

REGISTERED COMPANY NUMBER: 03957079 (England and Wales)
REGISTERED CHARITY NUMBER: 1081713

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
TAN Y MAEN LIMITED**

TAN Y MAEN LIMITED

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FOR THE YEAR ENDED 31 MARCH 2023**

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TAN Y MAEN LIMITED

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

The charity's objectives are:

1) The relief of persons experiencing mental health problems, including alcohol and drugs in the North Wales region including Gwynedd, Conwy, Wrexham, Ceredigion and North Powys; in particular but not so as to limit the generality of the foregoing, by:

a) The provision of an information and support service on mental health and related issues.

b) Promoting good practice in mental health by working together with voluntary organisations, service users, statutory authorities and carers engaged in providing mental health services.

2) The advancement of education of the public about mental health issues.

Public benefit

As trustees we will give due consideration to the Charity Commission's requirements for reporting on the public benefit of our activities.

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

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We have continued this year to fulfil the aims of our mission statement which is to provide a service in the community which is strengths based and goal oriented, aiming to help clients to achieve recovery from their mental health and wellbeing issues in the shortest possible time whilst ensuring that the support given to them is delivered at the right level, in the right place and at the right time for their needs. This year we have supported over 500 individuals across a range of projects.

Our current projects are:

- The Tan Y Maen Wellbeing Centre. Based in Blaenau Ffestiniog we are open to the public for three days a week, including drop-in arrangements for support as required. We deliver a range of therapeutic activities from the centre including the Mens Sheds Group, Community Garden Group, Art Group, two music groups and the centre acts as a hub for other support organisations who deliver support from there including Adferiad, Probation, the Police Liaison Team, to name a few.

- Community Wellbeing Projects in Blaenau Ffestiniog, Dolgellau and Tywyn. Through these we deliver individual and group based support based on the holistic needs of the clients. This support will include telephone and face to face talking therapy, mindfulness groups, attendance with clients at local community groups and social groups.

- Our App Based Support project which covers the whole of North Wales. This is delivered through the Daylio App and WhatsApp Messaging and provides for the needs of clients who may not be best placed to deal with conventional support due to work, family, caring or other commitments. We employ a variety of evidence based therapeutic tools which we introduce to clients in response to the daily entries made by them in a 'Wellbeing Diary' kept via the Daylio App. We support clients in applying these tools to their everyday lives as a means of improving their specific and overall wellbeing. We also provide pre assessments and support for the SilverCloud Programme and tie this to support available through the Parabl Talking Therapies programmes, especially CCBT.

- Our Mentoring for Mental Health project which covers Conwy Borough and South Gwynedd. We facilitate and support clients to be goal oriented, facilitate and support action planning and attend alongside clients in support of their self identified goals as necessary.

- The Parabl Talking Therapies project, under which we provide Counselling, CCBT, Mindfulness and Therapeutic courses.

- The ICAN project. Our premises in Blaenau Ffestiniog and Dolgellau are recognised as the Support Hub for the South Gwynedd area and we receive referrals from GPs, The Community Mental Health Team, the specialist OTs attached to the GP practices in our area, as well as referrals from a variety of other sources including ADRA, Gorwel, Gisda, Health Visitors and other 3rd Sector support organisations. We had been hoping that the ICAN Project would receive the news of continuation funding for 3 years this year. However, as a result of funding and personnel changes at the Betsi Cadwaladr University Health Board this has been extended only for one year currently.

Our website tanymaen.org.uk continues to be available to view and register for support 24/7 and there are a range of virtual support options able to be accessed direct from there including, Mindfulness on Video, Fun Fit, Writing to Heal and a Mental Health Podcast.

Our support delivers good outcomes for those who engage with it. Over 80% of those supported report an improvement in their wellbeing, the most notable areas for this improvement being a general improvement in overall mental health, increase in confidence and a reduction in feelings of isolation.

We will continue to consolidate our support offer over the coming 12 months and we will seek improvement in our hard and soft outcomes going forward.

TAN Y MAEN LIMITED

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

Financial position

The Charity has unrestricted reserves of £131,134 at 31 March 2023 (2022: £155,775) and restricted reserves of £nil (2022: £951).

The accounts for the year ended 31 March 2023 show an excess of expenditure over income of £25,592. (2022: surplus of income over expenditure of £22,023)

Reserves policy

In line with good practice it is agreed that monies are allocated towards a reserve the purpose of which is:

- ~ To ensure cash flow
- ~ To cover any unforeseen circumstances
- ~ To provide the opportunity to attract/identify funding should existing funding be subjected to cutbacks
- ~ To ensure that, should funding cease, the organisation would be able to fulfil all of its financial and legal obligations when winding up

The level of the reserve will be reviewed annually by the Board. Unless and until otherwise agreed the organisation will maintain a minimum reserve equivalent to the current three months running costs of the organisation and endeavour to increase this amount to the equivalent of six months running costs.

Going concern

The trustees are of the view that there are no material uncertainties and therefore the Charity is a going concern.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Trustees are generally recruited from related and relevant organisations. Potential trustees are invited to two or three meetings, and if suitable are elected to the board. Relevant training is provided.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03957079 (England and Wales)

Registered Charity number

1081713

Registered office

Church Street
Blaenau Ffestiniog
Gwynedd
LL41 3HB

Trustees

Delwyn Evans
Simon Anderson
Margaret Rose Gough
Roland Peter Barnes

Senior Management Team

Philip Griffiths - Manager

TAN Y MAEN LIMITED

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

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

Philip Griffiths

Independent Examiner

Martin Barrett (FCCA)

Williams Denton Cyf

Chartered Certified Accountants

Glaslyn

Ffordd y Parc

Parc Menai

Bangor

Gwynedd

LL57 4FE

Approved by order of the board of trustees on 12 October 2023 and signed on its behalf by:



Roland Peter Barnes - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
TAN Y MAEN LIMITED**

Independent examiner's report to the trustees of Tan Y Maen Limited ('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.



Martin Barrett (FCCA)

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

Date: 12/10/2023

TAN Y MAEN LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1	-	1	1,102
Charitable activities	3				
Mental health services		212,311	-	212,311	225,461
Investment income	2	523	-	523	13
Other income		590	-	590	3,915
Total		<u>213,425</u>	<u>-</u>	<u>213,425</u>	<u>230,491</u>
EXPENDITURE ON					
Charitable activities					
Mental health services		214,017	25,000	239,017	205,735
Other		-	-	-	2,733
Total		<u>214,017</u>	<u>25,000</u>	<u>239,017</u>	<u>208,468</u>
NET INCOME/(EXPENDITURE)		(592)	(25,000)	(25,592)	22,023
Transfers between funds	10	(24,049)	24,049	-	-
Net movement in funds		<u>(24,641)</u>	<u>(951)</u>	<u>(25,592)</u>	<u>22,023</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		155,775	951	156,726	134,703
TOTAL FUNDS CARRIED FORWARD		<u>131,134</u>	<u>-</u>	<u>131,134</u>	<u>156,726</u>

The notes form part of these financial statements

TAN Y MAEN LIMITED

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	7	1,333	-	1,333	915
CURRENT ASSETS					
Debtors	8	945	-	945	1,848
Cash at bank		141,455	-	141,455	165,246
		<u>142,400</u>	<u>-</u>	<u>142,400</u>	<u>167,094</u>
CREDITORS					
Amounts falling due within one year	9	(12,599)	-	(12,599)	(11,283)
NET CURRENT ASSETS		<u>129,801</u>	<u>-</u>	<u>129,801</u>	<u>155,811</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>131,134</u>	<u>-</u>	<u>131,134</u>	<u>156,726</u>
NET ASSETS		<u>131,134</u>	<u>-</u>	<u>131,134</u>	<u>156,726</u>
FUNDS	10				
Unrestricted funds				131,134	155,775
Restricted funds				-	951
TOTAL FUNDS				<u>131,134</u>	<u>156,726</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

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

The notes form part of these financial statements

TAN Y MAEN LIMITED

BALANCE SHEET - continued
31 MARCH 2023

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 12 October 2023 and were signed on its behalf by:

R. P. Barnes

Roland Peter Barnes - Trustee

S. S. Anderson

Simon Anderson - Trustee

The notes form part of these financial statements

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

Tangible fixed assets are stated at cost less depreciation. The costs of minor additions are not capitalised.

Depreciation is provided at rates calculated to write off the cost of fixed assets over their expected useful lives on the following basis:

Office equipment	- 20% per annum on cost
Computer equipment	- 33% per annum on cost

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.

Operating lease commitments

Rentals paid under operating leases are charged to the statement of financial activity on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

TAN Y MAEN LIMITED

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

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	523	13

3. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022
	Activity	£	£
BCUHB	Mental health services	26,899	87,158
Gwynedd Council	Mental health services	5,373	10,746
Parabl	Mental health services	31,989	44,266
BCUHB - Tywyn Wellbeing	Mental health services	26,431	5,965
BCUHB - Dolgellau			
Wellbeing	Mental health services	26,311	4,880
BCUHB - Mentora	Mental health services	33,877	12,446
App Based Support	Mental health services	-	35,000
BCUHB - Tan Y Maen			
Centre & Blaenau Ffestiniog			
Wellbeing	Mental health services	57,931	25,000
ADRA	Mental health services	3,500	-
		212,311	225,461

4. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Depreciation - owned assets	768	678
Other operating leases	8,599	8,126

5. TRUSTEES' REMUNERATION AND BENEFITS

	2023	2022
	£	£
Trustees' salaries	17,629	17,175

Trustee Mr Simon Anderson is paid remuneration in relation to the work that he undertakes for the Charitable Company.

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

5. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

One trustee was reimbursed expenses of £45 for travelling costs during the year (2022: none).

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,101	1	1,102
Charitable activities			
Mental health services	190,461	35,000	225,461
Investment income	13	-	13
Other income	3,915	-	3,915
Total	<u>195,490</u>	<u>35,001</u>	<u>230,491</u>
EXPENDITURE ON			
Charitable activities			
Mental health services	154,289	51,446	205,735
Other	2,733	-	2,733
Total	<u>157,022</u>	<u>51,446</u>	<u>208,468</u>
NET INCOME/(EXPENDITURE)	38,468	(16,445)	22,023
RECONCILIATION OF FUNDS			
Total funds brought forward	117,307	17,396	134,703
TOTAL FUNDS CARRIED FORWARD	<u>155,775</u>	<u>951</u>	<u>156,726</u>

TAN Y MAEN LIMITED

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

7. TANGIBLE FIXED ASSETS

	Improvements to property £	Office equipment £	Computer equipment £	Totals £
COST				
At 1 April 2022	31,732	15,429	6,694	53,855
Additions	-	-	1,186	1,186
At 31 March 2023	31,732	15,429	7,880	55,041
DEPRECIATION				
At 1 April 2022	31,732	15,248	5,960	52,940
Charge for year	-	46	722	768
At 31 March 2023	31,732	15,294	6,682	53,708
NET BOOK VALUE				
At 31 March 2023	-	135	1,198	1,333
At 31 March 2022	-	181	734	915

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Prepayments	945	1,848

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Accruals and deferred income	12,599	11,283

10. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	155,775	(592)	(24,049)	131,134
Restricted funds				
App Based Support Project	951	(25,000)	24,049	-
TOTAL FUNDS	156,726	(25,592)	-	131,134

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

10. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	213,425	(214,017)	(592)
Restricted funds			
App Based Support Project	-	(25,000)	(25,000)
TOTAL FUNDS	<u>213,425</u>	<u>(239,017)</u>	<u>(25,592)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	117,307	38,468	155,775
Restricted funds			
App Based Support Project	17,396	(16,445)	951
TOTAL FUNDS	<u>134,703</u>	<u>22,023</u>	<u>156,726</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	195,490	(157,022)	38,468
Restricted funds			
App Based Support Project	35,001	(51,446)	(16,445)
TOTAL FUNDS	<u>230,491</u>	<u>(208,468)</u>	<u>22,023</u>

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

10. 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 £
Unrestricted funds				
General fund	117,307	37,876	(24,049)	131,134
Restricted funds				
App Based Support Project	17,396	(41,445)	24,049	-
TOTAL FUNDS	<u>134,703</u>	<u>(3,569)</u>	<u>-</u>	<u>131,134</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 £
Unrestricted funds			
General fund	408,915	(371,039)	37,876
Restricted funds			
App Based Support Project	35,001	(76,446)	(41,445)
TOTAL FUNDS	<u>443,916</u>	<u>(447,485)</u>	<u>(3,569)</u>

11. RELATED PARTY DISCLOSURES

Due to the nature of the charity's operations and the composition of the board of trustees it is inevitable that transactions will take place with organisations in which a member may have an interest.

The company Prime Response in Mental Health Emergency CIC ("Prime") is defined as a related party due to significant influence or control being held over this company by the wife of Tan y Maen Senior Management Team member Phil Griffiths. Prime provided mental health mentoring and support services at a cost of £90,680 (2022: £73,661) during the accounting period. These costs are included in expenditure on mental health services in the financial statements.

TAN Y MAEN LIMITED**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1	1,102
Investment income		
Deposit account interest	523	13
Charitable activities		
BCUHB	26,899	87,158
Gwynedd Council	5,373	10,746
Parabl	31,989	44,266
BCUHB - Tywyn Wellbeing	26,431	5,965
BCUHB - Dolgellau Wellbeing	26,311	4,880
BCUHB - Mentora	33,877	12,446
App Based Support	-	35,000
BCUHB - Tan Y Maen Centre & Blaenau		
Ffestiniog Wellbeing	57,931	25,000
ADRA	3,500	-
	212,311	225,461
Other income		
Other income	590	3,915
Total incoming resources	213,425	230,491
EXPENDITURE		
Charitable activities		
Wages	69,248	67,911
Social security	4,329	2,187
Pensions	3,482	3,418
Insurance & licences	1,448	1,757
Travelling & subsistence	3,350	6,289
Developments & events	1,240	981
Training	27	1,080
Resources/Publishing/Sundries	1,181	620
Repairs and renewals	1,556	448
Volunteer expenses	208	645
Publicity	-	250
Legal and professional fees	2,898	2,012
Project delivery costs	98,013	82,185
	186,980	169,783

This page does not form part of the statutory financial statements

TAN Y MAEN LIMITED

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

	2023 £	2022 £
Support costs		
Management		
Lease rentals & room hire	8,599	8,126
Light, heat, cleaning, w rates	13,488	2,806
Telephone	4,138	2,772
Postage, stationery & IT costs	4,313	2,421
Depn of plant & equipment	45	85
Depn - computer equipment	723	593
Bank charges	143	11
	<u>31,449</u>	<u>16,814</u>
 Finance		
Fines and penalties	-	2,122
Other interest payable	709	370
	<u>709</u>	<u>2,492</u>
 Governance costs		
Trustees' salaries	17,629	17,175
Accountancy	2,250	2,204
	<u>19,879</u>	<u>19,379</u>
 Total resources expended	<u>239,017</u>	<u>208,468</u>
 Net (expenditure)/income	<u>(25,592)</u>	<u>22,023</u>

This page does not form part of the statutory financial statements