

ADVANCE BRIGHTER FUTURES

England & Wales · Charity number 1089638

Details

Other names	ADVANCE BRIGHTER FUTURES WREXHAM
Status	Registered
Legal form	Charitable company
Company number	04052135
Registered	2001-12-04
Register	View on the Charity Commission register

Contact

Address	3 Belmont Road Wrexham LL13 7PW
Phone	01978364777
Email	info@abfwxm.co.uk
Website	www.advancebrighterfutures.co.uk

Activities

Objects: TO RELIEVE PERSONS RESIDENT IN THE COUNTY BOROUGH OF WREXHAM SUFFERING FROM THE EFFECTS OF MENTAL ILLNESS AND/OR HAVING MENTAL HEALTH PROBLEMS AND TO ENABLE SUCH PERSONS TO OBTAIN THEIR FULL RIGHTS AND PRIVILEGES AS CITIZENS, BY SUPPORTING AND PROMOTING EMOTIONAL AND PHYSICAL WELLBEING

Activities: We support people experiencing mental, physical & emotional wellbeing problems to understand recovery and move forward with their ambitions. We achieve this by providing a range of support services including lifestyle coaching, group activities, and a range of talking therapies. We provide practical mental wellbeing support through mentoring, courses, volunteering opportunities and support groups.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** COUNTY BOROUGH OF WREXHAM
- Flintshire
- Wrexham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£388,130	£403,117	-	-
2024-03-31	£366,498	£339,849	-	-
2023-03-31	£308,713	£324,481	-	-
2022-03-31	£499,358	£479,938	-	-
2021-03-31	£341,517	£245,904	-	-

Trustees

Name	Role	Appointed
Jane Francis		2018-08-10
Justine Mason		2018-07-19
Marc Jones		2020-11-24
ROSEMARIE WILLIAMS		
Robert John Cox		2016-11-03

Accounts



ANNUAL REPORT & FINANCIAL STATEMENTS 2024/25

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🏠 www.advancebrighterfutures.co.uk

ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2025

This year has been another year of changes and challenges. Following the introduction of a second Operations Officer and restructuring, we were in a better position to support our increasing project work. This restructuring, together with other factors, saw members of staff assume new, unfamiliar duties. Challenges appeared in the form of reduced funding sources, a drop in referrals, ever increasing costs, coupled with a substantial increase in taxes. Uncertain times which warranted a great deal of the Trustees' time and consideration.

The Trustees and I are extremely grateful to those members of staff who accepted change and took on new roles and responsibilities. Zoe in particular who undertook a massive increase in workload as Chief Officer while at the same time covering other posts. We would also like to thank all those who quietly, volunteered their help by taking decisions, accepting a bit more responsibility and supporting colleagues in their new roles.

Each year, I normally highlight a team or a project which has excelled during the year. This year, it's hard to select a team or project that has stood out; every individual member of staff, every volunteer, every project area, as well as the Trustees have all excelled. That said, I must mention Kate and her funding team who have done a magnificent job working hard to secure funds in a constantly shrinking and very competitive environment. Everybody has dealt with the challenges encountered in their own professional manner, while the adoption of a positive "can do" approach appeared widespread. Thank you, teamwork at its very best.

Operationally, the hard work, determination and professional standards of both staff and volunteers has extended and enhanced ABF's reputation within the community. We launched the "Friends of ABF" initiative which supplements our members' services, launched a new volunteer service, designed to support and increase the number of volunteers and developed another aspect of the PRAMS programme, focused on supporting the whole family. All are excellent examples of where ABF's innovation can make a difference to people's lives and create opportunities.

Being selected to be the lead charity for the Wrexham stage of the "Batton of Hope" UK tour was a tremendous accolade for the charity. The project is now benefiting from Zoe's managerial skill, drive and enthusiasm, which I have no doubt, will ensure the project is a massive success. Another example of ABF's involvement is making a positive difference.

The Board will continue to take strategic decisions aimed at growing and strengthening the charity so it can continue the vital work of addressing mental health concerns within our community. The Trustees are aware that the charities greatest asset is you, the staff and without you, this service could not be provided. The Board is committed to ensuring you are rewarded for the outstanding work you undertake. The Board continues to monitor the situation determined to identify an opportunity in the coming months when that can be achieved.

The coming year may well prove to be a difficult time, not only for ABF but for many charities. Together, we need to look at ways of increasing our income while reducing our costs; that said we are fortunate to have an outstanding team supported by committed volunteers so I am confident that together, we make the most of the opportunities that appear and make 2026 another successful year.

On a happier note, in December Lorrissa, Craig and Samuel welcomed Toby into the world and in April, Hannah and Ash welcomed baby Lily Grace. On behalf of the Trustees, staff and volunteers I would like to convey our congratulations to all and our best wishes for the future.

I am grateful to you all for the support I have received over the past year and look forward to working with Trustees, staff and volunteers to ensure the coming year, is an outstanding year.

Best wishes,

A handwritten signature in black ink, appearing to be 'Rick Bedson', written in a cursive style.

Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Report of the Trustees for the year ended 31st March 2025

The trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2025.

Reference and administration information

Registered charity no.:	1089638 (England & Wales)
Registered company no.:	04052135
Principal office:	3 Belmont Road, Wrexham LL13 7PW
Company Secretary:	Lorrisa Roberts
Independent Examiner:	Iona Edwards Chartered Accountant, 19, Denbigh Street, Llanrwst, Conwy LL26 0LL
Bankers:	Nat West, Wrexham Branch, 33 Lord Street Wrexham LL13 1LS Lloyds, Wrexham Branch, 28 Regent St, Wrexham LL11 1SE Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne NE3 4PL Aldermore Bank PLC, Apex Plaza, Forbury Road, Reading RG1 1AX

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report, are collectively referred to as the trustees.

The trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally*)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Robert Cox	Director /Trustee	2016	
Ms Justine Mason	Director /Trustee	2018	
Mrs Jane Francis	Director /Trustee	2018	
Mr Richard Bedson	Director /Trustee Chair	2020	
Mr Marc Jones	Director /Trustee	2020	
Mr James Hayward	Director /Trustee	2021	
Ms Molly Wheelan	Director/Trustee	2022	
Mrs Cath Taylor	Director/Trustee	2023	2025

*The dates used are the original year a trustee was appointed with no break in service, trustees would have been re-elected at the AGM they were due to retire.

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014, 2022, and 2023. The name of the company was changed in 2014 omitting the word 'Wrexham' to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New trustees are briefed on their legal obligations, good governance, the committee and decision-making processes, and the financial performance of the charity. All Trustees are provided with the essential Trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and update other Trustees. Any Trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a Trustee.

Organisation:

At the date of signing this report, the Board had 8 trustees. The Board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 14 years and oversees the day-to-day operations of the charity with the support of 6 full-time, 11 part-time staff. At the close of the year, there were 17 active volunteers supporting the activities of the Charity.

Objectives and activities

To relieve persons resident in the county borough of Wrexham suffering from the effects of mental illness and/or having mental health problems and to enable such persons to obtain their full rights and privileges as citizens, by supporting and promoting emotional and physical wellbeing.

The charity has refined its services over the years to methods proven to work:

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer were recruited, marking a significant increase in resource for the charity.
- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home, with more project staff being recruited.
- All services resumed in an adapted way, or new services developed to respond to need. Key examples include our telephone check-ins and 'Help And Listening Online' (HALO) service being launched.
- New family support services introduced such as Pre-birth Specialist Therapy, Relationship Counselling, Young Person's Wellbeing Coaching, Family Group (Support) Meetings, and our Parental Resilience And Mutual Support (PRAMS) project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the Legacy Fund.

2021

- The charity was awarded the Community Facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.
- We successfully ran a Lifestyle Coaching pilot specifically for young people aged 16-25, called Wellbeing Coaching. This pilot, which offered 6 x 1-hour one-to-one sessions, focused on empowering the young person, helping them to look to the future, and set personal goals around what matters most to them. Feedback from this pilot was positive, with one person we supported taking steps to starting university, after suffering with anxiety.

- With the support of our local authority, we have been able to run a series of pilots to support our PRAMS provision in Wrexham. This has included Couples Counselling and Family Group Support Meetings, which offered additional mediation support to families in need.

2022

- The charity's 30th anniversary was commemorated with an event held at the newly renovated ABF building, where past and present employees, partners, people we support, and members of the community joined us in celebrating this huge milestone. Speeches from our Chair of Trustees and Founding Member were held, along with a special performance from a young parent we have supported on our PRAMS Project.
- We were commissioned to design and deliver bespoke trauma-informed mental health training to the team of frontline staff at DASU North Wales, which included complex trauma training and the rights and responsibilities within the mental health service.
- Our PRAMS project, which supports parents and families through the challenges of early parenthood, is being widely recognised by Public Health Wales, Betsi Cadwalader University Health Board and neighbouring counties. PRAMS continues to be our flagship project within Wrexham and, following our successful pilot of PRAMS in Flintshire, funding was confirmed for another year for the county.
- We developed new working partnerships, strengthening and expanding on our services, including working in partnerships with Wrexham Citizens Advice Bureau and South Denbighshire Community Partnership on our Lifestyle Coaching project.

2023

- We have been key partners for the development phase in the 'Mind Our Future' consortia, where funding has been awarded to develop and provide mental health support for young people aged 11 – 25 across Wrexham.
- Over the summer, we developed and delivered confidence building workshops for participants of DASU's services.
- The charity won Best Mental Health Support Service at the Mental Health & Wellbeing Wales Awards, hosted by The Ajuda Foundation. Alongside this, we also won two bronze awards in the categories of Inspirational Charitable Organisation and Best Wellbeing Service.
- During Welsh Charities Week 2023, we were visited by Dr Helen Stephenson CBE, the Chief Executive of the Charity Commission.

2024

- We took over the Self-advocacy Skills groups contract for Flintshire alongside the new development for Wrexham provision. Exciting co-production workshops were held to shape the future of the project and, importantly, inform the name of the project.
- We made a bold transition to a new Customer Relationship Management (CRM) system that we have ambitions to grow alongside the charity, providing quality data for recognising our progress and driving improvements to our services.
- Another member of the team officially became an Adult Mental Health First Aid (MHFA) facilitator.

2025

- The charities well established lifestyle coaching work was resecured by the funding team, and we look forward to developing the service further.
- We launched a new volunteering system making it easier for volunteers to find out what opportunities we have and to apply.
- A series of reviews and consultations were launched to enable an update to our business plan later this year.

Achievements and performance

As we learn to live and work in a post-pandemic world, the cost of living has been yet another crisis our community has faced. In addition to this, our local NHS community mental health team are experiencing a crisis, with oversubscribed and ever-increasing waiting lists, and a health board who are in special measures. All of which has resulted in a further increase in referrals, and specifically referrals for those who are experiencing more severe mental health difficulties.

At ABF, we work hard to ensure that our services meet the current and future needs of our community. We do this by using our local knowledge, regular consultation and communication with people we support, and working closely with our partners and local organisations.

Our Year in Numbers

- 550 new referrals
- 76 people helped through our PRAMS groups (chat and play/walk and talk)
- 51 people helped through our PRAMS talking therapy
- 57 helped through BYW 1-2-1 support
- 138 Self-Advocacy Skills Workshops Delivered
- 96 people trained to be Mental Health First Aiders
- 61 people trained to be Suicide Alert Helpers through safeTALK
- 6 people trained in Mental Health Awareness

- 91% (30/33) of people completing at least 2 Recovery Star (on BYW 1-2-1) saw positive progress
- 86% (36/42) of people completing at least 2 PHQ9 (on PRAMS TT) saw positive progress
- 87% (52/60) of people completing at least 2 GAD7 (on PRAMS TT) saw positive progress
- ABF gives people hope. We empower people to take control of their lives by providing them with support to make lasting and meaningful change. All our projects have a common outcome: to improve the mental health and wellbeing of those accessing our services.

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The impact of our work is evidenced through both case studies and widely recognised outcome measures, which highlight the difference our services make to the lives of those we support.

However, it is the personal stories of the people accessing our services that really highlight and measure the true impact of our work.



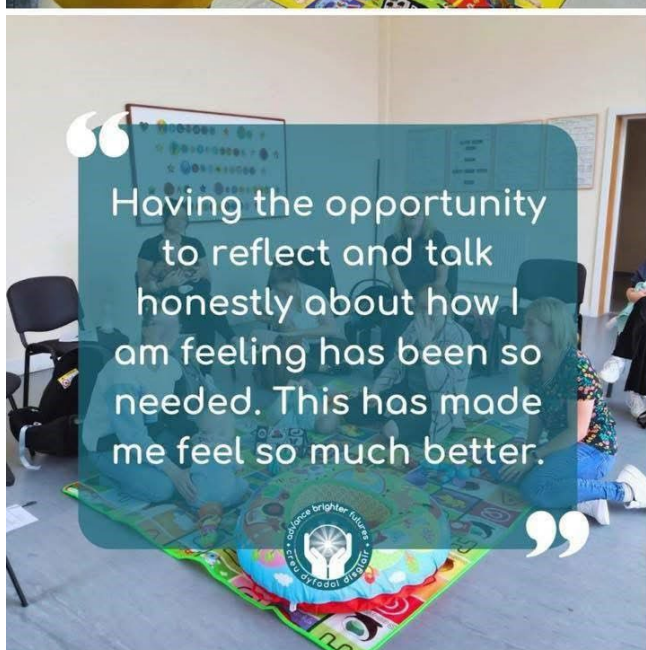
“
I honestly don't know where I would of been if I hadn't had someone to talk to at this point in my life. It's the first time I've been able to be honest and share my feelings - which is the best feeling ever.
”



“
Best baby group ever. I feel a better person, a better mum, and I've made lots of new mum friends. I LOVE this group.
”



“
I've looked forward to coming back all week, I've absolutely loved it. Its just so welcoming and I feel great after them.
”



“
Having the opportunity to reflect and talk honestly about how I am feeling has been so needed. This has made me feel so much better.
”



“
This has been the best group I've ever attended. It's so good to be able to focus on my wellbeing and not just all be about my baby.
”



Our other achievements included:

- ABF became the lead charity partner in delivering the Baton of Hope Wrexham tour for 2025.
- We expanded our team recruiting a second Operations Officer enabling us to give more time to reviewing and developing our projects.
- Launch of Friends of ABF, an opportunity for supporter to become more involved in all things Advance Brighter Futures.
- The charities well established lifestyle coaching work was resecured by the funding team, and we look forward to developing the service further.
- We launched a new volunteering system making it easier for volunteers to find out what opportunities we have and to apply.
- A series of reviews and consultations were launched to enable an update to our business plan later this year.

Financial Review

The charity's total gross income was £388,130 (previous year £366,498).

The principal funding sources for ABF in the year were:

Grant Providers

- Betsi Cadwaladr University Health Board
- The Garfield Weston Foundation
- The Postcode Trust
- The Steve Morgan Foundation
- The Tudor Trust
- Gwendoline and Margaret Davies Charity

Contract Providers

- Betsi Cadwaladr University Health Board
- Flintshire County Borough Council Community Services
- Flintshire County Borough Council Families First Programme
- Wrexham County Borough Council Adult Social Services
- Wrexham County Borough Council Families First Programme

The charity raised a substantial amount through fundraising endeavours in total £7,592 (previous year £8,038). Room and Office hire income increased to £25,923 (previous year £18,329). The charity raised £13,158 through delivering training and courses (previous year £9,959).

Total charitable gross expenditure was £403,153 (previous year £339,849), with net expenditure being £401,390 (previous year £338,086).

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The Trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. At 31/03/2024, approximately 5.3 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2026 are:

- Review our BYW activities groups to explore if we can create more opportunities to link to and join with existing community provision.
- Develop a strategy for how ABF can contribute more to a suicide safer community including a business case for increasing awareness and support locally.
- Revise guidance around suitability for the BYW Coaching service and explore how we can work with referrers closely to target those who will benefit most from the sessions.

Recognition/thanks to staff, volunteers, funders and donors

The Trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success would truly not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity:

Asda Foundation, Tesco Bags of Help (through Groudwork), Wrexham and Flintshire Local Voluntary Council (AVOW & FLVC), Abenbury Community Council, Caia Community Council, Lawray Ltd, The Authors and contributors to Seen Too, Wrexham Pantomime Company, Wrexham AFC, Wingetts Ltd, Coop Local Causes, MSC Technology, North Wales Police And Community Trust, The Royal Antediluvian Order of Buffaloes, Glyn Wylfa (Caffi Wylfa), Aqueduct Support Group, Pontsycyllte Chapel Tea Rooms, Baton of Hope UK, Let's Sing Bee Happy Community Singing Group, Bangor on Dee Racecourse, Wockhardt UK, DASU, Amser i Siarad, Maximus, Kaleidoscope Dechrau Nweydd, Amser i Siarad

We would also like to say a huge thank you to our partners Citizens Advice Bureau Wrexham Branch and all within the Parabl Talking Therapies Partnership and all those that have donated to ABF, supported a fundraiser on our behalf, hosted a collection box, or held an event to raise much needed funds.

The Trustees wish to thank Mrs Iona Edwards, the Independent Examiner, and Mr. Annesley Wright, who has served as an advisor and treasurer to the Board and Mrs Cath Taylor who served as a Trustee during the year but has now retired. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The Trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The Trustees' plans for the foreseeable future continue to be entirely for public benefit, increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the Trustees, and no personal financial benefit has been derived by the Trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (FRS 102). Approved by the Board of Trustees on 4th June 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'Rick Bedson', written over a horizontal line.

Rick Bedson
Director / Chair of the Board

Financial statements and reports

Statement of Activity

April 1, 2024-March 31, 2025

DISTRIBUTION ACCOUNT	TOTAL
Income	
Discounts given	-1,546.34
Donations and Legacies	0
Collection Boxes	876.31
Community Councils	550.00
Corporate Donations	1,255.86
Friends of ABF	175.95
Friends of ABF Donations	19.90
Fundraising (by ABF)	494.59
Fundraising (in aid of ABF)	1,493.86
Membership	21.85
Private Donations	2,472.55
Total for Donations and Legacies	£7,360.87
Gift Aid	252.96
Grant	336,239.59
Office Hire	16,973.00
Own Courses Income	0
AMHFA Wales	5,190.00
eAMHFA Wales	3,510.00
eAMHFA Wales Refresher	855.00
Mental Health Awareness	650.00
safeTALK	2,952.51
Total for Own Courses Income	£13,157.51
Payroll Services	240.00
Room Hire	10,496.07
Sales of Product Income	
Total for Income	£383,173.66
Cost of Sales	
Gross Profit	£383,173.66
Expenses	
Bad Debt	83.36
Bank charges	205.00
Cleaning Expense	219.86
Computer Costs	1,883.00
CRM	12,168.59
DBS Checks	626.00
HR	2,367.49
Insurances	2,763.00
Office Costs	46.80
Payroll Expenditures	349,670.48
Phone & Broadband Costs	2,244.64
Printing, Postage and Stationery	815.69

Financial statements and reports

Statement of Activity

April 1, 2024-March 31, 2025

DISTRIBUTION ACCOUNT	TOTAL
Project Expense	0
Advocacy	2,807.35
BYW	923.80
Own Courses	4,068.05
Parabl	1,746.21
PRAMS	7,305.74
Total for Project Expense	£16,851.15
Recruitment	215.99
Repairs	4,020.45
Subscriptions	20.00
Sundries	101.68
Training	1,464.76
Travel Expenses	204.00
Utilities	3,181.72
Venue Hire	
Web/IT Support Costs	2,236.62
Total for Expenses	£401,390.28
Net Operating Income	-£18,216.62
Other Income	
Interest Recieved	4,956.67
Total for Other Income	£4,956.67
Other Expenses	
Annual Depreciation	1,762.90
Reconciliation Discrepancies	
Total for Other Expenses	£1,762.90
Net Other Income	£3,193.77
Net Income	-£15,022.85

Financial statements and reports

Statement of Financial Position

April 1, 2024-March 31, 2025

DISTRIBUTION ACCOUNT	TOTAL
Called up share capital not paid	
Fixed Asset	
Tangible assets	
Fixtures and Fittings Cost	8,814.38
Fixtures and Fittings Depreciation	-7,192.38
Office Equipment Cost	655.00
Office Equipment Depreciation	-655.00
Total for Tangible assets	£1,622.00
Non-current Assets	
Total for Fixed Asset	£1,622.00
Cash at bank and in hand	
Aldermore	85,000.00
Equals Money	424.86
Lloyds 32 Day Savings	43,581.73
Lloyds Current Account	7,248.92
Lloyds Instant Access	53,580.92
Savings NatWest Current	9,396.48
Virgin Savings	86,574.45
Total for Cash at bank and in hand	£285,807.36
Debtors	
Debtors	234.90
Total for Debtors	£234.90
Current Assets	
NET CURRENT ASSETS	£286,042.26
Prepayments and accrued income	
Creditors: amounts falling due within one year	
Trade	
Credit Cards	
Current Liabilities	
Accruals	31,881.30
Deferred Income	61,873.00
Total for Current Liabilities	£93,754.30
Total for Creditors: amounts falling due within one year	£93,754.30
NET CURRENT ASSETS (LIABILITIES)	£192,287.96
TOTAL ASSETS LESS CURRENT LIABILITIES	£193,909.96
Creditors: amounts falling due after more than one year	
Provision for liabilities and charges	
Accruals and deferred income	
TOTAL NET ASSETS (LIABILITIES)	£193,909.96
Capital and Reserves	
Called up share capital	
Retained Earnings	-0.00
Net Income	-15,022.85
Opening Balance Equity	208,932.81
Total for Capital and Reserves	£193,909.96

Financial statements and reports

Statement of Cash Flows

April 1, 2024-March 31, 2025

	TOTAL
OPERATING ACTIVITIES	
Net Income	-15,022.85
Adjustments to reconcile Net Income to Net Cash provided by operations:	
Debtors	12,415.24
Fixtures and Fittings	1,762.90
Depreciation Accruals	-6,696.07
Deferred Income	-4,552.07
Total Adjustments to reconcile Net Income to Net Cash provided by operations:	2,930.00
Net cash provided by operating activities	£ -12,092.85
FINANCING ACTIVITIES	
Opening Balance Equity	26,649.42
Retained Earnings	-26,649.42
Net cash provided by financing activities	£0.00
NET CASH INCREASE FOR PERIOD	£ -12,092.85
Cash at beginning of period	297,900.21
CASH AT END OF PERIOD	£285,807.36

Notes to the Financial Statements

1. Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting Convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under the Companies Act 2006, therefore exempt from external audit in accordance with section 477 of the Companies Act 2006.

1.2 Going Concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, Trustees continue to adopt the going concerns basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the charity are:

Operational Reserves - These are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees. The charity's policy is to maintain a minimum of 3 months' expenditure reserve, with the preferred amount being 6 months. The unrestricted operational reserve of £176,413 is the monetary figure that could cover unexpected expenditure during a 5.3 month funding gap.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects. The current monetary value of the Designated Funds is £17,497. The Trustees have agreed to designate £7,497 to Building Costs and £10,000 to Governance Review for the financial year 01/04/2025 - 31/03/2026.

Specific Restricted Funds - These are funds that can be used for specific restricted purposes within the objectives of the Charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds.

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure included VAT which is not recoverable.

1.6 Fixed Assets

Fixed Assets are initially measured as cost less any depreciation and any specific capital grants.

Depreciation Rates –

Furniture and Equipment 20% on a straight-line basis

Computer Equipment 33% on a straight-line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme, and the pension charge represents the employer's contribution to that defined pension scheme (NEST).

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered for the recovery of Value Added Tax.

2. Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year.

3. Independent Examiners Report

There are no fees payable or paid to the Independent Examiner for their examination

4. Employees

The average number of employees during the year was 17

Part time - 11

Full time - 6

Employment Costs	31/03/2025	31/03/2024
Wages and Salaries	299,836	251,355
Employers National Insurance	21,978	17,800
Employers Pension Contribution	27,856	22,383
	349,670	291,538

The number of employees whose annual remuneration was £60,000 or more were none.

5. Fixed Assets shown at historical cost

	Land & Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	304,635.23	8814.38	655.00	162308.49
Additions	0.00	0.00	0.00	151796.12
Disposals	0.00	0.00	0.00	0.00
At 31/03/2025	304,635.23	8814.38	655.00	314104.61
Depreciation %		20%	33%	
At 31/03/2024		5429.48	655.00	6084.48
Disposals		0.00	0.00	
Charge for the year		1762.90	0.00	1762.90
Accumulated at 31/03/2025		7192.38	655.00	7847.38
Net Book Value				
At 31/03/2025	0.00	1622.00	0.00	1622.00

The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value.

6. Debtors

Amounts receivable within one year -

	2025	2024
Trade Debtors	235	12,650

7. Bank Accounts

	31/03/2025	31/03/2024
Natwest	9,396	37,572
Lloyds	104,412	89,408
Virgin Money	86,574	85,780
Aldermore	85,000	85,000
Equals Money	425	141
Cash	0	0

8. Current Liabilities

	2025	2024
Accruals	-31,881	-38,577
Deferred Income	-61,873	-66,425
Current Liabilities	-93,754	-105,002

Accruals

Liabilities paid in April 2025 relating to 2024-2025 expenditure

Creditors

Relating to deferred income

9. Charitable Funds

<u>Unrestricted Funds -</u>	2025	2024
Designated Funds - Staffing	0	12,003
Designated Funds - CRM	0	8,265
Designated Funds - Building	7,497	3,665
Designated Funds – Governance Review	10,000	0
Operational reserves	176,413	185,000
Specific Restricted Funds	0	0
TOTAL Funds	193,910	208,933

10. Income

	2025	2024
Income	388,130	366,498

11. Expenditure

	2025	2024
Payroll Costs	349,670	291,538
Governance / Operational Costs	43,963	34,570
Premises Costs	7,469	11,978
Depreciation	1,763	1,763
Other	288	0
Total Charity Expenditure	403,153	339,849

12. Difference between income and expenditure

	2025	2024
Net Income	388,130	366,498
Charity Expenditure	403,153	339,849
Surplus/Deficit	-15,023	26,649

13. Charitable Activities

The following are contracted services provided by the charity

	2025	2024
Wrexham County Borough Council – Adult Social Services	30,975	29,500
Wrexham County Borough Council – Families First	49,464	49,464
Flintshire County Council – Adult Social Care	60,000	15,000
Flintshire County Council – Families First	21,826	21,826
Betsi Cadwalader University Health Board - Parabl	14,949	14,714
TOTAL	177,224	159,016

14. Treasurers report for year ended 31/03/2025

These accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act regulations and recommendations. The notes 1-12 above reflect the accounting policies and procedures applied by Advance Brighter Futures.

15. Directors' Report

The Directors acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with the Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the Board on 04/06/2025 and signed on their behalf by



Rick Bedson
Director / Chair of the Board

Independent Examiner's Report to the Trustees of Advance Brighter Futures

Basis of Independent Examiner's Report

Your attention is to drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice, applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

(i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity;

and

(ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements for the period 01/04/24 to 31/03/25.

Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2025.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2025.

Signature.....  Date 23/04/25

Iona Edwards, Chartered Accountant, 19 Denbigh Street, Llanrwst, LL26 0LL

Accounts



ANNUAL REPORT & FINANCIAL STATEMENTS 2023/2024

📍 3 Belmont Road | Wrexham LL13 7PW
☎ 01978 364777 📧 info@abfwxm.co.uk
📘 /advancebrighterfutures 📺 @ABFWXM
🏠 www.advancebrighterfutures.co.uk

ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2024

This past year has seen Advance Brighter Futures (ABF) expand into new areas of operation, support more people in need, consolidate and improve our financial position, enhance ABF's reputation, and make a number of important strategic decisions which will support ABF's ambition to continue growing. In light of the cost-of-living crisis and the limited mental health support available from the area health board, our ambition to expand will be a positive contribution to the wellbeing of our community.

ABF was selected to provide self-advocacy training for those living in the counties of Wrexham and Flintshire, an exciting new area of operation which will, in time, provide a range of opportunities. In keeping with our ethos. The advocacy training allows ABF to help more people develop the skills, knowledge, and confidence to help themselves. Those assisted via this programme will be in addition to the 20% increase in referrals already achieved this year. The Trustees acknowledge the increased demand for support will be challenging but, with your commitment, professional skill and teamwork, the Board is confident that ABF will be able to manage the situation successfully.

In order to secure that success and allow ABF to expand further, a number of measures have been implemented that should make a difference. These include the introduction of "QuickBooks", a new, streamline financial management system and the bidding farewell to "Makerble" and the welcoming in a of new, efficient Customer Relations Management (CRM) system. The difficult decision to withdraw from the "Mind Our Futures" project was also taken. That allows all our efforts to be focused upon meeting ABF's needs and aspirations. In recognising the need to increase ABF's capacity in a sustainable manner, a staff restructuring plan was developed which involved the appointment of a second Operations Officer. We welcome and look forward to working with Siân in the future.

During the year, there was much to celebrate; ABF was recognised as the Best Mental Health Support Service in Wales, as well as securing two bronze awards; Inspirational Charitable Organisation and Best Wellbeing Service. We were also successful in the Wrexham Business & Community Awards and the Wrexham Recognition Awards. Fundraising activities, all of which are vitally important, were another huge success. All this success was a fantastic achievement; on behalf of the Trustees, I would like to thank and congratulate staff and volunteers alike. Such success raises the profile of the charity and enhances our reputation.

The Trustees welcome the opportunity to support staff who undertake personal development and are therefore delighted to congratulate Gareth on graduating with a MSc in Psychology. We would also like to congratulate other staff who obtained a variety of professional qualifications throughout the year. A tremendous achievement, well done to you all.

The Board will continue to monitor the charity's operations and financial position and take the decisions required to ensure ABF can continue to promote and support good mental health and wellbeing. The Board is extremely grateful for all the hard work that staff and volunteers contribute towards ensuring ABF's continuing success.

I very much appreciate all for the support received from everybody over the past year, and I look forward to working with Trustees, staff and volunteers to ensure 2025 is another outstanding year.

Best wishes,

A handwritten signature in black ink, appearing to be 'Rick Bedson', written in a cursive style.

Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Report of the Trustees for the year ended 31st March 2024

The trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2024.

Reference and administration information

Registered charity no.: 1089638 (England & Wales)
Registered company no.: 04052135
Principal office: 3 Belmont Road, Wrexham LL13 7PW

Company Secretary: Lorrisa Roberts

Independent Examiner: Iona Edwards Chartered Accountant, 19, Denbigh Street, Llanrwst, Conwy LL26 0LL

Bankers: Nat West, Wrexham Branch, 33 Lord Street Wrexham LL13 1LS
 Lloyds, Wrexham Branch, 28 Regent St, Wrexham LL11 1SE
 Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne NE3 4PL
 Aldermore Bank PLC, Apex Plaza, Forbury Road, Reading RG1 1AX

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report, are collectively referred to as the Trustees.

The trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally*)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Robert Cox	Director /Trustee	2016	
Ms Justine Mason	Director /Trustee	2018	
Mrs Jane Francis	Director /Trustee	2018	
Mr Richard Bedson	Director /Trustee Chair	2020	
Mr Marc Jones	Director /Trustee	2020	
Mr James Hayward	Director /Trustee	2021	
Ms Molly Wheelan	Director/Trustee	2022	
Mrs Cath Taylor	Director/Trustee	2023	

*The dates used are the original year a trustee was appointed with no break in service

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014, 2022, and 2023. The name of the company was changed in 2014 omitting the word 'Wrexham' to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New trustees are briefed on their legal obligations, good governance, the committee and decision-making processes, and the financial performance of the charity. All Trustees are provided with the essential Trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and update other Trustees. Any Trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a Trustee.

Organisation:

At the date of signing this report, the Board had 9 Trustees. The Board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 13 years and oversees the day-to-day operations of the charity with the support of 5 full-time, 10 part-time staff and 2 casual staff members at the year end. At the close of the year, there were 6 active volunteers supporting the activities of the charity.

Objectives and activities

The objectives of ABF are the promotion of good mental and physical health, primarily (but not exclusively) within the County Borough of Wrexham and the surrounding areas, by the provision of support to people experiencing poor physical, mental or emotional wellbeing.

The charity has refined its services over the years to methods proven to work:

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer were recruited, marking a significant increase in resource for the charity.
- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home, with more project staff being recruited.
- All services resumed in an adapted way, or new services developed to respond to need. Key examples include our telephone check-ins and 'Help And Listening Online' (HALO) service being launched.
- New family support services introduced such as Pre-birth Specialist Therapy, Relationship Counselling, Young Person's Wellbeing Coaching, Family Group (Support) Meetings, and our Parental Resilience And Mutual Support (PRAMS) project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the Legacy Fund.

2021

- The charity was awarded the Community Facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.
- We successfully ran a Lifestyle Coaching pilot specifically for young people aged 16-25, called Wellbeing Coaching. This pilot, which offered 6 x 1-hour one-to-one sessions, focused on empowering the young person, helping them to look to the future, and set personal goals around what matters most to them. Feedback from this pilot was positive, with one person we supported taking steps to starting university, after suffering with anxiety.
- With the support of our local authority, we have been able to run a series of pilots to support our PRAMS provision in Wrexham. This has included Couples Counselling and

Family Group Support Meetings, which offered additional mediation support to families in need.

2022

- The charity's 30th anniversary was commemorated with an event held at the newly renovated ABF building, where past and present employees, partners, people we support, and members of the community joined us in celebrating this huge milestone. Speeches from our Chair of Trustees and Founding Member were held, along with a special performance from a young parent we have supported on our PRAMS Project.
- We were commissioned to design and deliver bespoke trauma-informed mental health training to the team of frontline staff at DASU North Wales, which included complex trauma training and the rights and responsibilities within the mental health service.
- Our PRAMS project, which supports parents and families through the challenges of early parenthood, is being widely recognised by Public Health Wales, Betsi Cadwalader University Health Board and neighbouring counties. PRAMS continues to be our flagship project within Wrexham and, following our successful pilot of PRAMS in Flintshire, funding was confirmed for another year for the county.
- We developed new working partnerships, strengthening and expanding on our services, including working in partnerships with Wrexham Citizens Advice Bureau and South Denbighshire Community Partnership on our Lifestyle Coaching project.

2023

- We have been key partners for the development phase in the 'Mind Our Future' consortia, where funding has been awarded to develop and provide mental health support for young people aged 11 – 25 across Wrexham.
- Over the summer, we developed and delivered confidence building workshops for participants of DASU's services.
- The charity won Best Mental Health Support Service at the Mental Health & Wellbeing Wales Awards, hosted by The Ajuda Foundation. Alongside this, we also won two bronze awards in the categories of Inspirational Charitable Organisation and Best Wellbeing Service.
- During Welsh Charities Week 2023, we were visited by Dr Helen Stephenson CBE, the Chief Executive of the Charity Commission.

2024

- We took over the Self-advocacy Skills groups contract for Flintshire alongside the new development for Wrexham provision. Exciting co-production workshops were held to shape the future of the project and, importantly, inform the name of the project.
- We made a bold transition to a new Customer Relationship Management (CRM) system that we have ambitions to grow alongside the charity, providing quality data for recognising our progress and driving improvements to our services.
- Another member of the team officially became an Adult Mental Health First Aid (MHFA) facilitator.

Achievements and performance

As we learn to live and work in a post-pandemic world, the cost of living has been yet another crisis our community has faced. In addition to this, our local NHS community mental health team are experiencing a crisis, with oversubscribed and ever-increasing waiting lists, and a health board who are in special measures. All of which has resulted in a further increase in referrals, and specifically referrals for those who are experiencing more severe mental health difficulties.

At ABF, we work hard to ensure that our services meet the current and future needs of our community. We do this by using our local knowledge, regular consultation and communication with people we support, and working closely with our partners and local organisations.

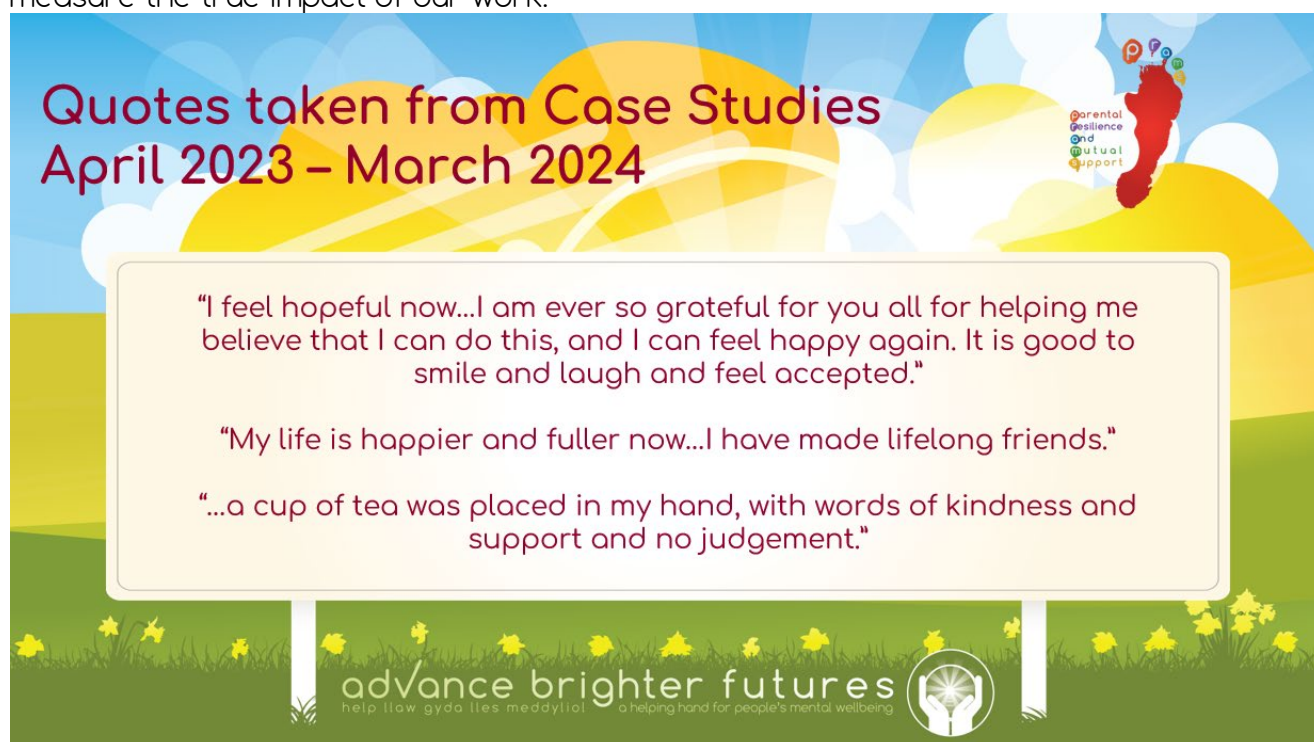
Our Year in Numbers

576 new referrals (20% increase on previous year)
 382 offered an initial conversation (26% increase on previous year)
 53 people helped through our PRAMS courses
 75 people helped through our PRAMS Talking Therapy
 58 helped through BYW 1-2-1 support
 30 people trained to be Mental Health First Aiders
 22 people trained to be Suicide Alert Helpers through safeTALK

ABF gives people hope. We empower people to take control of their lives by providing them with support to make lasting and meaningful change. All our projects have a common outcome: to improve the mental health and wellbeing of those accessing our services.

The impact of our work is evidenced through both case studies and widely recognised outcome measures, which highlight the difference our services make to the lives of those we support.

However, it is the personal stories of the people accessing our services that really highlight and measure the true impact of our work.



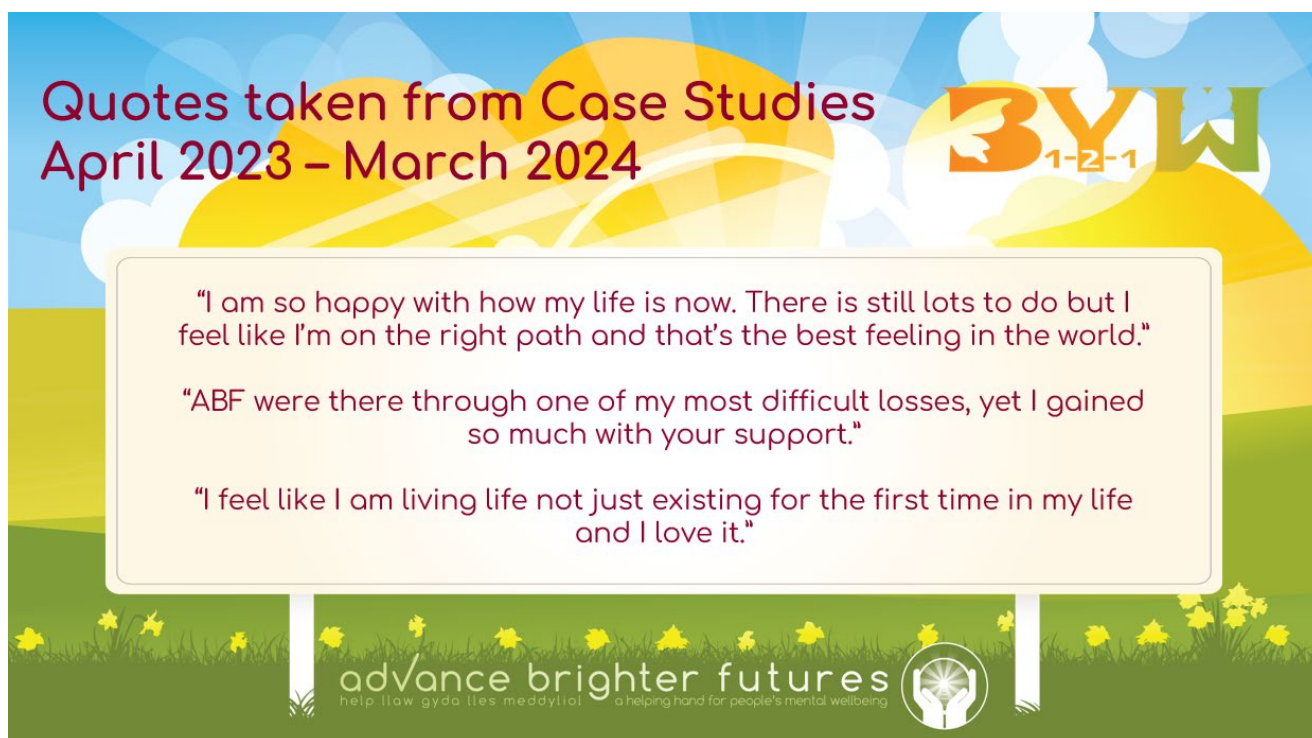
Quotes taken from Case Studies April 2023 – March 2024

"I feel hopeful now...I am ever so grateful for you all for helping me believe that I can do this, and I can feel happy again. It is good to smile and laugh and feel accepted."

"My life is happier and fuller now...I have made lifelong friends."

"...a cup of tea was placed in my hand, with words of kindness and support and no judgement."

advance brighter futures
 help llaw gyda lles meddyllol a helping hand for people's mental wellbeing



Other achievements throughout the year included:

- The bold transition to a new Customer Relationship Management (CRM) system that we have ambitions to grow alongside the charity, providing quality data for recognising our progress and driving improvements to our services.
- The charity won Best Mental Health Support Service at the Mental Health & Wellbeing Wales Awards hosted by The Ajuda Foundation. Alongside this, we also won two bronze awards in the categories of Inspirational Charitable Organisation and Best Wellbeing Service. We were also invited to the Wrexham Business and Community Awards for being shortlisted for Social Enterprise Award. Also, our Chair, Rick Bedson, won a monthly F Jones Initiative Wrexham Recognition Award for his outstanding contribution to the charity.
- Our team of volunteers attended a number of fundraising events, including a record-breaking bucket collection totalling £1,049 at Wrexham AFC. We were very lucky to have key supporters raise funds in aid of us which included running the Snowdonia Marathon and organising and running a family fun day in Tŷ Pawb.
- On a personal note, one member of the team – Gareth Bilton – graduated from Chester University with a MSc in Psychology.



Financial Review

The charity's total gross income was £366,498 (previous year £308,712).

The principal funding sources for ABF in the year were:

- Betsi Cadwaladr University Health Board
- Citizens Advice Bureau Wrexham Branch
- Flintshire County Borough Council Child Development Fund
- Flintshire County Borough Council Community Services
- Flintshire County Borough Council Families First Programme
- Lloyds Bank Foundation for England and Wales
- Postcode Community Trust
- The Garfield Weston Foundation
- The Moondance Foundation
- The Parabl Talking Therapies Partnership
- The Steve Morgan Foundation
- The Tudor Trust
- Wrexham County Borough Council Adult Social Services
- Wrexham County Borough Council Families First Programme

The charity raised a substantial amount through fundraising endeavours totalling £8,038 (previous year £8,276). Room and Office hire income increased to £18,329 (previous year £4,306). The charity raised £9,959 through delivering training and courses.

Total charitable gross expenditure was £339,849 (previous year £324,481), with net expenditure being £338,086 (previous year £322,495).

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The Trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. At 31/03/2024, approximately 5 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2025 are:

- Launch Self-advocacy groups in Wrexham
- Develop more community partnership such as with Caffi Wylfa, working to highlight the need for suicide prevention in our community.
- Continue to monitor and review internal communications to ensure maximum potential within the team is achieved.
- Continue to develop CRM system to maximise its use.

- Continue to raise charity profile via social media, press stories, review and update all promotional material, launch new website and new membership.

Recognition/thanks to staff, volunteers, funders and donors

The Trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success would truly not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity:

Asda Foundation, Hydro Wrexham, The Marsh Christian Trust, Flintshire Local Voluntary Council (FLVC), Wrexham's Community Councils, Warburtons Community Grant, Wrexham AFC, Coop Local Causes, MSC Technology, Erddig Muddy Runners, Wrexham Business and Community Awards (Net World Sports), The Authors and contributors to Seen Too, Youel Murray Ltd, and The Royal Antediluvian Order of Buffaloes.

We would also like to say a huge thank you to all those that have donated to ABF, supported a fundraiser on our behalf, hosted a collection box, or held an event to raise much needed funds.

The Trustees wish to thank Mrs Iona Edwards, the Independent Examiner, and Mr. Annesley Wright, who has served as an advisor and treasurer to the Board. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The Trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The Trustees' plans for the foreseeable future continue to be entirely for public benefit, increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the Trustees, and no personal financial benefit has been derived by the Trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (FRS 102). Approved by the Board of Trustees on 8th May 2024 and signed on its behalf by:



Rick Bedson – Director/ Chair of Trustees

Financial Activities

April 2023 - March 2024

	Total
INCOME	
Discounts given	-1,873.70
Donations and Legacies	7,599.25
Membership	19.16
Total Donations and Legacies	7,618.41
Gift Aid	438.63
Grant	326,360.28
Office Hire	8,023.27
Own Courses Income	9,958.82
Payroll Services	240.00
Room Hire	12,179.72
Total Income	362,945.43
TOTAL	362,945.43
EXPENDITURES	
Cleaning Expense	229.31
Computer Costs	3,553.56
CRM	4071.05
DBS Checks	13.00
HR	2,467.16
Insurances	2,705.00
Office Costs	1,668.36
Payroll Expenditures	291,537.96
Phone & Broadband Costs	1,716.15
Printing, Postage and Stationery	666.22
Project Expense	
Advocacy	1,181.49
BYW	284.03
Own Courses	1,643.86
Parabl	1,765.49
PRAMS	7,619.95
Total Project Expense	12,494.82
PWS Travel Fund	8.90
Recruitment	374.06
Repairs	6,648.35
Subscriptions	40.00
Sundries	269.47
Training	2,848.00
Travel Expenses	541.19
Utilities	3,432.37
Warburton Travel Fund	4.80
Web/IT Support Costs	2796.40
Total Expenditures	338,086.13
NET OPERATING INCOME	24,859.30
OTHER INCOME	
Interest Received	3,553.00
Total Other Income	3,553.00

	Total
OTHER EXPENDITURES	
Annual Depreciation	1,762.88
Total Other Expenditures	1,762.88
NET OTHER INCOME	1,790.12
NET INCOME/(EXPENDITURE)	£26,649.42

Balance Sheet

As of March 31, 2024

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	Total
FIXED ASSET	
Tangible assets	
Fixtures and Fittings Cost	8,814.38
Fixtures and Fittings Depreciation	-5,429.48
Office Equipment Cost	655.00
Office Equipment Depreciation	-655.00
Total Tangible assets	3,384.90
Total Fixed Asset	3,384.90
CASH AT BANK AND IN HAND	
Aldermore	85,000.00
Equals Money	140.64
Lloyds 32 Day Savings	42,543.52
Lloyds Current Account	6,783.70
Lloyds Instant Access Savings	40,080.31
NatWest Current	37,571.62
Virgin Savings	85,780.42
Total Cash at bank and in hand	297,900.21
DEBTORS	
Debtors	12,650.14
Total Debtors	12,650.14
NET CURRENT ASSETS	310,550.35
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	
Current Liabilities	
Accruals	38,577.37
Deferred Income	66,425.07
Total Current Liabilities	105,002.44
Total Creditors: amounts falling due within one year	105,002.44
NET CURRENT ASSETS (LIABILITIES)	205,547.91
TOTAL ASSETS LESS CURRENT LIABILITIES	208,932.81
TOTAL NET ASSETS (LIABILITIES)	£208,932.81
CHARITY FUNDS	
Opening Balance Equity	182,283.39
Retained Earnings	0.00
Surplus/(Deficit)	26,649.42
Total Charity funds	£208,932.81

Statement of Cash Flows

April 2023 - March 2024

	Total
OPERATING ACTIVITIES	
Net Income	26,649.42
Adjustments to reconcile Net Income to Net Cash provided by operations:	
Debtors	-12,650.14
Fixtures and Fittings Depreciation	1,762.88
Accruals	12,832.37
Deferred Income	16,393.07
Total Adjustments to reconcile Net Income to Net Cash provided by operations:	18,338.18
Net cash provided by operating activities	44,987.60
FINANCING ACTIVITIES	
Opening Balance Equity	-15,768.19
Retained Earnings	15,768.19
Net cash provided by financing activities	0.00
NET CASH INCREASE FOR PERIOD	44,987.60
Cash at beginning of period	252,912.61
CASH AT END OF PERIOD	£297,900.21

Notes to the Financial Statements

1. Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting Convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under Companies Act 2006, therefore exempt from external audit in accordance with section 477 of Companies Act 2006.

1.2 Going Concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus Trustees continue to adopt the going concerns basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the charity are:

Operational Reserves - These are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees. The charities policy is to maintain a minimum of 3 months expenditure reserve, with the preferred amount being 6 months. The unrestricted operational reserve of £185,000 is the monetary figure that could cover unexpected expenditure during a 6-month funding gap. This is an increase on last year in order to reflect increased actual and predicted expenditure.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects. The current monetary value of the Designated Funds is £23,933. The Trustees have agreed for the designated funds to be assigned to Staffing costs and CRM costs for the financial year 01/04/2024 - 31/03/2025. The Trustees have also agreed to the creation of a Buildings Reserve for future maintenance works. The Buildings Reserve shall be added to annually at a rate of 1% of total turnover.

Specific Restricted Funds - These are funds that can be used for specific restricted purposes within the objectives of the Charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds.

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure included VAT which is not recoverable.

1.6 Fixed Assets

Fixed Assets are initially measured as cost less any depreciation and any specific capital grants.

Depreciation Rates -

Furniture and Equipment 20% on a straight-line basis

Computer Equipment 33% on a straight-line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme, and the pension charge represents the employer's contribution to that defined pension scheme (NEST).

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered

for the recovery of Value Added Tax.

2. Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year.

3. Independent Examiners Report

There are no fees payable or paid to the Independent Examiner for their examination

4. Employees

The average number of employees during the year was 16

Full time – 5

Part time - 11

Employment Costs	31/03/2024	31/03/2023
Wages and Salaries	251,355	235,464
Employers National Insurance	17,800	16,990
Employers Pension Contribution	22,383	21,917
TOTAL	291,538	274,371

The number of employees whose annual remuneration was £60,000 or more was none.

5. Fixed Assets shown at historical cost

	Land & Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	304,635.23	8,814.38	655.00	314,105.61
Additions	0.00	0.00	0.00	0.00
Disposals	0.00	0.00	0.00	0.00
At 31/03/2024	304,635.23	8,814.38	655.00	314,105.61
Depreciation		20%	33%	
At 31/03/2023		3,666.60	655.00	4321.60
Disposals		0.00	0.00	0.00
Charge for the year		1762.88	0.00	1,762.88
Accumulated at 31/03/2024		5,429.48	655.00	6,084.48
Net Book Value				TOTAL
At 31/03/2024	0.00	3,384.90	0.00	3,384.90
Grants	304,635.23			

The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value.

6. Debtors

Amounts receivable within one year -

	2024	2023
Trade Debtors	12,650	0

7. Bank Accounts

	31/03/2024	31/03/2023
Aldermore	85,000	0
Equals Money	141	0
NatWest	37,572	58,273
Lloyds	89,408	90,543

Virgin Money	85,780	104,096
Cash	0	0

8. Current Liabilities

	2024	2023
Accruals	-38,577	-25,745
Deferred Income	-66,425	-50,032
Current Liabilities	-105,002	-75,777

Accruals

Liabilities paid in April 2024 relating to 2023-2024 expenditure

Creditors

Relating to deferred income

9. Charitable Funds

	2024	2023
Designated Funds - Staffing	12,003	6,583
Designated Funds - CRM	8,265	0
Designated Funds - Building	3,665	0
Operational Reserves	185,000	174,500
Specific Restricted Funds	0	1,200
TOTAL	208,933	182,283

10. Income

	2024	2023
Charity Income	366,498	308,713

11. Expenditure

	2024	2023
Payroll Costs	291,538	274,371
Operational Costs	34,570	26,238
Premises Costs	11,978	21,886
Depreciation	1,763	1,986
TOTAL	339,849	324,481

12. Difference between income and expenditure

	2024	2023
Charity Income	366,498	308,713
Charity Expenditure	339,849	324,481
Surplus/Deficit	26,649	-15,768

13. Charitable Activities

	2024
Wrexham County Borough Council – Adult Social Services	29,500
Wrexham County Borough Council – Families First	49,464
Flintshire County Council – Adult Social Care	15,000
Flintshire County Council – Families First	21,826
Betsi Cadwalader University Health Board - Parabl	14,714
TOTAL	130,504

14. Treasurers report for year ended 31/03/2024

The accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act

regulations and recommendations. The notes 1-13 above reflect the accounting policies and procedures applied by Advance Brighter Futures.

15. Directors' Report

The Directors acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with the Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the Board on 08/05/2024 and signed on their behalf by

A handwritten signature in black ink, appearing to be 'Rick Bedson', written over a horizontal line.

Rick Bedson
Director / Chair of the Board

Independent Examiner's Report to the Trustees of Advance Brighter Futures

Basis of Independent Examiner's Report

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice, applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn.

We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

- (i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity;
- and
- (ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements for the period 01/04/23 to 31/03/24.

Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2024.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2024.

Signature.......... Date.....24/6/24.....
Iona Edwards, Chartered Accountant, 19 Denbigh Street, Llanrwst, LL26 0LL

Accounts



ANNUAL REPORT & FINANCIAL STATEMENTS 2022/2023

📍 3 Belmont Road | Wrexham LL13 7PW
☎ 01978 364777 ✉ info@abfwxm.co.uk
📘 /advancebrighterfutures 📺 @ABFWXM
🏠 www.advancebrighterfutureswrexham.co.uk

ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2023

The year started with several staff becoming familiar with new roles and increased responsibilities. As the year progressed it became evident that all those concerned had adapted to the changes required with determination and enthusiasm in equal measure. Other staff, volunteers, and trustees; aware of the difficulties created contributed their support. This positive commitment and professional approach from the entire team ensured ABF continued to expand and provide an outstanding service to those in need. The trustees and I are extremely grateful to all who accepted and supported the adjustments needed and work undertaken to make the year such a success.

During the year we celebrated two significant events: ABF's 30 years of continuous service to our community and the completion of the upgrade of our premises at 3 Belmont Road. ABF's pearl anniversary was a tremendous success, although many contributed to the event it was Zoe who pulled it all together, organising and managing every aspect to ensure success. A magnificent job, well done. The investment we made into extending and upgrading our premises has been money and effort well spent. We now have facilities which are bright and welcoming, they provide the working environment that both the staff and service users deserve.

Operationally, new partnerships were created with the Citizens Advice Bureau and with the local "Mind Our Future" project aimed at supporting Young People. Both these partnerships have the potential to offer a range of opportunities in the future. During the year ABF also secured the funding to extend the Flintshire Families First and the Wrexham PRAMS programmes, as well as develop a training relationship with the Domestic Abuse Safety Unit. All this outstanding work was completed while ABF's existing commitments were being met without compromise. The extent of this success was directly attributable to the team's hard work and commitment to high standards. All of which extended and enhanced ABF's reputation as a reliable, caring, professional service committed to exceptional standards. A reputation which each of you can be justly proud of.

The trustees believe ABF is only as good as our staff and welcome the opportunity to support staff undertake professional development. On behalf of trustees, I would like to congratulate Marjorie and Hannah who both achieved an MSc in Psychology, Kate who secured MAAT status, the professional standard in finance and accounting as well as Jeanette who qualified as a Clinical Supervisor. A tremendous achievement, well done. We also wish Gareth good fortune with his current studies.

The Board will continue to monitor the charity's operations and take the strategic decisions necessary to expand and strengthen ABF so it can continue to promote and support good mental health and wellbeing. I am grateful for the support received from everybody all over the past year and I look forward to working with trustees, staff and volunteers to ensure 2024 is another successful year.

Have a wonderful Christmas and Healthy New Year.

Best wishes,



Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Report of the Trustees for the year ended 31st March 2023

The trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2023.

Reference and administration information

Charity number: 1089638
 Company number: 04052135
 Principal office: 3 Belmont Road, Wrexham LL13 7PW

Company Secretary: Lorrisa Roberts

Independent Examiner: Iona Edwards Chartered Accountant, 19, Denbigh Street, Llanrwst, Conwy LL26 0LL

Bankers:

- Nat West, Wrexham Branch, 33 Lord Street Wrexham LL13 1LS
- Lloyds, Wrexham Branch, 28 Regent St, Wrexham LL11 1SE
- Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne NE3 4PL

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report, are collectively referred to as the trustees.

The trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Robert Cox	Director/Trustee	2016	
Ms Justine Mason	Director/Trustee	2018	
Mrs Jane Francis	Director/Trustee	2018	
Mr Richard Bedson	Director/Trustee Chair	2020	
Mr Marc Jones	Director/Trustee	2020	
Mr James Hayward	Director/Trustee	2021	
Mr Colin Edwards	Director/Trustee	2021	2022
Ms Molly Wheelan	Director/Trustee	2022	
Mrs Cath Taylor	Director/Trustee (Co-opted)	2023	

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014 and 2022. The name of the company was changed in 2014 omitting the word Wrexham to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New trustees are briefed on their legal obligations, good governance, the committee and decision-making processes and the financial performance of the charity. All trustees are provided with the essential trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and

update other trustees. Any trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a trustee.

Organisation:

At the date of signing this report, the Board had 9 trustees. The Board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 12 years and oversees the day-to-day operations of the charity with the support of 5 full-time, 7 part-time staff and 1 casual staff members at the year end. At the close of the year, there were 9 active volunteers supporting the activities of the Charity.

Objectives and activities

The objectives of ABF are the promotion of good mental and physical health, primarily (but not exclusively) within the County Borough of Wrexham and the surrounding areas, by the provision of support to people experiencing poor physical, mental or emotional wellbeing.

The charity has refined its services over the years to methods proven to work:

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer was recruited marking a significant increase in resource for the charity.
- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home with more project staff being recruited.
- All services resumed in an adapted way or new services developed to respond to need. Key examples include our telephone check ins and 'Help And Listening Online' (HALO) service being launched.
- New family support services introduced such as pre-birth specialist therapy, relationship counselling, Young persons wellbeing coaching, Family Group (Support) Meetings and our PRAMS project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the legacy fund.

2021

- The charity was awarded the community facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.
- We successfully ran a Lifestyle Coaching pilot specifically for young people aged 16-25, called Wellbeing Coaching. This pilot, which offered 6 1-hour one-to-one sessions, focused on empowering the young person, helping them to look to the future and set personal goals around what matters most to them. Feedback from this pilot was positive, with one person we supported taking steps to starting university, after suffering with anxiety.
- With the support of our local authority, we have been able to run a series of pilots to support our PRAMS provision in Wrexham. This has included Couples Counselling, Family Group Support Meetings, which offered additional mediation support to families in need.

2022

- Celebrating the charity's 30th anniversary with an event held at the newly renovated ABF building, where past and present employees, partners, people we support and members of the community joined us in celebrating this huge milestone. Speeches from our Chair of Trustees and Founding Member were held along with a special performance from a young parent we have supported on our PRAMS Project.
- We were commissioned to design and deliver bespoke trauma informed mental health training to the team of frontline staff at DASU North Wales, which included

complex trauma training and the rights and responsibilities within the mental health service.

- Our PRAMS (Parental Resilience And Mutual Support) project, which supports parents and families through the challenges of early parenthood, is being widely recognised by Public Health Wales, Betsi Cadwalader University Health Board and neighbouring counties. PRAMS continues to be our flagship project within Wrexham and following our successful pilot of PRAMS in Flintshire, funding was confirmed for another year for the county.
- We developed new working partnerships strengthening and expanding on our services, including working in partnerships with Wrexham Citizens Advice Bureau and South Denbighshire Community Partnership on our Lifestyle Coaching project.

2023

- We have been key partners in the Mind Our Future consortia, where funding has been awarded to develop and provide mental health support for young people aged 11 – 25 across Wrexham.

Achievements and performance

As we learn to live and work in a post-pandemic world, the cost-of-living has been yet another crisis our community has faced. In addition to this, our local NHS community mental health team are experiencing a crisis, with oversubscribed and ever-increasing waiting lists, and a health board who are in special measures. All of which has resulted in a further increase in referrals, and specifically referrals of those who are experiencing more severe mental health difficulties.

At ABF we work hard to ensure that our services meet the current and future needs of our community. We do this by using our local knowledge, regular consultation and communication with people we support, and working closely with our partners and local organisations.

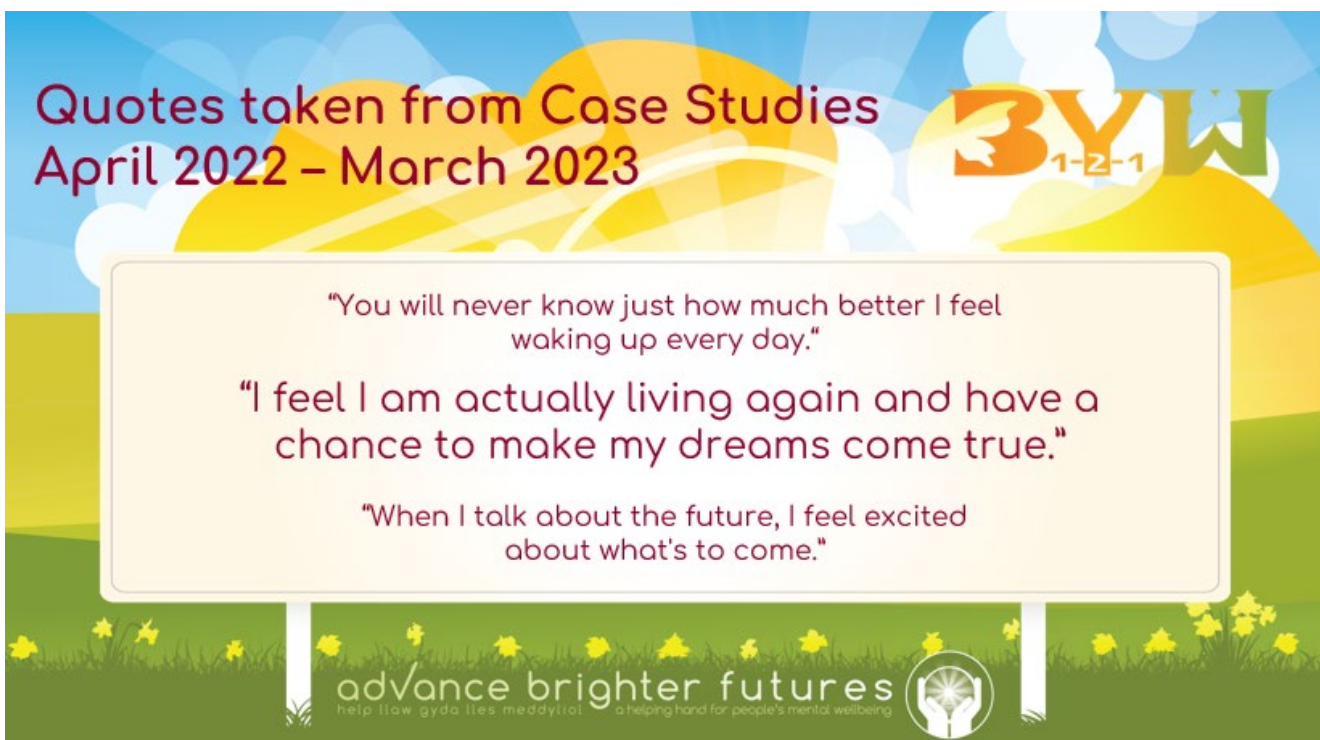
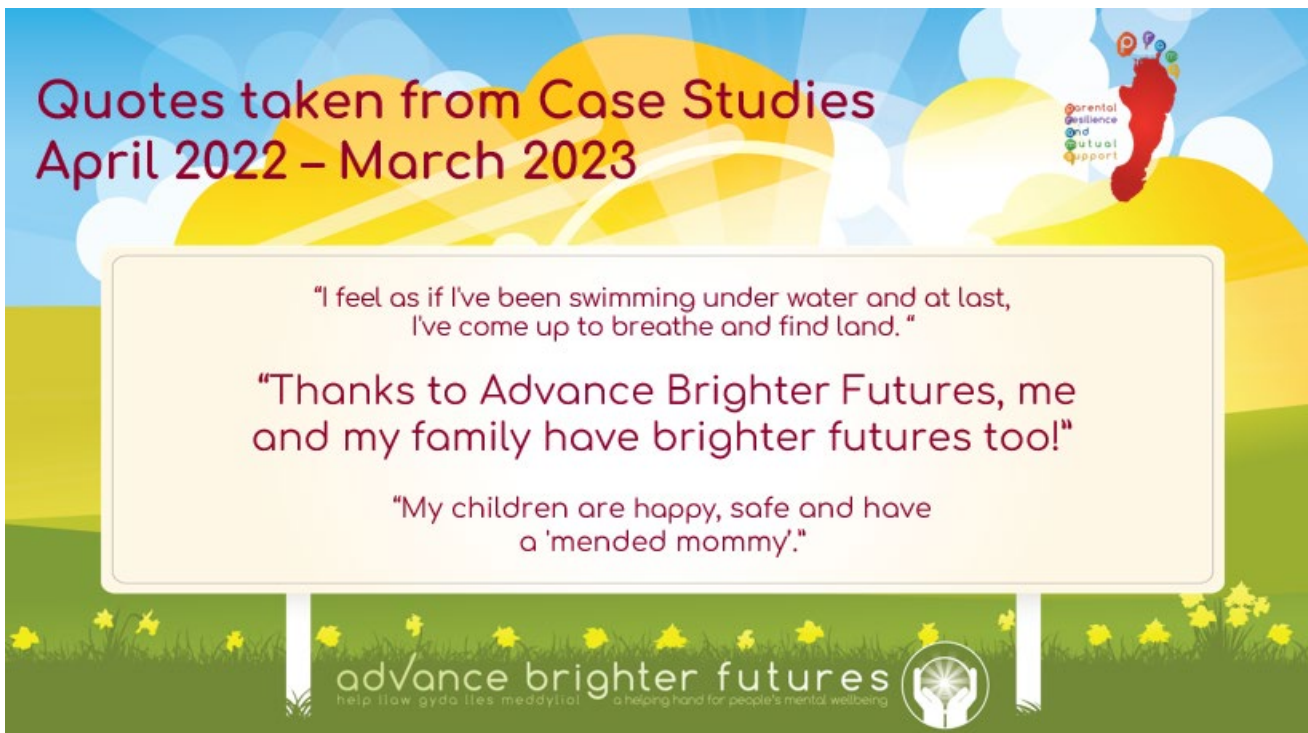
Our Year in Numbers

480 new referrals
 303 offered an initial conversation
 62 helped through our PRAMS support group
 69 people helped through our PRAMS courses
 58 people helped through our PRAMS talking therapies
 37 helped through art and craft group
 24 people helped through our walk
 16 helped through A Place To Grow allotment group
 32 people trained to be Mental Health First Aiders

ABF gives people hope. We empower people to take control of their lives by providing them with support to make lasting and meaningful change. All our projects have a common outcome: to improve the mental health and wellbeing of those accessing our services.

The impact of our work is evidenced through both case studies and widely recognised outcome measures, which highlight the difference our services make to the lives of those we support.

However, it is the personal stories of the people accessing our services that really highlight and measure the true impact of our work.



Other achievements throughout the year included:

- Celebrating the charity's 30th anniversary with an event held at the newly renovated ABF building, where past and present employees, partners, people we support and members of the community joined us in celebrating this huge milestone. Speeches from our Chair of Trustees and Founding Member were held along with a special performance from a young parent we have supported on our PRAMS Project.
- ABF were selected as the charity to receive the royalties from Amazon Bestseller 'Seen Too' - an inspirational book featuring 15 women authors sharing their stories of bravery and hope.
- Our team of volunteers attended a number of fundraising events, including Bangor-on-dee Racecourse and an afternoon of fun team challenges at the AVOW 'It's a Knockout' fundraiser.

- And on a personal note, 2 members of the team – Hannah Wilcock and Marjorie Williams – graduated from Wrexham University with a MSc in Psychology.



Financial Review

The charity's total gross income was £308,712 (previous year £499,358). This figure is lower than last years, as last year's figure contained additional grant income specifically related to the renovations of the building at 3 Belmont Road

The principal funding sources for ABF in the year were:

- Betsi Cadwaladr University Health Board
- Lloyds Bank Foundation for England and Wales
- The Steve Morgan Foundation

- The Tudor Trust
- The Parabl Talking Therapies Partnership
- WCBC Families First Programme
- Wrexham County Borough Council Adult Social Services
- Flintshire County Borough Council Families First Programme
- Flintshire County Borough Council Child Development Fund
- Citizens Advice Bureau Wrexham

The charity raised a substantial amount through fundraising endeavours in total £8,276 (previous year £6,604). Room and Office hire income increased to £4,306 (previous year £994).

Total charitable gross expenditure was £324,481 (previous year £479,938), with net expenditure being £322,495 (previous year £434,739).

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. Reserves were not called upon during the year. At 31/03/2023, approximately 5.8 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2024 are:

- Continue to monitor and review internal communications to ensure maximum potential within the team is achieved.
- Research and implement new CRM system.
- Full project reviews to be carried out, to include consultation with local community, people we support, staff, partners and local organisations/professionals and to continue to monitor waiting lists to ensure the people we support can access our services in 8 weeks or less.
- Continue to raise charity profile via social media, press stories, review and update all promotional material, launch new website and new membership.

Recognition/thanks to staff, volunteers, funders and donors

The trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success truly would not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity;

Association of Voluntary Organisations Wrexham (AVOW), Flintshire Local Voluntary Council (FLVC), Wales Council for Voluntary Action (WCVA), Wrexham's Community Councils, Warburtons Community Grant, DASU North Wales, Bangor-on-Dee Racecourse, Wockhardt

UK Limited, Keystone Family Support, Coop Local Causes, MSC Technology, The Authors and contributors to Seen Too.

We would also like to say a huge thank you to all those that have donated to ABF, supported a fundraiser on our behalf, hosted a collection box, or held an event to raise much needed funds.

The trustees wish to thank Mrs Iona Edwards, the Independent Examiner and Mr. Annesley Wright, who has served as an advisor and treasurer to the board. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The trustees' plans for the foreseeable future continue to be entirely for public benefit increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the trustees and no personal financial benefit has been derived by the trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (issued March 2005). Approved by the Board of Trustees on 1st November 2023 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'Rick Bedson', written over a horizontal line.

Rick Bedson – Director/ Chair of Trustees

Financial Activities

April 2022 - March 2023

	Total
INCOME	
Donations and Legacies	6,603.05
Grant	286,389.60
Office Hire	2,166.67
Own Courses Income	9,828.88
Payroll Services	840.00
Room Hire	2,139.39
Total Income	307,967.59
TOTAL	307,967.59
EXPENDITURES	
Cleaning Expense	61.27
Computer Costs	85.26
DBS Checks	213.00
HR	3,834.92
Insurances	2,551.00
Payroll Expenditures	274,371.19
Phone & Broadband Costs	1,764.72
Printing, Postage and Stationery	455.58
Project Expense	
BYW	121.47
Own Courses	4,389.45
Parabl	2,504.25
PRAMS	10,150.05
SDCP	157.95
Wellbeing Fund	11.42
Total Project Expense	17,334.59
Recruitment	251.84
Repairs	12,233.26
Subscriptions	217.67
Sundries	58.20
Training	1,073.00
Travel Expenses	232.60
Utilities	4,563.39
Warburton Travel Fund	15.20
Web/IT Support Costs	3,178.42
Total Expenditures	322,495.11
NET OPERATING INCOME	-14,527.52
OTHER INCOME	
Interest Received	738.34
Membership	6.79
Total Other Income	745.13
OTHER EXPENDITURES	
Annual Depreciation	1,985.80
Total Other Expenditures	1,985.80
NET OTHER INCOME	-1,240.67
NET INCOME/(EXPENDITURE)	£ -15,768.19

Balance Sheet

As of March 31, 2023

	Total
FIXED ASSET	
Tangible assets	
Fixtures and Fittings Cost	8,814.38
Fixtures and Fittings Depreciation	-3,666.60
Office Equipment Cost	655.00
Office Equipment Depreciation	-655.00
Total Tangible assets	5,147.78
Total Fixed Asset	5,147.78
CASH AT BANK AND IN HAND	
Lloyds Current Account	19,556.15
Lloyds Savings	70,986.87
NatWest Current	58,273.14
Virgin Savings	104,096.45
Total Cash at bank and in hand	252,912.61
NET CURRENT ASSETS	252,912.61
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	
Current Liabilities	
Accruals	25,745.00
Deferred Income	50,032.00
Total Current Liabilities	75,777.00
Total Creditors: amounts falling due within one year	75,777.00
NET CURRENT ASSETS (LIABILITIES)	177,135.61
TOTAL ASSETS LESS CURRENT LIABILITIES	182,283.39
TOTAL NET ASSETS (LIABILITIES)	£182,283.39
CHARITY FUNDS	
Opening Balance Equity	198,051.58
Retained Earnings	
Surplus/(Deficit)	-15,768.19
Total Charity funds	£182,283.39

Statement of Cash Flows

April 2022 - March 2023

	Total
OPERATING ACTIVITIES	
Net Income	-15,768.19
Adjustments to reconcile Net Income to Net Cash provided by operations:	
Fixtures and Fittings Depreciation	1,762.95
Office Equipment Depreciation	222.85
Accruals	-1,185.00
Deferred Income	10,620.48
Total Adjustments to reconcile Net Income to Net Cash provided by operations:	11,421.28
Net cash provided by operating activities	-4,346.91
INVESTING ACTIVITIES	
Fixtures and Fittings Cost	-2,274.89
Net cash provided by investing activities	-2,274.89
NET CASH INCREASE FOR PERIOD	-6,621.80
Cash at beginning of period	259,534.41
CASH AT END OF PERIOD	£252,912.61

Notes to the Financial Statements

1. Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting Convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under Companies Act 2006, therefore exempt from external audit in accordance with section 477 of Companies Act 2006.

1.2 Going Concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus Trustees continue to adopt the going concerns basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the charity are:

Operational Reserves - These are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees. The charities policy is to maintain a minimum of 3 months expenditure reserve, with the preferred amount being 6 months. The unrestricted operational reserve £174,500 is the monetary figure that could cover unexpected expenditure during a 6 month funding gap. This is an increase on last year in order to reflect increased actual and predicted expenditure.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects. The current monetary value of the Designated Funds is £6,907 which the Trustees have agreed to be designated to Staffing costs for the financial year 01/04/2023 - 31/03/2024.

Specific Restricted Funds - These are funds that can be used for specific restricted purposes within the objectives of the Charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds.

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure included VAT which is not recoverable.

1.6 Fixed Assets

Fixed Assets are initially measured as cost less any depreciation and any specific capital grants.

Depreciation Rates –
 Furniture and Equipment 20% on a straight-line basis
 Computer Equipment 33% on a straight-line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme and the pension charge represents the employers contribution to that defined pension scheme (NEST).

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered for the recovery of Value Added Tax.

2. Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year.

3. Independent Examiners Report

There are no fees payable or paid to the Independent Examiner for their examination

4. Employees

The average number of employees during the year was 15

Part time - 11

Full time - 4

Employment Costs	31/03 /2023	31/03 /2022
Wages and Salaries	235464	234943
Employers National Insurance	16990	16102
Employers Pension Contribution	21917	21675
	274371	272720

The number of employees whose annual remuneration was £60,000 or more were none.

5. Fixed Assets shown at historical cost

	Land & Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	155114.00	6539.49	655.00	162308.49
Additions	149521.23	2274.89	0.00	151796.12
Disposals	0.00	0.00	0.00	0.00
At 31/03 /2023	304635.23	8814.38	655.00	314104.61
Depreciation %		20%	33%	
At 31/03 /2022		1903.65	432.15	2335.80
Disposals		0.00	0.00	
Charge for the year		1762.95	222.85	1985.80
Accumulated at 31/03 /2023		3666.60	655.00	4321.60
Net Book Value				
At 31/03 /2023	0.00	5147.78	0.00	5147.78

The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value.

6. Debtors

Amounts receivable within one year -

	2023	2022
Trade Debtors	0.00	0.00

7. Bank Accounts

	31/03 /2023	31/03 /2022
Natwest	58273	18144
Lloyds	90543	137567
Virgin Money	104096	103824
Cash	0	0

8. Current Liabilities

	2023	2022
Accruals	-25745	-26930
Deferred Income	-50032	-39411
Current Liabilities	-75777	-66341

Accruals

Liabilities paid in April 2023 relating to 2022-2023 expenditure

Creditors

Relating to deferred income

9. Charitable Funds

	2023	2022
<u>Unrestricted Funds -</u>		
Designated Funds	6583	46851
Operational reserves	174500	150000
Specific Restricted Funds	1200	1200
TOTAL Funds	182283	198051

10. Income

	2023	2022
Net Income	306727	471812

11. Expenditure

	2023	2022
Payroll Costs	274371	272720
Operational Costs	13916	9285
Premises Costs	16858	1689
Depreciation	1986	1524
Capital Expenditure	0	149521
Charity Expenditure	307131	434739

12. Difference between income and expenditure

	2023	2022
Net Income	306727	471812
Charity Expenditure	322495	434739
Surplus/Deficit	-15768	37073

13. Treasurers report for year ended 31/03/2023

These accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act regulations and recommendations. The notes 1-12 above reflect the accounting policies and procedures applied by Advance Brighter Futures.

14. Directors' Report

The Directors acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with the Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the Board on 01/11/2023 and signed on their behalf by



Rick Bedson
Director / Chair of the Board

Independent examiner's report to the trustees of ABF

Basis of Independent Examiner's report

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn. We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

- (i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity; and
- (ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements on pages 1 to 9 for the period 01/04/22 to 31/03/23

Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2023.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2023.

Signature.....

Date.....

4/12/23

Iona Edwards, Chartered Accountant Hen Dy, Plas Madog, Llansannan, Denbigh LL16 5LF

Accounts

advance brighter futures
a helping hand for people's mental wellbeing



ANNUAL REPORT & FINANCIAL STATEMENTS 2021/2022

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🏠 www.advancebrighterfutureswrexham.co.uk

ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2022

The start of the year was dominated by "change". A number of staff found their job completely changed with new responsibilities, unfamiliar duties and additional skills to learn. Others encountered change in more subtle ways, changes to workload and work teams, revised targets and different working environments. The Trustees and I are extremely grateful to all who accepted change over the last twelve months and worked hard to make it a success. In particular, Vicky W and Kate whose new responsibilities were extremely daunting.

Lorrisa and Craig welcomed Samuel to the world and also found themselves facing new responsibilities, unfamiliar duties and with additional skills to learn. On behalf of us all at ABF I would like to wish them all good fortune.

The year commenced with the work on the new extension nearing completion and the work to upgrade the remainder of the building starting. These works were yet another challenge which on occasions tested everybody's sense of humour and patience, but I hope all agree the outcome has been worth it.

Operationally, the hard work, determination and professional commitment of both staff and volunteers has extended and enhanced ABF's reputation. As a team you have ensured significant success, with work undertaken in numerous different areas of which you should be proud. A range of opportunities have also been created for the coming year, these will need to be developed and maximised to ensure another successful year.

I would like to take this opportunity to highlight the work of two groups: the Funding Team and the Trustees. The work of the Funding Team is essential to allow the charity to operate as we know it and support further development. Their ability to accept success as well as disappointment and move onto the next application requires a special level of commitment and perseverance. The Trustees freely donate both their time and expertise to the benefit of the charity, their participation and contribution is vital to ABF existence and continuing success. I do however remain conscious that everybody's contribution to ABF's success is vital, so thank you all.

The Board will continue to take strategic decisions aimed at growing and strengthening the charity so it can continue to promote good mental health and support those who need assistance to improve their wellbeing and mental health

I am grateful for your support over the past year however we need to look at the year to come. It will be a particularly challenging time which will need the entire team to seek ways of increasing our income and reducing our costs, that said we have an outstanding team with committed volunteers so I am confident we will be able to make 2023 an outstanding success.

Have a wonderful Christmas and Healthy New Year.



Best wishes
Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Report of the Trustees for the year ended 31st March 2022

The Trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2022.

Reference and administration information

Charity number: 1089638
 Company number: 04052135
 Principal office: 3 Belmont Road, Wrexham, LL13 7PW

Company Secretary: Lorrisa Roberts

Independent Examiner: Iona Edwards Chartered Accountant, 19, Denbigh Street, Llanrwst, Conwy LL26 0LL

Bankers: Nat West, Wrexham Branch, 33 Lord Street Wrexham, LL13 1LS
 Lloyds, Wrexham Branch, 28 Regent St, Wrexham, LL11 1SE
 Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne, NE3 4PL

Directors and Trustees

The Directors of the charitable company (the charity) are its Trustees for the purpose of charity law and throughout this report, are collectively referred to as the Trustees.

The Trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Robert Cox	Director /Trustee	2016	
Ms Justine Mason	Director /Trustee	2018	
Mrs Jane Francis	Director /Trustee	2018	
Mr Richard Bedson	Director /Trustee Chair	2020	
Mr Marc Jones	Director /Trustee	2020	
Mr James Hayward	Director /Trustee (Co-opted)	2021	
Ms Molly Wheelan	Director/Trustee	2022	

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014. The name of the company was changed in 2014 omitting the word Wrexham to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate Trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The Trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New Trustees are briefed on their legal obligations, good governance, the committee and decision-making processes and the financial performance of the charity. All Trustees are provided with the essential trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and update other trustees. Any Trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a Trustee.

Organisation:

At the date of signing this report, the Board had 8 Trustees. The Board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 10 years and oversees the day-to-day operations of the charity with the support of 5 full-time, 10 part-time staff and 2 casual staff members at the year end. At the close of the year there were 9 active volunteers supporting the activities of the Charity.

Objectives and activities

The objectives of ABF are the promotion of good mental and physical health, primarily (but not exclusively) within the County Borough of Wrexham and the surrounding areas, by the provision of support to people experiencing poor physical, mental or emotional wellbeing.

The charity has refined its services over the years to methods proven to work:

- In 2008, the charity started to provide group activities for persons with the most complex mental health problems. The objective has been to promote active healthy lifestyles and mental wellbeing using community facilities and green spaces. The varied and changing range of activities that are requested by, and that are of benefit to, the people we support include walks, relaxation, badminton, football, gardening, etc. Participation leads to social inclusion by supporting people back into the community. The group activities continued throughout the year and were incorporated into a new project launched during the year following the review.
- Since 2010, the charity has provided one-to-one mental health lifestyle coaching; supporting individuals with severe mental health problems to identify and achieve personal goals.
- The charity provides volunteering opportunities to anyone who has the commitment and ability to help with its objectives. The training received in helping others gives the volunteer themselves new perspectives, self-confidence and self-worth.

2016

- The charity launched PAR (Promoting Awareness & Resilience) a new schools project focusing on workshops teaching emotional wellbeing and later expanded this by forming a new partnership with Plas Madoc Leisure Centre.

- The PRAMS project was expanded to offer one-to-one support through talking therapies. Students on placement need to offer person centred support to individuals in order to complete their counselling qualification. The project identified talking therapy as a need because many mums had experienced traumatic births and/or were struggling with the impact of having a new baby in their lives.
- The charity continued developing and delivering courses and joined a new partnership with Adult Community Learning (ACL). The charity continued to deliver workshops in Coleg Cambria and also delivered Mental Health Awareness in Wrexham Glyndwr University.

2017

- ABF launched a new engagement and transition project which enables the charity to work closely with inpatients at Heddfan. It is an exciting project with elements of best practice from our group activities project, lifestyle coaching and the pilot 'Viva in Heddfan' which ran in 2012. The project has been well received in its development and has been incorporated with lifestyle coaching and group activities under one overall project name - BYW which is the Welsh translation of "alive" or "to live". The initialism stands for "Believe You Will" in English.
- The roof of the building the charity owns was completely replaced during the summer months of the year which has eliminated damp patches and leaks that were causing issues. This was hugely funded by specific donors including The Screwfix Foundation and The Clothworkers' Foundation.
- Key funding was secured for PRAMS enabling us to continue the service as well as a new development targeting women during pregnancy with the 'You and Your Bump' course.

2018

- The charity was awarded the level one Trusted Charity (previously named PQASSO) accreditation mark for quality assurance in February 2018.
- Planning permission to extend the rear of the building was obtained and all architect drawings and structural reports are ready for when funding is secured.
- The 'You and Your Bump' course was launched to meet an early intervention agenda, while connections to build this element of the charity's work are continually being developed.
- The charity developed new courses including 'Five to Thrive' and 'Mental Health Awareness', both of which have grown in popularity during the year meaning more people have requested these sessions.
- Two members of staff became Dementia Champions and the whole staff team were invited to become Dementia Friends.

2019

- Two members of staff officially became Mental Health First Aid (MHFA) facilitators in both England and Wales.
- An Engagement Coordinator and Development Officer was recruited marking a significant increase in resource for the charity.
- The BYW review completed and paved the way from lifestyle coaching to become accessible via Primary Mental Health Team referrals.
- Funding secured for lifestyle coaching to continue and core funding towards administration was put in place.
- Key training was attended to develop the charity's ability to demonstrate social impact through the Social Value Cymru project.

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer was recruited marking a significant increase in resource for the charity.

- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home with more project staff being recruited.
- All services resumed in an adapted way or new services developed to respond to need. Key examples include our telephone check ins and 'Help And Listening Online' (HALO) service being launched.
- New family support services introduced such as pre-birth specialist therapy, relationship counselling, Young persons wellbeing coaching, Family Group (Support) Meetings and our PRAMS project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the legacy fund.

2021

- The charity was awarded the community facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.

2022

- The planned building extension and renovations of the existing building were completed to a high standard. Not only are we now able to provide a welcoming, quality environment that the people we support deserve, but the building has been upgraded to a standard that the charity can maintain for the next 30 years.
- We were commissioned to design and deliver bespoke trauma informed mental health training to the team of frontline staff at DASU North Wales, which included complex trauma training and the rights and responsibilities within the mental health service.
- Our PRAMS (Parental Resilience And Mutual Support) project, which supports parents and families through the challenges of early parenthood, is being widely recognised by Public Health Wales, Betsi Cadwalader University Health Board and neighbouring counties. PRAMS continues to be our flagship project within Wrexham and following our successful pilot of PRAMS in Flintshire, funding has now been confirmed as a permanent provision for the county. We have also recently been approached by Anglesey County Council who are keen to work with us, and we are currently in the planning stages of setting up a pilot to be able to deliver our PRAMS services to parents and families in Anglesey.
- With the support of our local authority, we have been able to run a series of pilots to support our PRAMS provision in Wrexham. This has included Couples Counselling, Family Group Support Meetings, which offered additional mediation support to families in need.
- We developed new working partnerships strengthening and expanding on our services, including working in partnerships with Wrexham Citizens Advice Bureau and South Denbighshire Community Partnership on our Lifestyle Coaching project.
- We have also been key partners in the Mind Our Future consortia, where funding has been awarded to develop and provide mental health support for young people aged 11 – 25 across Wrexham.
- We successfully ran a Lifestyle Coaching pilot specifically for young people aged 16-25, called Wellbeing Coaching. This pilot, which offered 6 1-hour one-to-one sessions, focused on empowering the young person, helping them to look to the future and set personal goals around what matters most to them. Feedback from this pilot was positive, with one person we supported taking steps to starting university, after suffering with anxiety.

Achievements and performance

The principal achievement was that the charity received 626 new referrals, and continued to offer help, information, and support to many people referred from the previous year. The changes and challenges over the recent years meant that we have been able to continue to develop the way we work to be an important and trusted organisation within our community.

As you might expect, the lasting impact of the coronavirus pandemic on our local community has been significant both for those with existing mental health problems as well as those who developed symptoms during the pandemic. In addition to this, local statutory services are extremely overwhelmed, which has resulted in an increase of referrals, and specifically referrals of those who are experiencing more severe mental health difficulties.

Our Year in Numbers

253 Parents/Guardians helped through our PRAMS Project

121 Talking Therapy Beneficiaries

68 People supported on our BYW Lifestyle Coaching Project

86 People helped through BYW Group Activities Project

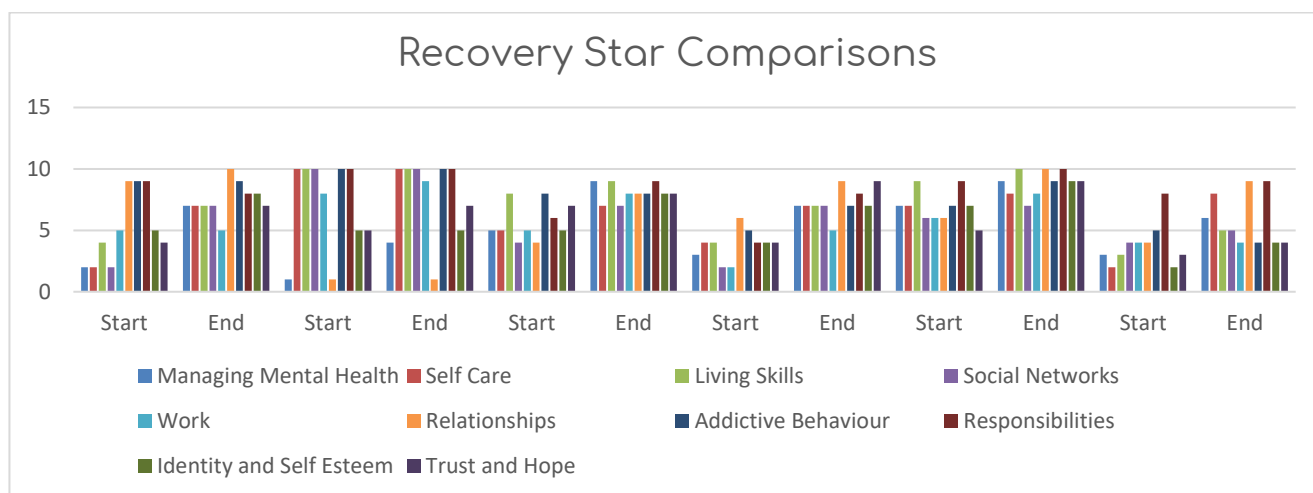
35 People supported on our HALO Project

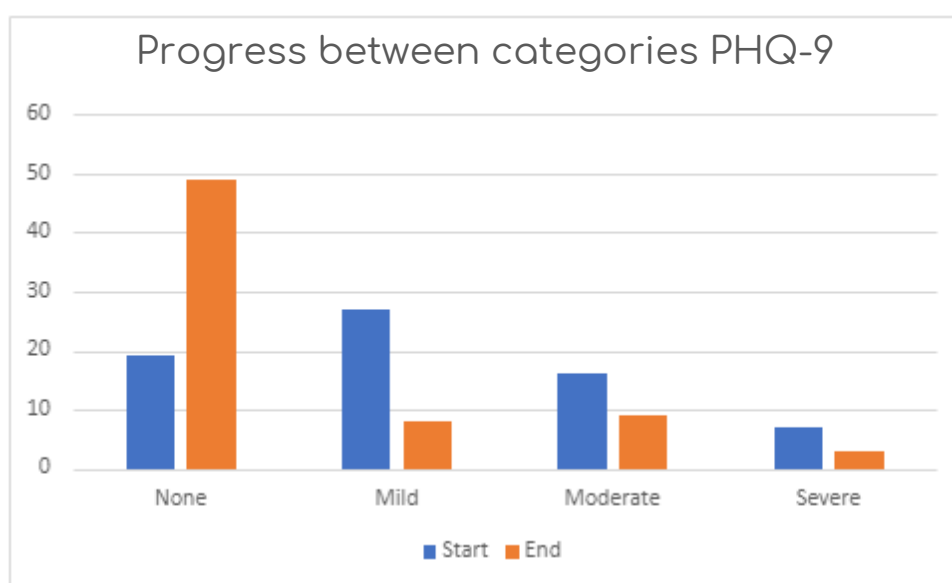
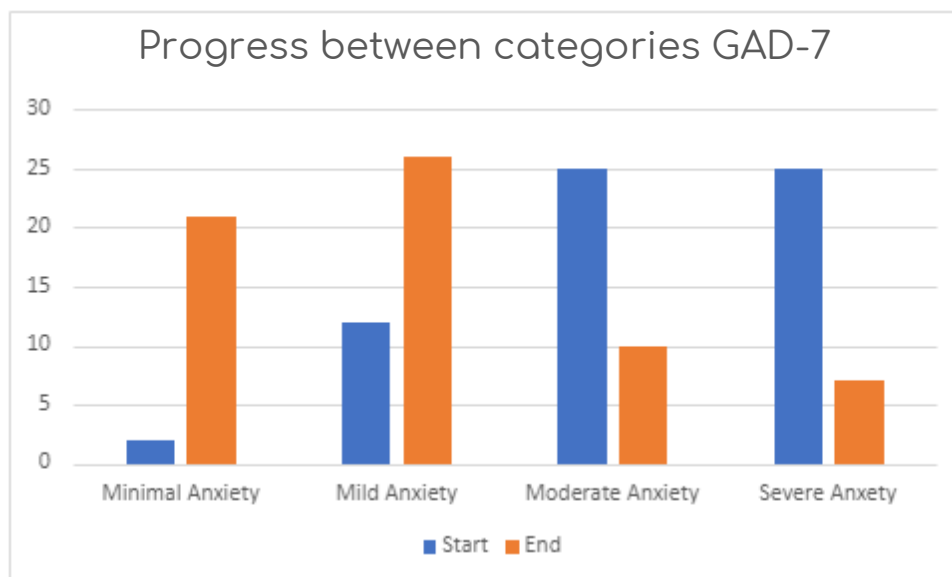
103 Referrals to our Parabl Courses

We have continued to monitor feedback from the people we support on the way we deliver our services as we move into a post-pandemic world. We offer a mixture of face-to-face and online provisions, and this hybrid approach ensures that we remain inclusive.

Empowering people to improve their mental health and well-being is a shared outcome across all of our projects. The impact of our work is evidenced through both case studies and widely recognised outcome measures, which highlight the difference our services make to the lives of those we support.

During the year the charity predominantly used the Recovery Star, PHQ-9 and GAD-7 as the most suitable tools to measure outcomes on our projects. From the graphs below you can see marked improvements in certain areas of people's lives.





In addition to the graphs above, further outcomes recorded in the last year have been:

83% of 224 comparable outcome measures, showed an overall **improvement in the individuals mental health and well-being** following completion of a service with ABF.

"[My life has] improved greatly. I am managing life and getting on with things. My brain is no longer foggy, and I feel so much stronger and empowered."

98% of 174 people who we recently supported across several of our services, either 'Strongly Agreed' (72%) or 'Agreed' (26%) that **they now feel more able to contribute to changing their lifestyle or health behaviours.**

"I panic that things will go backwards again but I know that's the time I need to message my ABF friends who always offer me support and encouragement I need. I also need to remind myself of some of the 'tools' PRAMS has taught me. Attending PRAMS was life changing for me."

99% of 156 people who attended our PRAMS services, either 'Strongly Agreed' (72%) or 'Agreed' (27%) that **the service had made a positive contribution to their family's resilience.**

"I haven't left the house in 3 years. This group has given me the confidence to come out and meet other mums. You have given me back my life, I can now do things with my children instead of staying inside."

94% of 18 individuals who have recently provided feedback on our Lifestyle Coaching service either 'Strongly Agreed' (72%) or 'Agreed' (22%) that the service helped them move towards their goals.

"I have something to get up for now, I have joined groups at ABF and look forward to them. I go out for walks and even meals out which I would never have thought I would do again whilst lying in bed for all those months."

57% of those accessing our Talking Therapies service who were in crisis and had previously had thoughts that they would be better off dead or harming themselves, reported no recent thoughts of this nature at all upon completion of their PRAMS Talking Therapies sessions.

"My mental health had deteriorated to the point where I was seeing the early warning signs of wanting to hurt myself. [Now] I can look forward to the future. I have no thoughts of harming myself. My emotions aren't in control of me anymore"

Results from our PHQ-9 scores show that 55% of 78 people showed positive improvements in 'feeling bad about yourself, that you are a failure, have let you and your family down' after accessing our Talking Therapies service.

"[ABF] quickly became my safe space and the place where my feelings were validated and listened to. I was shown different coping mechanisms, I became stronger, I became happier, I became who I am today"

Financial Review

The charity's total gross income was £499,358 (previous year £341,517), with net income being £471,821 (previous year £258,409). This represents an 46% increase on the preceding year's gross figure. Of this £149,521 was received from the Welsh Government Community Facilities Fund as capital income for building works.

The principal funding sources for ABF in the year were:

- Betsi Cadwaladr University Health Board
- Lloyds Bank Foundation for England and Wales
- The Steve Morgan Foundation
- The Tudor Trust
- The Williams Family Foundation
- WCBC Families First Programme
- Wrexham County Borough Council
- Flintshire County Borough Council
- Postcode Lottery
- Association of Voluntary Organisations in Wrexham
- Screwfix Foundation

The charity raised a substantial amount through fundraising endeavours in total £6,604 (previous year £14,274). Room hire income decreased to £994 (previous year £1,096).

Total charitable gross expenditure was £479,938 (previous year £245,904), with net expenditure being £434,739 (previous year £220,911). Of this £149,521 was capital expenditure for building renovations. This represents a 95% increase on the preceding year's gross figure, which is explained by the capital renovations project that has taken place during the year. The charity's continuous value for money review programme

produced savings and kept expenditure within budget. During the year, a two-story extension was added to the back of the building along with the re-laying of both the front and back carparks, a new kitchen was fitted, and general interior refurbishments took place.

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. Reserves were not called upon during the year. At 31/03/2022, 6 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2023 are:

- Continue to review and stabilise reporting / monitoring system to be fit for purpose
- Continue with our expansion of our PRAMS Project into the remaining counties of North Wales
- Continue to raise the profile of the charity through press, social media, website, building new and existing partnerships and networks
- Continue to develop new income streams and update fundraising strategy
- We are committed to maintaining high quality in everything we do and wish to demonstrate this through a quality assurance process
- Review and improve existing services whilst staying committed to keeping waiting lists low

Recognition/thanks to staff, volunteers, funders and donors

The Trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success truly would not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity;

Association of Voluntary Organisations Wrexham (AVOW), Betsi Cadwaladr University Health Board (BCUHB), Wrexham County Borough Council (WCBC), Wales Council for Voluntary Action (WCVA), Wrexham's Community Councils, Flintshire Local Voluntary Council (FLVC), Flintshire County Council, South Denbighshire Community Partnership (SDCP), Adult Community Learning (ACL), Welsh Government, Lloyds Bank Foundation for England and Wales, The Tudor Trust, Steve Morgan Foundation, Williams Family Foundation, Postcode Trust, Warburtons Travel Fund, Co-op Local Community Fund, Rank Foundation, Tesco Bags of Help, MSC Technology, DASU North Wales, Citizens Advice Bureau (CAB) Wrexham, Bijal Ruparelia – Safeguarding Momentum, Brymbo FC, Bangor-on-Dee Racecourse, Wrexham AFC, The Venture, Wockhardt UK Limited, Keystone Family Support, Malcolm Davies & Sons, Blueprint Architectural Services, Universal Builders, Jackson Fire & Security, Tony Jones Services, Lee Edwards Kitchens & Bathrooms, Nick Bergin Plumbing & Heating, Don Hughes Electrical Ltd,

Tritonpeak Ltd, Covenant Windows, Rhosddu Carpets, County Signs & Printing, Border Carpentry Services, Wrexham Scaffolding Ltd, Ferrari Roofing Ltd, Ben's Gutter Cleaning, Derek Pritchard, Corba Environmental Services, SR Security, Coleg Cambria, Yale Estates Team, Welsh Government Community Fund, Williams Family Foundation, Tesco, Screwfix, Arnold Clark, Don Hughes, Tritonpeak, County Signs & Printing

We would also like to say a huge thank you to all those that have donated to ABF, supported a fundraiser on our behalf, hosted a collection box, or held an event to raise much needed funds.

The Trustees wish to thank Mrs Iona Edwards, the Independent Examiner and Mr. Annesley Wright, who has served as an advisor and Treasurer to the Board. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The Trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The Trustees' plans for the foreseeable future continue to be entirely for public benefit increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the Trustees and no personal financial benefit has been derived by the Trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (issued March 2005). Approved by the Board of Trustees on 07th December 2022 and signed on its behalf by:



Rick Bedson
Cadeirydd y Mddiriedolwyr / Chair of Trustees

Income and Expenditure 2020-2021

	Note no.	31/03/2022	31/03/2021
FIXED ASSETS			
Property		304635.23	155114.00
Property Disposal		0.00	0.00
Total Property Cost		304635.23	155114.00
Less Grants		-304635.23	-155114.00
Net Cost of Property		0.00	0.00
 Furniture/Equipment		 4858.69	 2821.32
Total Fixed Assets	5	4858.69	2821.32
CURRENT ASSETS			
Debtors	6	0.00	13821.36
Bank Accounts and Cash	7	259534.41	240115.07
Total Current Assets		259534.41	253936.43
CURRENT LIABILITIES			
Accruals		-26930.00	-24215.00
Deferred Income		-39411.52	-71564.68
Total Current Liabilities	8	-66341.52	-95779.68
 Net Current Assets		 193192.89	 158156.75
ASSETS LESS LIABILITIES		198051.58	160978.07
CHARITABLE FUNDS			
Designated Unrestricted Funds		46851.58	39778.07
Operational Reserves		150000.00	120000.00
Specific Restricted Funds		1200.00	1200.00
Total Funds	9	198051.58	160978.07
		37073.51	

Balance Sheet

	Note no.	Year Ended 31/03/2022	Year Ended 31/03/2021
Income from Charitable Activities		29500.00	29500.00
Group Activities		14970.90	15872.00
Courses		48503.63	21746.00
Core Funding		221537.69	166467.00
Fund Raising		6603.93	14274.00
Interest		148.25	355.00
Room Hire		993.90	1096.00
Membership Subscription		32.53	3.00
Capital Income		149521.23	9096.00
NET INCOME	10	471812.06	258409.00
Payroll Costs	4	272720.22	186521.31
Operational & Governance Costs		9284.73	17487.02
Premises Costs		1688.25	6879.05
Capital Expenditure		149521.23	9211.62
Depreciation		1524.12	811.50
CHARITY EXPENDITURE	11	434738.55	220910.50
TOTAL Surplus / Deficit for the year	12	37073.51	37498.50

Cash Flow Statement

	Year Ended 31/03/2022	Year Ended 31/03/2021
Net Cash provided by operating activities	36925.26	37143.00
Interest	148.25	355.00
Fixed Asset Purchase	-3561.49	-3633.00
Increase of current assets	13821.36	-6446.00
Decrease in current liabilities	-29438.16	70363.00
Depreciation	1524.12	812.00
 Movement in cash flow	 19419.34	 98594.00
 Opening bank balance	 240115.07	 141520.62
 Closing bank balance	 259534.41	 240115.07
	 -19419.34	 -98594.45

Income and Expenditure Notes Year Ended 31/03/2022

Note No

1 Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under Companies Act 2006, and therefore exempt from external audit in accordance with section 477 of the Companies Act 2006.

1.2 Going concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the Charity are:

Operational Reserves - these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees

The charity's policy is to maintain a minimum of 3 months expenditure reserve and ideally 6 months. The unrestricted operational reserve £150,000 is the monetary figure available that could cover unexpected expenditure or expected expenditure during a 6 month funding gap. This is an increase on last year in order to reflect increased actual and predicted expenditure.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects

The designated funds carried forward are for specific expenditure in the next two years, which will predominately be for the renovation of the property.

Specific Restricted Funds - these are funds that can be used for specific restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure includes VAT which is not recoverable

1.6 Fixed Assets

Fixed assets are initially measured at cost less any depreciation and any specific capital grants received to purchase the property

Depreciation rates	Furniture and Equipment	20% on a straight line basis
	Computer Equipment	33% on a straight line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme and the pension charge represents the employers contribution to that defined contribution pension scheme (NEST)

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered for the recovery of Value Added Tax

2 Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year

3 Independent Examiners remuneration

There are no fees payable or paid to the Independent Examiner for their examination

4 Employees

The average number of employees during the year

Part time	11
Full time	4

Employment Costs	31/03/2022
Wages and Salaries	234943
Employers NI	16102
Employers Pension Contribution	21675
	272720

The number of employees whose annual remuneration was £60000 or more were none

5 Fixed Assets shown at historical cost

	Land and Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	155114.00	2978.00	655.00	158747.00
Additions	149521.23	3561.49	0.00	153082.72
Disposals	0.00	0.00	0.00	0.00
At 31/03/22	304635.23	6539.49	655.00	311829.72
Depreciation %		20%	33%	
At 31/03/21		595.68	216.00	811.68
Disposals		0.00	0.00	
Charge for the year		1307.97	216.15	1524.12
Accumulated at 31/03/22		1903.65	432.15	2335.80
Grants	304635.23			
Net book value				
At 31/03/22	0.00	4635.84	222.85	4858.69

The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value

6 Debtors

Amounts receivable within one year:

	2022	2021
Trade debtors	0	13821

7 Bank Accounts

	31/03/2022	31/03/2021
Natwest	18144	56517
Lloyds	137567	79913
Virgin Money	103824	103685
Cash	0	0
	259534	240115

8 Current Liabilities

	2022	2021
Accruals	-26930	-24215
Deferred Income	-39411	-71564
Current Liabilities	-66341	-95779

Accruals

Liabilities paid in April 2022 relating to 2021/2022 expenditure

Creditors

Relating to deferred income

9 Charitable Funds

<u>Unrestricted Funds:</u>	2022	2021
Designated Funds	46851	39778
Operational Reserves	150000	120000
Specific Restricted Funds	1200	1200
 Total Funds	 198051	 160978

These funds and reserves are the accumulation of previous surpluses and designated to specific projects and events.

10 Income

	2022	2021
Net Income	471812	258409

11 Expenditure

	2022	2021
Payroll Costs	272720	186521
Operational Costs	9285	17487
Premises Costs	1689	6879
Capital Expenditure	149521	9212
Depreciation	1524	812
CHARITY EXPENDITURE	<u>434739</u>	<u>220911</u>

12 Difference between income and expenditure

	2022	2021
Net Income	471812	258409
Charity Expenditure	<u>434739</u>	<u>220911</u>
Surplus	37073	37498

13 Treasurers Report for year ended 31/03/22

These accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act regulations and recommendations. The notes 1-12 above reflect the accounting policies and procedures applied by ABF.

14 Directors' Report

The Directors' acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the Board on 14/12/2022 and were signed on their behalf by:



Rick Bedson

Director / Chair of Trustees

Independent examiner's report to the trustees of ABF

Basis of Independent Examiner's report

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn. We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

- (i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity; and
- (ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements on pages 1 to 9 for the period 01/04/21 to 31/03/22

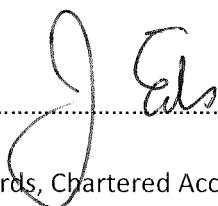
Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2022.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2022.

Signature.....



Date.....

13/12/22

Iona Edwards, Chartered Accountant Hen Dy, Plas Madog, Llansannan, Denbigh LL16 5LF

Accounts

advance brighter futures
a helping hand for people's mental wellbeing



ANNUAL REPORT & FINANCIAL STATEMENTS 2020/2021

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☎ 01978 364777 ✉ info@abfwxm.co.uk
📘 /advancebrighterfutures 🐦 @ABFWXM
🏠 www.advancebrighterfutureswrexham.co.uk

ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638)

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Chair's statement for the year ended 31st March 2021

The year has been dominated by Covid which has impacted upon us all. It forced us all to change from what was familiar to something completely different. In doing so, it generated concern, anxiety and, to some extent, fear. The need for Advance Brighter Futures ABF) and the services it provides was never greater. The speed at which ABF adjusted its provision and moved "online" was startling. The adaptability of staff, who changed from their normal methods of working to something completely different, was equally amazing. The willingness and commitment of the staff to ensure that support was there for whoever needed it was incredible. I am grateful to my fellow trustee, Rob Cox, Lorrissa and all the staff that made the transition to "online" services possible.

Over time, the "online" provision was perfected while, at the same time, new services were developed and introduced. These new services enhanced the support that we were able to offer to those in need. The entire team at ABF should be incredibly proud of what has been achieved during a very difficult and demanding time.

As a result of hard work and a determination to succeed, the "funding team" secured funding from a range of sources throughout the year. This included a significant grant which will allow us to extend and improve our premises. This will increase our capacity to assist our service users and provide them with first class facilities. I would like to thank the "funding team" for their energy and determination - obtaining funding in the current climate is not an easy task.

The operational plan reflects the need to consolidate and focus on our current provision, address waiting lists, extend and improve our facilities and prepare for a further increase in demand as we emerge from Covid. After a year of constant change and turmoil, I am sure a period of stability will be beneficial for us all.

The board will continue to guide ABF, taking strategic decisions to strengthen and develop the charity. The board will do so while bearing in mind our aim of promoting good mental and physical health, while assisting individuals to discover their own solutions, and supporting them while implementing those solutions.

I am grateful for your support over the past year - it has been much appreciated. We do however need to look to the future as there will be much to do. We are in a strong position and with committed supporters and an outstanding team, we are able to make a difference. I look forward to working with you all in order to make that difference.

Regards,



Rick Bedson
Cadeirydd y mddiriedolwyr
Chair of trustees

Report of the trustees for the year ended 31st March 2021

The trustees are pleased to present their report together with the financial statements of the charity for the year ending 31st March 2021.

Reference and administration information

Charity number: 1089638
 Company number: 04052135
 Principal office: 3 Belmont Road, Wrexham, LL13 7PW

Company Secretary: Lorrisa Roberts

Independent Examiner: Iona Edwards Chartered Accountant
 19 Denbigh Street, Llanrwst, Conwy LL26 0LL

Bankers: NatWest, Wrexham Branch, 33 Lord Street Wrexham LL13 1LS
 Lloyds, Wrexham Branch, 28 Regent St, Wrexham LL11 1SE
 Virgin Money Plc, Jubilee House, Gosforth, Newcastle-upon-Tyne NE3 4PL

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report, are collectively referred to as the trustees.

The trustees serving during the year and since the financial year end were as follows:

Trustee	Position	Appointed (originally)	Resigned
Mrs Rosemarie Williams	Director/Trustee	2010	
Mr Philip Jones	Director /Trustee	2015	
Ms Catherine Taylor	Director /Trustee Chair	2015	2020
Mr Robert Cox	Director /Trustee	2016	
Mr Matt Wellings	Director /Trustee	2016	2020
Ms Justine Mason	Director /Trustee	2018	
Mrs Jane Francis	Director /Trustee	2018	
Ms Keli Evans	Director /Trustee	2018	2020
Mr Richard Bedson	Director /Trustee Chair	2020	
Mr Marc Jones	Director /Trustee	2020	
Mr Sam Marrs	Director /Trustee	2020	2021
Mr James Hayward	Director /Trustee (Co-opted)	2021	

Structure, Governance and Management

Governing Document:

The registered charity started in 1992 and was incorporated in the year 2000. The 'Memorandum and Articles of Association' was updated in 2014. The name of the company was changed in 2014 omitting the word 'Wrexham' to reflect provision for people from the wider area.

Appointment of Trustees:

Members nominate trustees prior to the AGM to fill vacancies. One third must retire at each AGM. The trustees appoint a Chair and Treasurer.

Trustee Induction and Training:

New trustees are briefed on their legal obligations, good governance, the committee and decision-making processes, and the financial performance of the charity. All trustees are provided with the essential trustee document provided by the Charity Commission. Trustees are encouraged to attend appropriate internal and external training events and update other trustees. Any trustee who fails to attend three meetings without apologies or good cause, will automatically be deselected and will cease to be a trustee.

Organisation:

At the date of signing this report, the board had 9 trustees. The board currently meets monthly and there are various sub-committees. Mrs Lorrissa Roberts has been the Chief Officer for 9 years and oversees the day-to-day operations of the charity with the support of 3 full-time, 10 part-time staff and 2 casual staff members at the year end. At the close of the year, there were 12 active volunteers supporting the activities of the charity.

Objectives and activities

The objectives of ABF are the promotion of good mental and physical health, primarily (but not exclusively) within the County Borough of Wrexham and the surrounding areas, by the provision of support to people experiencing poor physical, mental, or emotional wellbeing.

The charity has refined its services over the years to methods proven to work:

- In 2008, the charity started to provide group activities for persons with the most complex mental health problems. The objective has been to promote active healthy lifestyles and mental wellbeing using community facilities and green spaces. The varied and changing range of activities that are requested by, and that are of benefit to, the people we support include walks, relaxation, badminton, football, gardening, etc. Participation leads to social inclusion by supporting people back into the community. The group activities continued throughout the year and were incorporated into a new project launched during the year following the review.
- Since 2010, the charity has provided one-to-one mental health lifestyle coaching; supporting individuals with severe mental health problems to identify and achieve personal goals.
- The charity provides volunteering opportunities to anyone who has the commitment and ability to help with its objectives. The training received in helping others gives the volunteer themselves new perspectives, self-confidence, and self-worth.

2016

- The charity launched PAR (Promoting Awareness & Resilience) a new schools project focusing on workshops teaching emotional wellbeing and later expanded this by forming a new partnership with Plas Madoc Leisure Centre.
- The PRAMS project was expanded to offer one-to-one support through talking therapies. Students on placement need to offer person centred support to individuals to complete their counselling qualification. The project identified talking therapy as a need because many mums had experienced traumatic births and/or were struggling with the impact of having a new baby in their lives.
- The charity continued developing and delivering courses and joined a new partnership with Adult Community Learning (ACL). The charity continued to deliver workshops in Coleg Cambria and Mental Health Awareness was also delivered in Wrexham Glyndŵr University.

2017

- ABF launched a new engagement and transition project which enables the charity to work closely with inpatients at Heddfan. It is an exciting project with elements of best practice from our group activities project, lifestyle coaching and the pilot 'Viva in Heddfan' which ran in 2012. The project has been well received in its development and has been incorporated with lifestyle coaching and group activities under one overall project name - BYW which is the Welsh translation of "alive" or "to live". The initialism stands for "Believe You Will" in English.
- The roof of the building the charity owns was completely replaced during the summer months of the year which has eliminated damp patches and leaks that were causing issues. This was hugely funded by specific donors including The Screwfix Foundation and The Clothworkers' Foundation.
- Key funding was secured for PRAMS enabling us to continue the service as well as a new development targeting women during pregnancy with the 'You and Your Bump' course.

2018

- The charity was awarded the level one Trusted Charity (previously named PQASSO) accreditation mark for quality assurance in February 2018.
- Planning permission to extend the rear of the building was obtained and all architect drawings and structural reports are ready for when funding is secured.
- The 'You and Your Bump' course was launched to meet an early intervention agenda, while connections to build this element of the charity's work are continually being developed.
- The charity developed new courses including 'Five to Thrive' and 'Mental Health Awareness', both of which have grown in popularity during the year meaning more people have requested these sessions.
- Two members of staff became Dementia Champions and the whole staff team were invited to become Dementia Friends.

2019

- Two members of staff officially became Mental Health First Aid (MHFA) facilitators in both England and Wales.
- An Engagement Coordinator and Development Officer were recruited, marking a significant increase in resource for the charity.
- The BYW review was completed and paved the way to make lifestyle coaching more accessible via Primary Mental Health Team referrals.
- Funding secured for lifestyle coaching to continue and core funding towards administration was put in place.

- Key training was attended to develop the charity's ability to demonstrate social impact through the Social Value Cymru project.

2020

- Two members of staff officially became Youth Mental Health First Aid (MHFA) facilitators.
- An Operations Officer and Business Development Officer were recruited, marking a significant increase in resource for the charity.
- The quick response to the pandemic meant only one member of staff was furloughed and all others set up to work from home with more project staff being recruited.
- All services resumed in an adapted way, or new services developed to respond to need. Key examples include our telephone check-ins and the launch of our 'Help And Listening Online' (HALO) project.
- New family support services introduced such as pre-birth specialist therapy, relationship counselling, Young persons' wellbeing coaching, Family Group (Support) Meetings and our PRAMS project started delivering in Flintshire County.
- We offered more support and training to unemployed people in Wrexham through the Legacy fund.

2021

- The charity was awarded the community facilities grant from Welsh Government which will enable the planned building expansion and improvements to begin and be completed during the year.

Achievements and performance

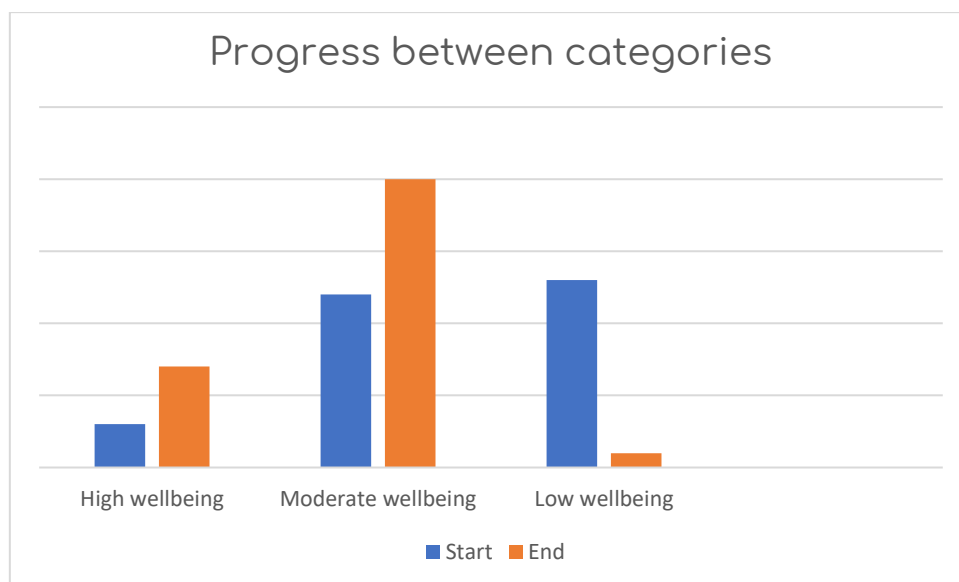
The principal achievement was that the charity received 350 new referrals, and continued to offer help, information, and support to many referrals from the previous year. The pandemic brought us new challenges, but also opportunities to develop the way we worked to continue to be an important and trusted organisation within our community. All staff were set up to work from home within a day of the announcement, recommending that if you could work from home, you should. We found a key role for us was to reassure and inform the people we support what was happening and what support was available.

During the year we were part of the Lloyds Bank Foundation report research study – the '[Value of Small](#)'. The study demonstrated that we reach people that mainstream services don't and that as a small mental health charity, we have a unique relationship with the people we support.

As you might expect, the impact of the coronavirus pandemic on our local community has been significant both for those with existing mental health problems as well as those who developed symptoms during the pandemic.

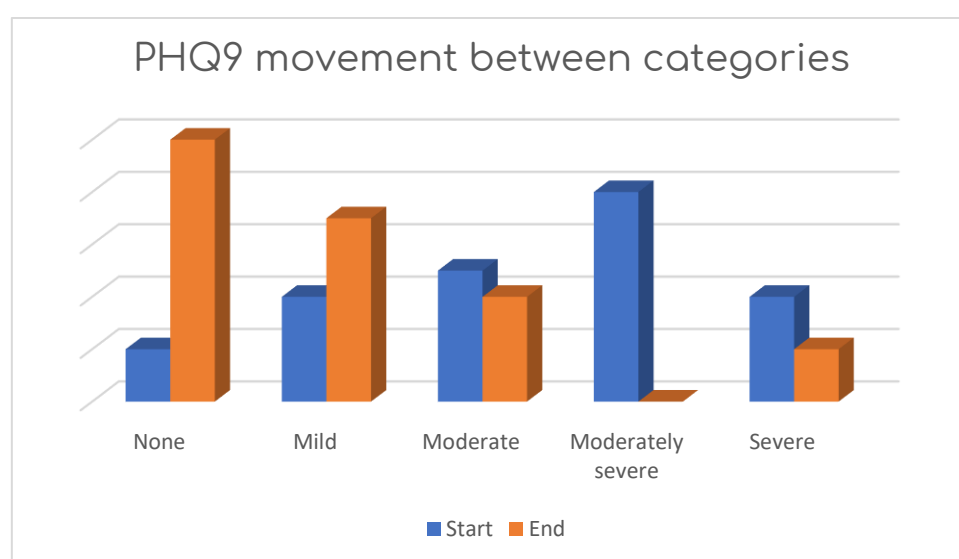
The prolonged lockdown severely impacted those that we have been supporting in a variety of ways including health, wellbeing, finances, family matters and socially. As an immediate response to the first lockdown, we started offering weekly check-in calls to those we support to ensure that they had a space where they felt comfortable to discuss any issues they were facing, as well as providing a vital source of social interaction each week. ABF staff delivered over 750 weekly check-ins. For many, this was the only social interaction they had on a regular basis. We also moved nearly all our services online. We also re-opened our building (in a Covid safe way) as soon as possible as a result of repeated feedback that face-to-face services were needed.

During the year, the charity predominantly used SWEMWBS as the most suitable outcome measure for groups and lifestyle coaching remotely (over the phone or via Zoom). Results were unsurprisingly mixed due to the complexity of working within a pandemic, however, there was an overall average improvement on the SWEMWBS measure of +5. This is a significant improvement and equates to a move up in the 'category' e.g., a move from moderate wellbeing to high wellbeing.

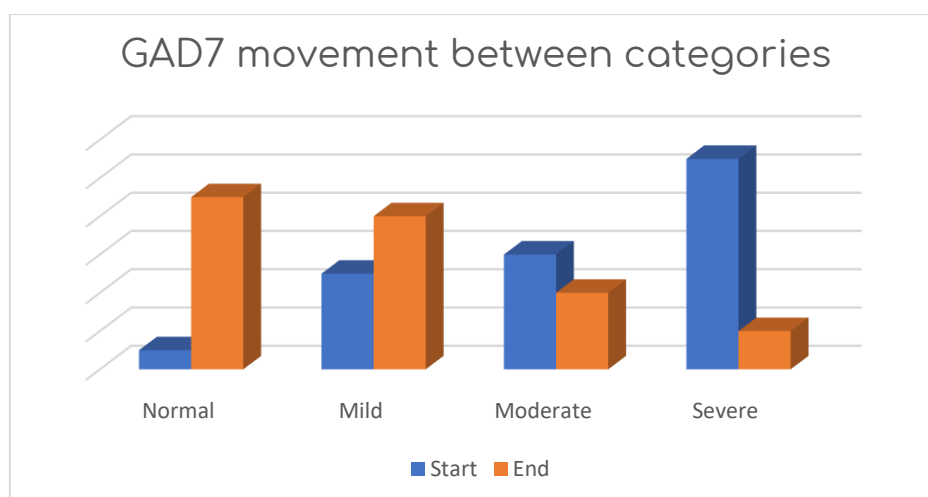


Although we saw a significant decrease in new referrals, the team worked hard during the year to support existing referrals from the period prior to the pandemic. We delivered over 750 'telephone check-in' sessions as many people did not feel able to benefit from our other services in such an uncertain period. Also, a new project was developed in response to the pandemic - 'Help And Listening Online' (HALO). Between November and March 2021, 19 individuals benefitted from the 66 sessions provided, giving a total of 147 attendances.

Our talking therapies services (including PRAMS) helped people to reach an average reduction in self-reported scores of depression by 50% (using the PHQ-9 measure).



Our talking therapies services (including PRAMS) helped people to reach an average reduction in self-reported scores of anxiety by 46% (using the GAD-7 measure). The charity is helping people to overcome mental health problems and build better lives.



Demand for ABF's services is expected to increase as they have become more recognised by local mental health professionals, and sought after by more people in need. The charity's Believe You Will (BYW) Engagement Project is currently working at overcapacity and has a waiting list of about 8 weeks. PRAMS is taking on more people year-on-year, rising by 63 referrals from the year 2019-2020 to 2020-2021, and the waiting time to access the talking therapies is about 12 weeks. During the year, the charity expanded provision to Flintshire which accounts for some of the rise, but there was also an increase of 37 referrals within Wrexham County only.

Annual 'Café and Chat' consultations run by ABF have enabled people we support to signal that expansion of BYW and provision of earlier intervention support should be key aims of the charity. In 2021, the annual 'Café and Chat' consultation was rebranded to 'Not Just Talk' and we are aiming to update the business plan with the results in August/September 2021.

Financial Review

The charity's total gross income was £341,517 (previous year £189,990), with net income being £258,409 (previous year £175,383). This represents an 80% increase on the preceding year's gross figure.

The principal funding sources for ABF in the year were:

- Adult Community Learning Partnership
- Betsi Cadwaladr University Health Board
- Lloyds Bank Foundation for England and Wales
- The Steve Morgan Foundation
- The Tudor Trust
- The Williams Family Foundation
- WCBC Families First Programme
- Wrexham County Borough Council

The charity again raised a substantial amount through fundraising endeavours in total £14,274 (previous year £14,708). Room hire income decreased to £1,096 (previous year £3,435).

Total charitable gross expenditure was £245,904 (previous year £158,339), with net expenditure being £220,911 (previous year £154,323). This represents a 55% increase on the preceding year's gross figure. The charity's continuous value for money review programme produced savings and kept expenditure within budget. During the year,

the training room ceiling and electric board was completely replaced and there were some plumbing repairs carried out.

The funds in the reserve will be invested in an interest-bearing account and will be expended on future large repair bills in excess of the annual budget for the operational needs of the charity.

The trustees' policy is to maintain a minimum reserve of 3 months expenditure and, ideally, 6 months to cover any funding gap. Reserves were not called upon during the year. At 31/03/2021, 4 months of operational reserves were held.

Comprehensive notes in the financial statements provide additional information and clarification of the figures.

Funds held as Custodian Trustees - None.

Future plans

The priorities for improvement and expansion of current activities and services in the year ended 31/03/2022 are:

- Complete the planned building extension and renovation (expand the building space to include two additional meeting rooms to cater for increased demand).
- Review and stabilise reporting / monitoring system to be fit for purpose
- Deliver successful HALO project extension (delivering 3 sessions per week) with full review and decision whether to source further funding to continue
- Establish and deliver PRAMS Flintshire extended project
- Research a financially robust social enterprise to support the sustainability of ABF
- Raise the profile of the charity through press, social media, website, building new and existing partnerships and networks

Recognition / thanks to staff, volunteers, funders and donors

The trustees would like to thank the staff and volunteers of the charity who put in much more than expected every single week. Our success truly would not be possible without their on-going commitment to helping every person individually on their recovery journey. We would also like to thank the funders and donors that have made the work of the charity possible and for being so supportive throughout the year. In particular, we thank the main funders aforementioned for their valued support. We also thank the many supporters that help with various tasks and funds for the charity;

- The Screwfix Foundation, B&Q Foundation, Best Companies Ltd, Marsh Christian Trust, DTCC, Hydro Aluminium, Disclosure Services, Comic Relief / AVOW Voluntary Sector Emergency Fund, Comic Relief / FLVC Voluntary Sector Emergency Fund, Cadwyn Clywd, AVIVA community fund donors, TK Maxx Foundation, Matalan, Coop, Groundwork / Tesco Bags of Help, Marford and Gresford Cycling Club, Inner Wheel Llangollen, Llangollen Wharf cake sale, Llangollen Carriage Tea Room, Coleg Cambria Estates Team, DSL Mobility Ltd, Whitton Morris School Of Dance, Malcolm Davies & Sons builders, MSC Technology and Wrexham Yale Rotary Club for their donations.
- The following Community Councils for their donations; Offa, Caia Park, and Acton

- All the local businesses that have displayed a collection box for us. Charisma Trophies for providing a mounting plaque for our wall and The House Name Plate company for providing a sign at our building,
- The charity is very grateful for donations received in Loving Memory of Marc Lee Evans, Dorothy "Dolly" Tomlinson, Matthew Collins, Bert Hughes and Emma Lloyd.
- Everyone who made private donations, everyone who completed and supported Facebook Birthday fundraisers, Ben Williams for his head shave fundraiser, Elaine Hughes for her fundraising through découpage, Wrexham Glyndŵr University staff for their Christmas Tree donation page fundraiser and Saith Seren who donated a bottle of Ryan Reynolds' Aviation Gin for us to raffle.

The trustees wish to thank Mrs Iona Edwards, the Independent Examiner and Mr. Annesley Wright, who has served as an advisor and treasurer to the board. We would also like to thank all the people we support for your welcome and ongoing feedback on services and future developments.

Public Benefit

The trustees have considered and complied with the Charity Commissioners' guidance on the requirements for public benefit. The aims, actions and achievements of the charity have been entirely for public benefit.

The trustees' plans for the foreseeable future continue to be entirely for public benefit, increasing both the amount and quality of wellbeing support offered. No remuneration has been paid to the trustees and no personal financial benefit has been derived by the trustees.

This report has been prepared in accordance with the statement of recommended practice for accounting and reporting by charities (issued March 2005). Approved by the board of trustees on 28th October 2021, and signed on its behalf by:



Rick Bedson
Cadeirydd y mddiriedolwyr
Chair of trustees

Income and Expenditure 2020-2021

	Note no.	Year Ended 31/03/2021	Year Ended 31/03/2020
Income from Charitable Activities		29500	27350
Group Activities		15872	23399
Courses		21746	25076
Core Funding		166467	80635
Fund Raising		14274	14708
Interest		355	749
Room Hire		1096	3435
Membership Subscription		3	31
Capital Income		9096	
NET INCOME	10	258409	175383
Payroll Costs	4	186521	138392
Operational & Governance Costs		17487	9929
Premises Costs		6879	6002
Capital Expenditure		9212	0
Depreciation		812	0
CHARITY EXPENDITURE	11	220911	154323
TOTAL Surplus / Deficit for the year	12	37499	21060

Balance Sheet

BALANCE SHEET	Note no.	31/03/2021	31/03/2020
FIXED ASSETS			
Property		155114	155114
Property Disposal		0	0
Total Property Cost		155114	155114
Less Grants		-155114	-155114
Net Cost of Property		0	0
 Furniture/Equipment		 2821	 0
Total Fixed Assets	5	2821	0
CURRENT ASSETS			
Debtors	6	13821	7375
Bank Accounts and Cash	7	240115	141521
Total Current Assets		253936	148896
CURRENT LIABILITIES			
Accruals		-24215	-13000
Deferred Income		-71564	-12416
Total Current Liabilities	8	-95779	-25416
 Net Current Assets		 158157	 123480
ASSETS LESS LIABILITIES		160978	123480
CHARITABLE FUNDS			
Designated Unrestricted Funds		39778	22280
Operational Reserves		120000	100000
Specific Restricted Funds		1200	1200
Total Funds	9	160978	123480

Cash Flow Statement

	Year Ended 31/03/2021	Year Ended 31/03/2020
Net Cash provided by operating activities	37143	20312
Interest	355	749
Fixed Assets Purchased	-3633	
Increase of current assets	-6446	-5075
Decrease in current liabilities	70363	-39834
Depreciation	812	0
 Movement in cash flow	 98595	 -23848
 Opening bank balance	 141521	 165369
 Closing bank balance	 240115	 141521

Advance Brighter Futures Ltd - Statement of Financial Activities

Income and Expenditure Notes Year Ended 31/03/2021

Note No

1 Accounting Policies

Charity Information

Advance Brighter Futures is a registered Charity and a private company limited by guarantee incorporated in England and Wales. The registered office is 3 Belmont Road, Wrexham, LL13 7PW.

1.1 Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006 and the Charities Regulations 2008 as well as the Charities Act 2011. The charity is a small charity under Companies Act 2006, and therefore exempt from external audit in accordance with section 477 of the Companies Act 2006.

1.2 Going concern

At the time of approving the accounts the Trustees have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable Funds

Funds and Reserves held by the Charity are:

Operational Reserves - these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees

The charity's policy is to maintain a minimum of 3 months expenditure reserve and ideally 6 months. The unrestricted operational reserve £120000 is the monetary figure available that could cover unexpected expenditure or expected expenditure during a 6 month funding gap. This is an increase on last year in order to reflect increased actual and predicted expenditure.

Designated Funds - These are funds set aside by the Trustees out of unrestricted general funds for specific future purposes or projects

The designated funds carried forward are for specific expenditure in the next two years, which will predominately be for the renovation of the property.

Specific Restricted Funds - these are funds that can be used for specific restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor.

1.4 Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity has received the funds

1.5 Resources Expended

Expenditure reflects all amounts paid and accrued during the year. Expenditure includes VAT which is not recoverable

1.6 Fixed Assets

Fixed assets are initially measured at cost less any depreciation and any specific capital grants received to purchase the property

Depreciation rates	Furniture and Equipment	20% on a straight line basis
	Computer Equipment	33% on a straight line basis

1.7 Retirement Benefits

The charity operates a defined contribution pension scheme and the pension charge represents the employers contribution to that defined contribution pension scheme (NEST)

1.8 Taxation

The charity benefits from Employment Allowance in relation to PAYE. The charity is not registered for the recovery of Value Added Tax

2 Trustees

None of the Trustees (or any person connected with them) received any remuneration during the year

3 Independent Examiners remuneration

There are no fees payable or paid to the Independent Examiner for their examination

4 Employees

The average number of employees during the year

Part time	11
Full time	4

Employment Costs	31/03/2021
Wages and Salaries	163041
Employers NI	9786
Employers Pension Contribution	13695
	186521

The number of employees whose annual remuneration was £60000 or more were none

5 Fixed Assets shown at historical cost

	Land and Buildings	Furniture & Equipment	Computer Equipment	TOTAL
Cost	155114	0	0	155114
Additions	0	2978	655	3633
Disposals	0	0	0	0
At 31/03/21	155114	2978	655	158747
Depreciation %		20%	33%	
At 31/03/20		0	0	0
Disposals		0	0	
Charge for the year		596	216	812
Accumulated at 31/03/21		596	216	812
Grants	155114			

Net book value

At 31/03/21	0	2382	439	2821
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The property at 3 Belmont Road was completely grant funded and therefore does not have any Net Book Value

6 Debtors

Amounts receivable within one year:

	2021	2020
Trade debtors	13821	7375

7 Bank Accounts

	31/03/2021	31/03/2020
Natwest	56517	15506
Lloyds	79913	62640
Virgin Money	103685	63374
Cash	0	0
	240115	141520

8 Current Liabilities

	2021	2020
Accruals	-24215	-13000
Deferred Income	-71564	-12416
Current Liabilities	-95779	-25416

Accruals

Liabilities paid in April 2021 relating to 2020/2021 expenditure

Creditors

Relating to deferred income

9 Charitable Funds

<u>Unrestricted Funds:</u>	2021	2020
Designated Funds	39778	22280
Operational Reserves	120000	100000
Specific Restricted Funds	1200	1200
 Total Funds	 160978	 123480

These funds and reserves are the accumulation of previous surpluses and designated to specific projects and events.

10 Income

	2021	2020
Net Income	258409	175383

11 Expenditure

	2021	2020
Payroll Costs	186521	138392
Operational Costs	17487	9929
Premises Costs	6879	6002
Capital Expenditure	9212	0
Depreciation	812	0
CHARITY EXPENDITURE	220911	154323

12 Difference between income and expenditure

	2021	2020
Net Income	258409	175383
Charity Expenditure	220911	154323
Surplus	37498	21060

13 Treasurers Report for year ended 31/03/21

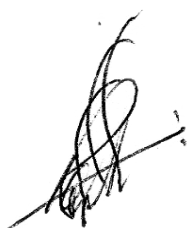
These accounts have been prepared by the Finance Officer at Advance Brighter Futures and reviewed by the Treasurer to ensure that they comply with the Companies Act and Charities Act regulations and recommendations. The notes 1-12 above reflect the accounting policies and procedures applied by ABF.

14 Directors' Report

The Directors' acknowledge their responsibility to comply with the requirements of the Companies Act 2006 and the Charities Act 2011.

The financial statements have been properly prepared in accordance with UK GAAP for smaller entities whilst recognising the need to comply with Charities Act 2011. The recommendations of SoRP and the 2014 FRSs have been applied and adhered to.

Approved by the board on 28/10/2021 and were signed on their behalf by:



Rick Bedson
Cadeirydd y mddiriedolwyr
Chair of trustees

Independent examiner's report to the trustees of ABF

Basis of Independent Examiner's report

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (FRSSE) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has since been withdrawn. We understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

My examination was carried out in accordance with the directions given by the Charity Commissioners.

I confirm:

- (i) that an examination is required under section 145(1) of the Charities Act 2011, and that section 144(1) (audit) of the Charities Act 2011 does not apply to the charity; and
- (ii) the charity is a small company exempt from audit in accordance with section 477 of the Companies Act 2006

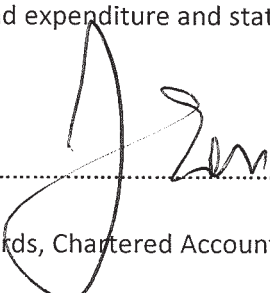
The independent examination comprised of a comparison of the accounting records kept by the charity to the financial statements on pages 1 to 9 for the period 01/04/20 to 31/03/21

Independent Examiner's statement

I confirm that no matter has come to my attention to indicate that in any material respect the requirements to keep accounting records as required by Section 386 of the Companies Act 2006 and to prepare financial statements which accord with the accounting records have not been met for the year ended 31/03/2021.

The accounts have been prepared on an accruals basis and comply with relevant accounting requirements under section 396 of the Companies Act 2006 and are consistent with the Statement of Recommended Practice - Accounting and Reporting by Charities, issued in March 2005.

In my opinion without a full audit the financial statements give a true and fair view of the income and expenditure and state of the charitable company's affairs at 31/03/2021.

Signature.....  Date..... 15/12/2021

Iona Edwards, Chartered Accountant Hen Dy, Plas Madog, Llansannan, Denbigh LL16 5LF