u>18,563</u>
<b>NET BOOK VALUE</b>	
At 31 March 2022	<u><u>-</u></u>
At 31 March 2021	<u><u>-</u></u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

<b>9.</b>	<b>DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	2022	2021
		£	£
	Trade debtors	2,750	7,129
		<u>          </u>	<u>          </u>

<b>10.</b>	<b>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	2022	2021
		£	£
	Trade creditors	2,782	1,575
		<u>          </u>	<u>          </u>

<b>11.</b>	<b>MOVEMENT IN FUNDS</b>	Net movement in funds	Transfers between funds	At 31.3.22
	At 1.4.21	£	£	£
	£	£	£	£
	<b>Unrestricted funds</b>			
	General fund	124,904	20,835	(40,175)
	Pension Fund	(484,000)	53,000	-
	Development(Designated) Fund	-	-	30,000
		<u>          </u>	<u>          </u>	<u>          </u>
		(359,096)	73,835	(10,175)
	<b>Restricted funds</b>			
	Ceredigion Dev Worker	4,234	55	-
	Pembrokeshire Dev Worker	-	(10,175)	10,175
	Spirituality	616	-	-
	Golfing Project	3,817	-	-
	Mental Health Forums	58	1	-
		<u>          </u>	<u>          </u>	<u>          </u>
		8,725	(10,119)	10,175
	<b>TOTAL FUNDS</b>	<u>(350,371)</u>	<u>63,716</u>	<u>-</u>
		<u>          </u>	<u>          </u>	<u>          </u>
		(286,655)		(286,655)

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

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	205,484	(184,649)	-	20,835
Pension Fund	-	-	53,000	53,000
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	205,484	(184,649)	53,000	73,835
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(21,201)	-	55
Pembrokeshire Dev Worker	14,310	(24,485)	-	(10,175)
Mental Health Forums	1,196	(1,195)	-	1
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
	36,762	(46,881)	-	(10,119)
<b>TOTAL FUNDS</b>	<u>242,246</u>	<u>(231,530)</u>	<u>53,000</u>	<u>63,716</u>
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**11. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General fund	70,193	49,901	4,810	124,904
Pension Fund	(508,000)	24,000	-	(484,000)
	<u>(437,807)</u>	<u>73,901</u>	<u>4,810</u>	<u>(359,096)</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	2,066	2,168	-	4,234
Pembrokeshire Dev Worker	-	(2,099)	2,099	-
Mind Your Heart	17,194	(12,262)	(4,932)	-
Spirituality	616	-	-	616
Golfing Project	3,817	-	-	3,817
Am Dro Am Glonc	1,977	-	(1,977)	-
Mental Health Forums	-	58	-	58
	<u>25,670</u>	<u>(12,135)</u>	<u>(4,810)</u>	<u>8,725</u>
<b>TOTAL FUNDS</b>	<u>(412,137)</u>	<u>61,766</u>	<u>-</u>	<u>(350,371)</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	225,982	(176,081)	-	49,901
Pension Fund	-	-	24,000	24,000
	<u>225,982</u>	<u>(176,081)</u>	<u>24,000</u>	<u>73,901</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(19,088)	-	2,168
Pembrokeshire Dev Worker	14,310	(16,409)	-	(2,099)
Mind Your Heart	9,174	(21,436)	-	(12,262)
Mental Health Forums	1,178	(1,120)	-	58
	<u>45,918</u>	<u>(58,053)</u>	<u>-</u>	<u>(12,135)</u>
<b>TOTAL FUNDS</b>	<u>271,900</u>	<u>(234,134)</u>	<u>24,000</u>	<u>61,766</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**11. MOVEMENT IN FUNDS - continued**

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	70,193	70,736	(35,365)	105,564
Pension Fund	(508,000)	77,000	-	(431,000)
Development(Designated) Fund	-	-	30,000	30,000
	<u>(437,807)</u>	<u>147,736</u>	<u>(5,365)</u>	<u>(295,436)</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	2,066	2,223	-	4,289
Pembrokeshire Dev Worker	-	(12,274)	12,274	-
Mind Your Heart	17,194	(12,262)	(4,932)	-
Spirituality	616	-	-	616
Golfing Project	3,817	-	-	3,817
Am Dro Am Glonc	1,977	-	(1,977)	-
Mental Health Forums	-	59	-	59
	<u>25,670</u>	<u>(22,254)</u>	<u>5,365</u>	<u>8,781</u>
<b>TOTAL FUNDS</b>	<u>(412,137)</u>	<u>125,482</u>	<u>-</u>	<u>(286,655)</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	431,466	(360,730)	-	70,736
Pension Fund	-	-	77,000	77,000
	<u>431,466</u>	<u>(360,730)</u>	<u>77,000</u>	<u>147,736</u>
<b>Restricted funds</b>				
Ceredigion Dev Worker	42,512	(40,289)	-	2,223
Pembrokeshire Dev Worker	28,620	(40,894)	-	(12,274)
Mind Your Heart	9,174	(21,436)	-	(12,262)
Mental Health Forums	2,374	(2,315)	-	59
	<u>82,680</u>	<u>(104,934)</u>	<u>-</u>	<u>(22,254)</u>
<b>TOTAL FUNDS</b>	<u>514,146</u>	<u>(465,664)</u>	<u>77,000</u>	<u>125,482</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**12. EMPLOYEE BENEFIT OBLIGATIONS**

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2022.

The total cost relating to defined benefit schemes for the year recognised in the profit and loss was £53,000 (2020-£30,000)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised  
The amounts recognised in the statement of financial position are as follows:

	2022	2021
	£	£
Fair value of scheme assets	1,509,000	1,428,000
Present Value of defined benefit obligation	(1,940,000)	(1,912,000)
Defined benefit pension scheme deficit	(431,000)	(484,000)

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2022
	£
Present value at start of year	1,912,000
Current Service Cost	37,000
Interest	39,000
Members' Contributions	6,000
Past Service Cost	-
Remeasurements (liabilities)	(10,000)
Benefits/transfers paid	(44,000)
Present value at end of year	1,940,000

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,428,000
Interest income	30,000
Remeasurements (assets)	70,000
Administration Expenses	-
Employer Contributions	19,000
Member contributions	6,000
Benefits Paid	(44,000)
Fair value at end of year	1,509,000

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022.

**WEST WALES ACTION FOR MENTAL HEALTH**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	2022	2021
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	5,034	2,788
<b>Investment income</b>		
Interest Received	16	103
<b>Charitable activities</b>		
Grants	237,196	269,009
<b>Total incoming resources</b>	<u>242,246</u>	<u>271,900</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	135,205	147,274
Social security	7,335	8,727
Pensions	19,705	23,599
Rent Paid	11,000	11,000
Insurance	878	914
Telephone	4,059	3,955
Postage and stationery	2,686	4,618
Advertising	1,873	8,297
Sundries	47,349	24,310
	<u>230,090</u>	<u>232,694</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Auditors' remuneration for non audit work	1,440	1,440
<b>Total resources expended</b>	<u>231,530</u>	<u>234,134</u>
<b>Net income before gains and losses</b>	10,716	37,766
<b>Realised recognised gains and losses</b>		
Actuarial Losses on Pension	53,000	24,000
<b>Net income</b>	<u><u>63,716</u></u>	<u><u>61,766</u></u>

This page does not form part of the statutory financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

England & Wales - Charity number 1045123

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# Accounts

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REGISTERED COMPANY NUMBER: 03030938 (England and Wales)  
REGISTERED CHARITY NUMBER: 1045123

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2021**  
**FOR**  
**WEST WALES ACTION FOR MENTAL HEALTH**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

**WEST WALES ACTION FOR MENTAL HEALTH**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2021**

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# WEST WALES ACTION FOR MENTAL HEALTH

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

#### **Public benefit**

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

### **FINANCIAL REVIEW**

#### **Principal funding sources**

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board, Carmarthenshire County Council and Ceredigion and Pembrokeshire County Councils.

#### **Reserves policy**

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

#### **Going concern**

As at the 31st March 2021, West Wales Action for Mental Health (WWAMH) has £124,904 of unrestricted funds prior to recognising the pension liability of £484,000 for the defined benefit pension scheme.

Whilst the trustees confirm that they have no intention of leaving the pension scheme, additional contributions are being made to reduce the liability. As long as WWAMH remain within the pension fund the deficit will be covered via these contributions. If WWAMH were to leave the pension fund then a closing valuation would be undertaken and any surplus or deficit will need to be settled.

Accordingly the trustees consider the going concern basis adopted for the preparation of the financial statements appropriate.

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Recruitment and appointment of new trustees**

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

**Organisational structure**

We have a board of trustees that meet every two months to administer the charity. The Exec Director (Miss A Darlington) sits on the board but has no voting rights. The exec director is employed by the WWAMH to manage the day to day running of the charity.

**Induction and training of new trustees**

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

03030938 (England and Wales)

**Registered Charity number**

1045123

**Registered office**

18 Queen Street  
Carmarthen  
Dyfed  
SA31 1JT

**Trustees**

R B Bamforth  
Miss K E Bowen  
E M Daymond  
L Jaimangal  
A M S Kenwright  
Mrs L Hall-Morgan  
Dr H Morgan-Howard  
Mrs M A Robinson  
Ms E Wilkinson

**Company Secretary**

E M Daymond

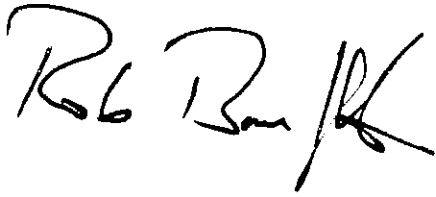
**Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

WEST WALES ACTION FOR MENTAL HEALTH

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Approved by order of the board of trustees on 23 June 2021 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'R B Bamforth', written in a cursive style.

R B Bamforth - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
WEST WALES ACTION FOR MENTAL HEALTH**

**Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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

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



R.A. Williams  
A.C.C.A  
Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

23 June 2021

**WEST WALES ACTION FOR MENTAL HEALTH**

**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		2,788	-	2,788	1,338
<b>Charitable activities</b>					
Grants		223,091	45,918	269,009	294,006
Investment income	2	<u>103</u>	<u>-</u>	<u>103</u>	<u>238</u>
<b>Total</b>		<b>225,982</b>	<b>45,918</b>	<b>271,900</b>	<b>295,582</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	3				
Grants		176,081	58,053	234,134	265,540
<b>NET INCOME/(EXPENDITURE)</b>		<b>49,901</b>	<b>(12,135)</b>	<b>37,766</b>	<b>30,0042</b>
<b>Transfers between funds</b>	11	4,810	(4,810)	-	-
Gains/(Losses) on Defined Pension Fund		24,000	-	24,000	(201,000)
<b>Net movement in funds</b>		<b>78,711</b>	<b>(16,945)</b>	<b>61,766</b>	<b>(170,958)</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>(437,807)</b>	<b>25,670</b>	<b>(412,137)</b>	<b>(241,179)</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>(359,096)</u></b>	<b><u>8,725</u></b>	<b><u>(350,371)</u></b>	<b><u>(412,137)</u></b>

The notes form part of these financial statements

**WEST WALES ACTION FOR MENTAL HEALTH**

**BALANCE SHEET**  
**31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	9	7,129	-	7,129	19,670
Cash at bank and in hand		<u>119,350</u>	<u>8,725</u>	<u>128,075</u>	<u>78,452</u>
		126,479	8,725	135,204	98,122
<b>CREDITORS</b>					
Amounts falling due within one year	10	<u>(1,575)</u>	-	<u>(1,575)</u>	<u>(2,259)</u>
<b>NET CURRENT ASSETS</b>		<u>124,904</u>	<u>8,725</u>	<u>133,629</u>	<u>95,863</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		124,904	8,725	133,629	95,863
<b>PENSION LIABILITY</b>	12	<u>(484,000)</u>	-	<u>(484,000)</u>	<u>(508,000)</u>
<b>NET ASSETS/(LIABILITIES)</b>		<u>(359,096)</u>	<u>8,725</u>	<u>(350,371)</u>	<u>(412,137)</u>
<b>FUNDS</b>	11				
Unrestricted funds				(359,096)	(437,807)
Restricted funds				<u>8,725</u>	<u>25,670</u>
<b>TOTAL FUNDS</b>				<u>(350,371)</u>	<u>(412,137)</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 June 2021 and were signed on its behalf by:



R B Bamforth - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Fixtures and fittings                      - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

**Taxation**

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

**Fund accounting**

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

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

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

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined benefit pension scheme.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021... continued

<b>2.</b>	<b>INVESTMENT INCOME</b>	2021	2020
		£	£
	Interest Received	<u>103</u>	<u>238</u>

<b>3.</b>	<b>CHARITABLE ACTIVITIES COSTS</b>	Direct Costs £	Support costs £	Totals £
	Grants	<u>232,694</u>	<u>1,440</u>	<u>234,134</u>

<b>4.</b>	<b>NET INCOME/(EXPENDITURE)</b>	2021	2020
	Net income/(expenditure) is stated after charging/(crediting):	£	£
	Auditors' remuneration for non audit work	1,440	1,440
	Other operating leases	<u>11,000</u>	<u>11,000</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

<b>Trustees' expenses</b>	2021	2020
	£	£
Trustees' expenses	<u>-</u>	<u>168</u>

<b>6.</b>	<b>STAFF COSTS</b>	2021	2020
		£	£
	Wages and salaries	147,274	162,876
	Social security costs	8,727	11,985
	Other pension costs	<u>23,599</u>	<u>27,329</u>
		<u>179,600</u>	<u>202,190</u>

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

	2021	2020
Charitable Activities	6	6
Governance	<u>1</u>	<u>1</u>
	<u>7</u>	<u>7</u>

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

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021...continued**

**7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	1,338	-	1,338
<b>Charitable activities</b>			
Grants	184,758	109,248	294,006
Investment income	<u>237</u>	<u>1</u>	<u>238</u>
<b>Total</b>	186,333	109,249	295,582
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Grants	161,559	103,981	265,540
Net gains/(losses) on investments	<u>(201,000)</u>	<u>-</u>	<u>(201,000)</u>
<b>NET INCOME/(EXPENDITURE)</b>	(176,226)	5,268	(170,958)
<b>Transfers between funds</b>	<u>27,061</u>	<u>(27,061)</u>	<u>-</u>
<b>Net movement in funds</b>	(149,165)	(21,793)	(170,958)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<u>(288,642)</u>	<u>47,463</u>	<u>(241,179)</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>(437,807)</u>	<u>25,670</u>	<u>(412,137)</u>

**8. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2020 and 31 March 2021	<u>18,563</u>
<b>DEPRECIATION</b>	
At 1 April 2020 and 31 March 2021	<u>18,563</u>
<b>NET BOOK VALUE</b>	
At 31 March 2021	<u>-</u>
At 31 March 2020	<u>-</u>

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021...continued**

<b>9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			2021	2020
			£	£
Trade debtors			<u>7,129</u>	<u>19,670</u>
<b>10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			2021	2020
			£	£
Trade creditors			<u>1,575</u>	<u>2,259</u>
<b>11. MOVEMENT IN FUNDS</b>				
	At 1.4.20	Net movement in funds	Transfers between funds	At 31.3.21
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	70,193	49,901	4,810	124,904
Pension Fund	<u>(508,000)</u>	<u>24,000</u>	<u>-</u>	<u>(484,000)</u>
	(437,807)	73,901	4,810	(359,096)
<b>Restricted funds</b>				
Ceredigion Dev Worker	2,066	2,168	-	4,234
Pembrokeshire Dev Worker	-	(2,099)	2,099	-
Mind Your Heart	17,194	(12,262)	(4,932)	-
Spirituality	616	-	-	616
Golfing Project	3,817	-	-	3,817
Am Dro Am Glonc	1,977	-	(1,977)	-
Mental Health Forums	<u>-</u>	<u>58</u>	<u>-</u>	<u>58</u>
	<u>25,670</u>	<u>(12,135)</u>	<u>(4,810)</u>	<u>8,725</u>
<b>TOTAL FUNDS</b>	<u>(412,137)</u>	<u>61,766</u>	<u>-</u>	<u>(350,371)</u>

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

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	225,982	(176,081)	-	49,901
Pension Fund	<u>-</u>	<u>-</u>	<u>24,000</u>	<u>24,000</u>
	225,982	(176,081)	24,000	73,901
<b>Restricted funds</b>				
Ceredigion Dev Worker	21,256	(19,088)	-	2,168
Pembrokeshire Dev Worker	14,310	(16,409)	-	(2,099)
Mind Your Heart	9,174	(21,436)	-	(12,262)
Mental Health Forums	<u>1,178</u>	<u>(1,120)</u>	<u>-</u>	<u>58</u>
	<u>45,918</u>	<u>(58,053)</u>	<u>-</u>	<u>(12,135)</u>
<b>TOTAL FUNDS</b>	<u>271,900</u>	<u>(234,134)</u>	<u>24,000</u>	<u>61,766</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021...continued

11. **MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
<b>Unrestricted funds</b>				
General fund	18,358	24,774	27,061	70,193
Pension Fund	<u>(307,000)</u>	<u>(201,000)</u>	-	<u>(508,000)</u>
	(288,642)	(176,226)	27,061	(437,807)
<b>Restricted funds</b>				
Carmarthenshire Dev Worker	-	(1,834)	1,834	-
Ceredigion Dev Worker	-	2,066	-	2,066
Pembrokeshire Dev Worker	-	(8,037)	8,037	-
Mind Your Heart	8,641	13,485	(4,932)	17,194
Spirituality	616	-	-	616
Golfing Project	4,229	(412)	-	3,817
Am Dro Am Glonc	1,977	-	-	1,977
Mind Your Heart Reserve	<u>32,000</u>	-	<u>(32,000)</u>	-
	<u>47,463</u>	<u>5,268</u>	<u>(27,061)</u>	<u>25,670</u>
<b>TOTAL FUNDS</b>	<u>(241,179)</u>	<u>(170,958)</u>	-	<u>(412,137)</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	186,333	(161,559)	-	24,774
Pension Fund	-	-	<u>(201,000)</u>	<u>(201,000)</u>
	186,333	(161,559)	(201,000)	(176,226)
<b>Restricted funds</b>				
Carmarthenshire Dev Worker	29,396	(31,230)	-	(1,834)
Ceredigion Dev Worker	22,674	(20,608)	-	2,066
Pembrokeshire Dev Worker	14,308	(22,345)	-	(8,037)
Mind Your Heart	36,700	(23,215)	-	13,485
Mental Health Forums	6,171	(6,171)	-	-
Golfing Project	-	(412)	-	(412)
	<u>109,249</u>	<u>(103,981)</u>	-	<u>5,268</u>
<b>TOTAL FUNDS</b>	<u>295,582</u>	<u>(265,540)</u>	<u>(201,000)</u>	<u>(170,958)</u>

**WEST WALES ACTION FOR MENTAL HEALTH**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021...continued**

**11. MOVEMENT IN FUNDS - continued**

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General fund	18,358	74,675	31,871	124,904
Pension Fund	<u>(307,000)</u>	<u>(177,000)</u>	-	<u>(484,000)</u>
	(288,642)	(102,325)	31,871	(359,096)
<b>Restricted funds</b>				
Carmarthenshire Dev Worker	-	(1,834)	1,834	-
Ceredigion Dev Worker	-	4,234	-	4,234
Pembrokeshire Dev Worker	-	(10,136)	10,136	-
Mind Your Heart	8,641	1,223	(9,864)	-
Spirituality	616	-	-	616
Golfing Project	4,229	(412)	-	3,817
Am Dro Am Glonc	1,977	-	(1,977)	-
Mind Your Heart Reserve	32,000	-	(32,000)	-
Mental Health Forums	-	58	-	58
	<u>47,463</u>	<u>(6,867)</u>	<u>(31,871)</u>	<u>8,725</u>
<b>TOTAL FUNDS</b>	<u>(241,179)</u>	<u>(109,192)</u>	-	<u>(350,371)</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	412,315	(337,640)	-	74,675
Pension Fund	-	-	<u>(177,000)</u>	<u>(177,000)</u>
	412,315	(337,640)	(177,000)	(102,325)
<b>Restricted funds</b>				
Carmarthenshire Dev Worker	29,396	(31,230)	-	(1,834)
Ceredigion Dev Worker	43,930	(39,696)	-	4,234
Pembrokeshire Dev Worker	28,618	(38,754)	-	(10,136)
Mind Your Heart	45,874	(44,651)	-	1,223
Mental Health Forums	6,171	(6,171)	-	-
Golfing Project	-	(412)	-	(412)
Mental Health Forums	1,178	(1,120)	-	58
	<u>155,167</u>	<u>(162,034)</u>	-	<u>(6,867)</u>
<b>TOTAL FUNDS</b>	<u>567,482</u>	<u>(499,674)</u>	<u>(177,000)</u>	<u>(109,192)</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021...continued

**12. EMPLOYEE BENEFIT OBLIGATIONS**

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2021.

The total cost relating to defined benefit schemes for the year recognised in the profit and loss was £30,000 (2020-£36,000)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised  
The amounts recognised in the statement of financial position are as follows:

	2021	2020
	£	£
Fair value of scheme assets	1,428,000	1,154,000
Present Value of defined benefit obligation	<u>(1,912,000)</u>	<u>(1,662,000)</u>
Defined benefit pension scheme deficit	(484,000)	(508,000)

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2021
	£
Present value at start of year	1,662,000
Current Service Cost	41,000
Interest	41,000
Members' Contributions	7,000
Past Service Cost	-
Remeasurements (liabilities)	222,000
Benefits/transfers paid	<u>(61,000)</u>
Present value at end of year	<u>1,912,000</u>

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,154,000
Interest income	27,000
Remeasurements (assets)	278,000
Administration Expenses	-
Employer Contributions	23,000
Member contributions	7,000
Benefits Paid	<u>(61,000)</u>
Fair value at end of year	<u>1,428,000</u>

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2021.

WEST WALES ACTION FOR MENTAL HEALTH

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	2021	2020
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	2,788	1,338
<b>Investment income</b>		
Interest Received	103	238
<b>Charitable activities</b>		
Grants	<u>269,009</u>	<u>294,006</u>
<b>Total incoming resources</b>	271,900	295,582
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	147,274	162,876
Social security	8,727	11,985
Pensions	23,599	27,329
Rent Paid	11,000	11,000
Insurance	914	887
Telephone	3,955	3,283
Postage and stationery	4,618	6,669
Advertising	8,297	383
Sundries	<u>24,310</u>	<u>39,520</u>
	232,694	263,932
<b>Support costs</b>		
<b>Governance costs</b>		
Trustees' expenses	-	168
Auditors' remuneration for non audit work	<u>1,440</u>	<u>1,440</u>
	<u>1,440</u>	<u>1,608</u>
Total resources expended	<u>234,134</u>	<u>265,540</u>
<b>Net income before gains and losses</b>	37,766	30,042
<b>Realised recognised gains and losses</b>		
Actuarial Losses on Pension	<u>24,000</u>	<u>(201,000)</u>
<b>Net income/(expenditure)</b>	<u>61,766</u>	<u>(170,958)</u>

This page does not form part of the statutory financial statements

