

COMPANY REGISTRATION NUMBER: 03607430  
CHARITY REGISTRATION NUMBER: 1071770

**4 Winds User Led Association  
Company Limited by Guarantee  
Unaudited Financial Statements  
31 March 2024**

**CARSTON ETL**  
Chartered accountants  
1st Floor, Tudor House  
16 Cathedral Road  
Cardiff  
CF11 9LJ

**4 Winds User Led Association**  
**Company Limited by Guarantee**  
**Financial Statements**  
**Year ended 31 March 2024**

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## **4 Winds User Led Association**

### **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report)**

**Year ended 31 March 2024**

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

#### **Reference and administrative details**

**Registered charity name** 4 Winds User Led Association

**Charity registration number** 1071770

**Company registration number** 03607430

**Principal office and registered office** 65 Clare Road  
Grangetown  
Cardiff  
CF11 6QP

#### **The trustees**

Kathryn Lock	(Appointed 3 December 2020)
Cheryl Johnson	(Appointed 29 January 2024)
Jonathan Roderick	(Appointed 29 January 2015)
Susan Ellice Hooper	(Appointed 29 January 2024)
Clifford Golden	(Appointed 20 December 2022)
Ken Urwin	(Appointed 3 December 2009)

**Company secretary** Susan Jones

**Independent examiner** Farzana Ahmed FCCA  
Carston ETL  
1st Floor, Tudor House  
16 Cathedral Road  
Cardiff  
CF11 9LJ

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2024**

##### **Objectives and activities**

Our charitable objects as stated in our Memorandum and Articles of Association are:

'to promote the relief of persons experiencing mental health difficulties within the area of Cardiff, the Vale of Glamorgan and surrounding areas by providing an independent, user led resource / drop-in centre and associated support, in order to enable and empower users of its service to obtain their full rights and privileges as citizens'.

4Winds continues to provide a user-led mental health resource service to adults of working age living in Cardiff and the Vale of Glamorgan. The service is unique in the locality; it is user led and user managed (the management is comprised exclusively of people who use / have used mental health services) and it operates a flexible and responsive, recovery focussed service with a range of support options available.

Our Mission statement is: 4Winds User Led Association exists to provide an open-access mental health resource for people living in Cardiff and surrounding areas. We promote recovery through provision of support, information and opportunities for involvement.

A range of person centred, trauma informed and recovery focused mental health support continues to be offered by 4Winds In brief our services include:

Emotional support/Mental Health Recovery Star support Workers offer a range of emotional support services including listening support, information, signposting, social prescribing, guided self-help and liaising with a huge range of community organisations, health and social care professionals. Workers are encouraged to work flexibly, to take a holistic approach and to promote recovery and independence. All workers are also trained and licensed to use the Mental Health Recovery Star person centred outcomes tool which is invaluable for service users to identify support needs and to chart recovery in a holistic and person centred way. This support is generally offered in person, typically offering 6 sessions but we continue to give the option of telephone or online calls for those who struggle to make face to face appointments.

Social Contact and Peer Support. Many people accessing our service experience loneliness, isolation and low self-esteem. The resource service and open access peer support sessions held twice weekly offers opportunities for individuals to make social contact and access peer support; a key factor in the recovery process for many people. Peer support has been identified as crucial to mental health recovery; this is an incredibly important and effective part of the service at 4Winds. Many robust networks of support have been established this way and many people enjoy a much-increased quality of life as a result. The organisation of wellbeing activities including workshops, creative activities and occasional social gatherings also offer valuable opportunities for social contact and peer support. We also continue to run a monthly zoom group for those who find it difficult to get to the face to face peer support groups

Opportunities for involvement/co-production. We encourage user involvement at all levels of the organisation and ensure that the service develops in response to established user need. Much of the work we do is co-produced with people using mental health services.

Information. The centre responds to many requests for information from service users and organisations. We respond to high volumes of telephone and email queries. We keep our social media posts as active as possible and ensure the website is kept up to date. We keep service users and organisations up to date with regular email mail outs and forward useful updates from organisations such as Cardiff and Vale Action for Mental Health and the Cardiff and Vale Recovery and Wellbeing

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

#### **Year ended 31 March 2024**

College. We hold occasional information sessions at the centre. This has included one by a mental health pharmacist, researchers from the Centre for Mental Health, workers for the Cardiff and Vale Recovery College, Caniad lived experience project and Riverside Advice.

Vocational support. Service users are encouraged to realise their potential, to recognise their skills and to pursue their aspirations. We provide information and support in accessing opportunities in education, training, volunteering, paid work, leisure facilities and the arts. We actively encourage service users to take up opportunities on offer via the Cardiff and Vale Recovery College, Adult Learning Wales and Dice (Cardiff Adult Community Courses) courses. Dice hold a weekly creative wellbeing class at 4Winds. We also deliver a range of training courses and wellbeing activities ourselves. We actively encourage people to take up opportunities such as the Wales Millennium Centre's discounted ticket scheme and support people in making arrangements if necessary. Many people have been introduced to a variety of arts and theatre shows which have resulted in enhanced wellbeing, a broadening of interests and boost to confidence and self-esteem. Many people we see are in employment and the emotional support and practical assistance received helps maintain the employment or a return to employment for those who have taken sick leave for poor mental health.

Social Prescribing. Our service is delivered in a holistic, person-centred way that recognizes the vast array of activities, groups and services in our communities that can help meet health and wellbeing needs of the people we work with. Signposting, provision of information and active social prescribing are integral elements of the support offered. This happens on a daily basis at 4Winds in both the 1:1 emotional support sessions and the open access peer support groups.

Delivery of Well Being Activities and Training We continue to offer a range of training courses and workshops including Managing Anxiety, Mindfulness, Active Listening, Managing Emotions and Managing Anger. These are well received, well attended and produce excellent outcomes for participants. We were pleased to be able to continue to hold regular creative sessions facilitated by the excellent Stiwdio Arts and made possible through the continued support of the Cardiff and Vale Arts in Health Charity Team, funded by the Arts Council in Wales and the Baring Foundation. The range of creative approaches explored in these sessions and the work produced was truly impressive and the increased self esteem and sense of wellbeing for those who participated was well evidenced. These take place in our own centre, but also in a range of community venues such as Grangetown Hb, the Grange Pavilion and Cardiff Museum.

Welfare Rights Partnership Project We continue to work with our partners Riverside Advice. This specialist quality mark welfare rights organisation provides specialist help and advice to people struggling with their mental health and welfare rights issues. Riverside Advice provides the welfare benefits, debt and energy efficiency advice whilst 4Winds offers emotional support and practical assistance throughout the process. This work is achieving excellent outcomes for people and has more than once been described as a life saver/a lifeline.

Our aims and objectives as developed in our three-year business plan are:

#### **Strategic Aims**

- 1. To continue meeting the needs and promoting the recovery of people experiencing mental health difficulties.**

#### **Objectives**

- To continue providing a user-led mental health resource service that works flexibly to meet the needs of people using it.
- To continue with the delivery of wellbeing activities and training
- To ensure that the service is delivered within a recovery focussed approach and that we work to the Cardiff and Vale Charter for Adult Mental Health.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

##### **Year ended 31 March 2024**

- To ensure that workers adopt a facilitative style in which diversity is celebrated and individual strengths are recognised.
- To offer a range of services including on a 1:1 basis and in groups. Services to include: provision of information, sign posting, social prescribing, social contact and peer support, emotional support, vocational support, training and wellbeing activities, welfare rights support and opportunities for involvement.
- To publicise the service widely amongst a range of voluntary, statutory, primary care and community organisations to ensure that we reach those in need of the service.
- To maintain current working partnerships and explore opportunities for further partnerships to help us meet our aims.
- To keep abreast of local and national developments in policy and practice and ensure that we work within these.

#### **2. To maintain and develop opportunities for service user involvement within the organisation.**

##### **Objectives**

- To maintain the organisation as user-led and user managed (as currently stated in our constitution). The management committee will be made up exclusively of past / present users of mental health services, elected annually at the Association's AGM.
- To ensure that we work within our policy on service user involvement and review this policy regularly.
- To continue holding members meetings on a monthly basis.
- To continue obtaining service user feedback and mental health recovery star outcomes to ensure that the service is meeting needs and helping people work towards recovery.
- To continue with present mechanisms and opportunities for getting involved and to review these to ensure that they meet current needs.
- To ensure that every individual accessing the service is aware of the opportunities for becoming involved and is supported in the process if they so wish.
- To keep up to date with policy and guidance and ensure that we develop a good model of user-led services.

#### **3. To increase the current capacity of the organisation (in terms of staffing and finance)**

##### **Objectives**

- To fundraise for the employment of an additional Project Worker to the staff team (to increase capacity of the service).
- To explore the potential for new partnerships which enhance the service and increase capacity.
- To access any funding opportunities that helps us to meet our aims and objectives.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 31 March 2024**

##### **Achievements and performance**

We have continued to meet the needs of people experiencing mental health difficulties in Indeed, our support has been in increasingly high demand and we have received an increase in the number of referrals and contacts for this year. We received 567 new referrals during this year, we supported over 600 individuals and recorded 7,062 contacts for the year; a fantastic achievement for a small team offering a bespoke, person centred service. Our staff retention record continues to be well over average; the team is highly experienced and extremely committed to the delivery of a best practice inclusive and effective service.

The full range of recovery focussed services (emotional support, social contact, peer support, information, vocational support, training and wellbeing activities, social prescribing service, welfare rights project, and opportunities for involvement) already described continues to be available to all who use our service.

As well as having a management committee comprised exclusively of mental health service users, we encourage people using the service to become involved in some aspect. This could be on a day to day basis through helping out with a particular activity such as networking events/meetings, sitting on an interview panel for new workers, or helping to organise an event. We continue to support opportunities for service user involvement in training through developing links with Cardiff University and Cardiff Metropolitan University. A group of service users continue to be involved in delivering presentations as part of the social work degree and are also involved in aspects of planning course content and interviewing students. The quality of service user presentations has been outstanding and the excellent feedback from lecturers and students are testimony to the positive impact that these sessions have on social work teaching.

Maintaining regular networking and liaison with other agencies is always crucial to our work. We have good working relationships with many partners in mental health and related fields. Our strong working relationship with Riverside Advice Services continues and the work of the joint project funded by the British Gas Energy Trust continues to grow and helps increasing numbers of people in need. We are delighted to continue to work with them and offer such a crucial service during the cost of living crisis. The difference this project is making is life changing for many. This high need is also reflected in an increase in the number of people requesting food bank vouchers. We continue to work in partnership with the Trussell Trust in Cardiff to ensure that we can help those in need.

Another positive development has been the continuation of Zurich Community Trust funding. This not only provides much needed financial support, but a host of other benefits such as access to organisational development and training services. As well as benefitting from free national conference places (for example on diversity and inclusion and social media/marketing), we have also benefited from a cost of living increase to the funding received for this year and were grateful recipients of two festive challenge awards during Christmas 2023. This resulted in 50 people receiving a well being/goody bag (to the value of approx. £10 each). These were initially distributed during a winter wellbeing afternoon and resulted in a much-needed boost to wellbeing for many people. We were also fortunate enough to be awarded £500 in Asda vouchers which funded a lovely Christmas party and buffet and the free raffle prizes meant that everyone went home with a small gift.

As already reported, we continue to strengthen our working relationship with a wide range of organisations and in particular, the Hamadryad Community Mental Health Team. We still attend their weekly referral meeting so that they can refer directly to our service if and when appropriate. This has meant that many people who do not meet secondary care criteria have been offered the support of 4Winds services. We also support many people who are discharged from their service but still require some support in progressing their recovery. We have achieved excellent outcomes for people and enhanced our working relationships.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

#### **Year ended 31 March 2024**

On a general level we continue to be actively involved with Cardiff and Vale Action for Mental Health attending the forum and other relevant meetings. We have kept up to date with local and national developments in mental health and ensure that we develop our service in response to user need through seeking feedback and measuring outcomes achieved for service users through the Recovery Star and other measures.

We are proud of the way that the 4Winds team have yet again demonstrated an ability and commitment to working responsively and flexibly to meet the needs of the service and the increased demands for 1:1 emotional support work. We aim to continue to meet these demands whilst offering a balance of peer support groups, wellbeing activities, training and welfare rights support work. We look forward to developing our services further over the coming year and have no doubt that the team and organisation will continue to meet any future challenges with resilience and commitment to delivering best practice at all times.

#### **Financial review**

The reserves balance at the year-end of 31 March 2024 amounted to £141,144 (2023: £128,468). This is wholly represented by the unrestricted reserve balance £141,144 (2023: £128,468), of which £133,513 (2023: £116,803) is free reserves (i.e. not tied up in fixed assets).

#### **Statement on Reserves**

4Winds has a reserves policy of holding between 3 to 6 months of expenditure as unrestricted reserves. The free reserves balance of £133,513 at 31 March 2024 equals approximately 6 months running costs. The Trustees are satisfied that this level of reserves will help to meet possible unexpected obligations and give time to find alternative sources of funds in future if necessary. This policy is reviewed annually.

#### **Going Concern**

We are in receipt of Cardiff and Vale University Health Board funding for our resource service until April 2027, BGET funding (including a wider area) until 2026 and Zurich Community Trust until the end of 2025. Trustees are mindful of the uncertainty of future funding and shall continue to monitor the financial situation, to plan ahead and take whatever steps are required to ensure that expenditure stays within income at all times. The trustees will ensure that the overriding aim, as always, is to develop and improve the service for the benefit of those experiencing mental health problems in Cardiff and the Vale of Glamorgan



## 4 Winds User Led Association

### Company Limited by Guarantee

#### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

##### Structure, governance and management

The organisation is a charitable company which is governed by its constitution (Memorandum and Articles of Association).

The board of trustees (Management Committee) is comprised of individuals who are members of the Association. Elections take place annually at the Association's Annual General Meeting (AGM). The Committee consists of up to nine full members and up to three co-opted non-voting members. At each AGM the three longest serving full members of the Management Committee, or whichever number will result in the creation of three vacancies, will stand down and three new Management Committee members will be elected by secret ballot of the membership during the AGM. The AGM is advertised to all members and through the 4Winds emailing lists and general publicity. For further details on the appointment of trustees please refer to the Memorandum and Articles of Association.

The Management Committee has developed a policy on risk. To address the risk of financial loss the trustees have a statement on reserves and aims towards building on the current level of reserves. There are procedures in place to help deal with risk in the workplace such as health, safety and security and relevant insurance policies are in place.

##### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 16/12/24 and signed on behalf of the board of trustees by:



..... (sign)

CLIFFORD GOLDEN (print name)

Trustee

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Independent Examiner's Report to the Trustees of 4 Winds User Led Association**

**Year ended 31 March 2024**

I report to the trustees on my examination of the financial statements of 4 Winds User Led Association ('the charity') for the year ended 31 March 2024.

#### **Responsibilities and basis of report**

As the charity 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 company'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 that in any material respect:

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.



Farzana Ahmed FCCA  
Independent Examiner

Carston ETL  
1st Floor, Tudor House  
16 Cathedral Road  
Cardiff  
CF11 9LJ

Date: 17/12/2024

**4 Winds User Led Association**  
**Company Limited by Guarantee**  
**Statement of Financial Activities**  
**(including income and expenditure account)**  
**Year ended 31 March 2024**

			2024		2023
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>					
Donations and legacies	5	19,920	20,000	<b>39,920</b>	34,574
Charitable activities	6	152,195	—	<b>152,195</b>	162,328
Other trading activities	7	1,540	—	<b>1,540</b>	50
<b>Total income</b>		<u>173,655</u>	<u>20,000</u>	<u><b>193,655</b></u>	<u>196,952</u>
<b>Expenditure</b>					
Expenditure on charitable activities	8,9	160,979	20,000	<b>180,979</b>	188,014
<b>Total expenditure</b>		<u>160,979</u>	<u>20,000</u>	<u><b>180,979</b></u>	<u>188,014</u>
<b>Net income and net movement in funds</b>		<u>12,676</u>	<u>—</u>	<u><b>12,676</b></u>	<u>8,938</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		128,468	—	<b>128,468</b>	119,530
<b>Total funds carried forward</b>		<u>141,144</u>	<u>—</u>	<u><b>141,144</b></u>	<u>128,468</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 11 to 19 form part of these financial statements.

**4 Winds User Led Association**  
**Company Limited by Guarantee**  
**Statement of Financial Position (continued)**

**31 March 2024**

	Note	2024 £	2023 £
<b>Fixed assets</b>			
Intangible assets	15	7,000	10,500
Tangible fixed assets	16	632	1,165
		<u>7,632</u>	<u>11,665</u>
<b>Current assets</b>			
Debtors	17	1,549	3,657
Cash at bank and in hand		<u>138,641</u>	<u>116,731</u>
		<u>140,190</u>	<u>120,388</u>
<b>Creditors: amounts falling due within one year</b>	18	<u>6,678</u>	<u>3,585</u>
<b>Net current assets</b>		<u>133,512</u>	<u>116,803</u>
<b>Total assets less current liabilities</b>		<u>141,144</u>	<u>128,468</u>
<b>Net assets</b>		<u>141,144</u>	<u>128,468</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>141,144</u>	<u>128,468</u>
<b>Total charity funds</b>	20	<u>141,144</u>	<u>128,468</u>

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 16/12/24, and are signed on behalf of the board by:

Signed 

Print Name CLIFFORD GOLDEN  
Trustee

Signed 

Print Name SUSAN HOOPER  
Trustee

Company registration number: 03607430

The notes on pages 11 to 19 form part of these financial statements.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

### **Notes to the Financial Statements**

**Year ended 31 March 2024**

#### **1. General information**

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 65 Clare Road, Grangetown, Cardiff, CF11 6QP.

#### **2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Going concern**

As at 31 March 2024 the charitable company had unrestricted reserves of £141,144, of which £133,513 are free reserves. The trustees have considered the going concern position in some detail and are satisfied that in the immediate future the steps that they have already taken to review costs and secure additional funding for the next financial year should be sufficient to keep the charity operational for at least 12 months. The detailed justification for this has been included in the financial review section of the trustees' annual report. On this basis the trustees are satisfied that no adjustments are required to the accounts at 31 March 2024 to reflect any uncertainty in going concern.

##### **Judgements and key sources of estimation uncertainty**

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Notes to the Financial Statements *(continued)***

**Year ended 31 March 2024**

#### **3. Accounting policies *(continued)***

##### **Incoming resources**

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### **Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities. All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### **Intangible assets**

Intangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated amortisation.

##### **Amortisation**

Amortisation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Wesbite development	- 20% straight line
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If there is an indication that there has been a significant change in amortisation rate, useful life or residual value of an intangible asset, the amortisation is revised prospectively to reflect the new estimates.

##### **Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation.

## **4 Winds User Led Association**

### **Company Limited by Guarantee**

#### **Notes to the Financial Statements *(continued)***

**Year ended 31 March 2024**

#### **3. Accounting policies *(continued)***

##### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 25% straight line
Office equipment	- 33% straight line

##### **Impairment of fixed assets**

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. No such impairments were required in the year.

##### **Financial instruments**

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

##### **Defined contribution plans**

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

#### **4. Limited by guarantee**

Every member of the Charity undertakes to contribute such amount as may be required (not exceeding £10) to the Charity's assets if it should be wound up while he or she is a member or within one year after he or she ceases to be a member, for payment of the Charity's debts and liabilities contracted before he or she ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributories among themselves.

## 4 Winds User Led Association

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<b>Donations</b>			
Donations	670	—	670
<b>Grants</b>			
British Gas Energy Trust consortium bid	—	20,000	20,000
Zurich Community Grant	19,250	—	19,250
	<u>19,920</u>	<u>20,000</u>	<u>39,920</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Donations	323	—	323
<b>Grants</b>			
British Gas Energy Trust consortium bid	—	16,751	16,751
Zurich Community Grant	17,500	—	17,500
	<u>17,823</u>	<u>16,751</u>	<u>34,574</u>

#### 6. Charitable activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Cardiff and Vale University Health Board	152,195	152,195	152,195	152,195
Cardiff and Vale University Health Board (Tier Zero)	—	—	10,133	10,133
	<u>152,195</u>	<u>152,195</u>	<u>162,328</u>	<u>162,328</u>

#### 7. Other trading activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Service user training	1,290	1,290	50	50
Creative Printing Workshop	250	250	—	—
	<u>1,540</u>	<u>1,540</u>	<u>50</u>	<u>50</u>



## 4 Winds User Led Association

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

**Year ended 31 March 2024**

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Drop In Centre	158,413	20,000	178,412
Support costs	2,566	—	2,567
	<u>160,979</u>	<u>20,000</u>	<u>180,979</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Drop In Centre	168,956	16,751	185,707
Support costs	2,307	—	2,307
	<u>171,263</u>	<u>16,751</u>	<u>188,014</u>

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2024 £	Total fund 2023 £
Drop In Centre	178,412	—	178,412	185,707
Governance costs	—	2,567	2,567	2,307
	<u>178,412</u>	<u>2,567</u>	<u>180,979</u>	<u>188,014</u>

#### 10. Analysis of support costs

	Analysis of support costs activity 1 £	Total 2024 £	Total 2023 £
Governance costs	2,566	2,566	2,308

#### 11. Net income

Net income is stated after charging/(crediting):

	2024 £	2023 £
Amortisation of intangible assets	3,500	3,500
Depreciation of tangible fixed assets	<u>533</u>	<u>733</u>

#### 12. Independent examination fees

	2024 £	2023 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,280</u>	<u>2,280</u>

## 4 Winds User Led Association

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

##### 13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	136,176	133,485
Social security costs	4,485	6,507
Employer contributions to pension plans	7,333	8,349
	<u>147,994</u>	<u>148,341</u>

The average head count of employees during the year was 6 (2023: 6). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Number of service provision staff	<u>6</u>	<u>5</u>

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

##### Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £38,676 (2023:£40,689).

##### 14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

All trustees are entitled to claim reasonable expenses incurred in connection with attending meetings. In 2023-24, trustees claimed £166 in expenses (2022-23 £28).

##### 15. Intangible assets

	Website Development
	£
<b>Cost</b>	
At 1 April 2023 and 31 March 2024	<u>17,500</u>
<b>Amortisation</b>	
At 1 April 2023	7,000
Charge for the year	<u>3,500</u>
At 31 March 2024	<u>10,500</u>
<b>Carrying amount</b>	
At 31 March 2024	<u>7,000</u>
At 31 March 2023	<u>10,500</u>

# 4 Winds User Led Association

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2024

#### 16. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Total £
<b>Cost</b>			
At 1 April 2023 and 31 March 2024	<u>725</u>	<u>6,249</u>	<u>6,974</u>
<b>Depreciation</b>			
At 1 April 2023	724	5,085	5,809
Charge for the year	—	533	533
At 31 March 2024	<u>724</u>	<u>5,618</u>	<u>6,342</u>
<b>Carrying amount</b>			
At 31 March 2024	<u>1</u>	<u>631</u>	<u>632</u>
At 31 March 2023	<u>1</u>	<u>1,164</u>	<u>1,165</u>

#### 17. Debtors

	2024 £	2023 £
Prepayments and accrued income	1,549	1,494
Other debtors	—	2,163
	<u>1,549</u>	<u>3,657</u>

#### 18. Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	4,780	2,280
Social security and other taxes	473	—
Other creditors	1,425	1,305
	<u>6,678</u>	<u>3,585</u>

#### 19. Pensions and other post retirement benefits

##### Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £7,333 (2023: £8,349).

## 4 Winds User Led Association

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

#### 20. Analysis of charitable funds

##### Unrestricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
General funds	<u>128,468</u>	<u>173,655</u>	<u>(160,979)</u>	<u>141,144</u>

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
General funds	<u>119,530</u>	<u>180,201</u>	<u>(171,263)</u>	<u>128,468</u>

##### Restricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
British Gas Energy Saving Trust	<u>—</u>	<u>20,000</u>	<u>(20,000)</u>	<u>—</u>

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
British Gas Energy Saving Trust	<u>—</u>	<u>16,751</u>	<u>(16,751)</u>	<u>—</u>

The British Gas Energy Saving Trust grant is part of a consortium bid with Riverside Advice Ltd towards supporting people with mental health issues associated with their debts.

## 4 Winds User Led Association

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

#### 21. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2024
	£	£
Intangible assets	7,000	7,000
Tangible fixed assets	631	631
Current assets	140,190	140,190
Creditors less than 1 year	(6,677)	(6,677)
<b>Net assets</b>	<b>141,144</b>	<b>141,144</b>

	Unrestricted Funds	Total Funds 2023
	£	£
Intangible assets	10,500	10,500
Tangible fixed assets	1,164	1,165
Current assets	120,389	120,388
Creditors less than 1 year	(3,585)	(3,585)
<b>Net assets</b>	<b>128,468</b>	<b>128,468</b>

#### 22. Related parties

The charity was under the control of the trustees throughout the current and previous year.

There are no transactions with related parties required to be disclosed in the financial statements, other than trustee expenses, as detailed in note 14.