

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales · Charity number 1123842

Details

Status	Registered
Legal form	Charitable company
Company number	06468412
Registered	2008-04-23
Register	View on the Charity Commission register

Contact

Address	Union Offices Quarella Road Bridgend Mid Glamorgan Wales CF31 1JW
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Activities

Objects: TO PROMOTE THE MENTAL AND EMOTIONAL HEALTH AND WELL-BEING OF THE PUBLIC THROUGH THE PROVISION OF INFORMATION, ADVOCACY, TRAINING AND SUPPORT.

Activities: MHM Wales currently delivers the following services; Talking Connections (Counselling service), Independent Mental Capacity Advocate (IMCA), Paid Relevant Person's Representative Service (PRPR), Independent Professional Advocacy Service (IPA), Friends of Coity, Wellbeing Drop-in Hubs, Self Harm and Eating Disorder peer support groups, Information, Training, DBS Services and Volunteering

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE WALES
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,556,263	£1,367,904	£2,791,535	48
2024-03-31	£1,869,270	£1,392,414	£2,603,176	53
2023-03-31	£1,968,229	£1,471,954	£2,126,320	52
2022-03-31	£1,408,548	£1,204,277	£1,588,651	48
2021-03-31	£1,269,348	£964,779	£1,384,380	38

Trustees

Name	Role	Appointed
Richard Young	Chair	
Elaine Tanner		2022-09-30
Janet McDonald		2025-11-03
John Charles Spanswick		2020-10-22
Julian Richard Hardwick		2025-07-15
Natalie Ellen Silcox		2022-07-08
SULIMAN HAWAS		

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales - Charity number 1123842

Accounts

REGISTERED COMPANY NUMBER: 06468412 (England and Wales)
REGISTERED CHARITY NUMBER: 1123842

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
MENTAL HEALTH MATTERS WALES LTD**

Bevan Buckland LLP (Statutory Auditors)
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

MENTAL HEALTH MATTERS WALES LTD

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FOR THE YEAR ENDED 31 MARCH 2025**

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

MHM Wales's purpose as set out in the company's memorandum of association are to 'promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'.

Significant activities

Our main activities and who we try to help are described in the following pages. All our charitable activities focus on the promotion of the mental and emotional health and well-being of the public and are undertaken to further our charitable purposes for the public benefit.

The charity carries out these objectives by:

- Providing various services throughout Wales which supports adult wellbeing and supports those with mental health related issues/problems which include wellbeing hubs, telephone befriending & support and peer support groups which include eating disorders and self-harm.
- Providing advocacy services across Wales for adults suffering mental health issues/problems, those who lack capacity, older people with mental health problems and/or dementia and those eligible in relation to the Social Services and Wellbeing (Wales) Act 2014, and a commitment to raising awareness of advocacy.
- Providing counselling and training services (including workshops) for adults suffering mild to moderate mental health problems.
- Providing eating disorder support to children and young people across the Cwm Taf Morgantown University Health Board Footprint.
- Providing cognitive impairment services to support those who have cognitive impairment and their carers both within hospital settings and the community.

The Trustees confirm they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

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

OBJECTIVES AND ACTIVITIES

Who used and benefited from our services?

Our services are limited to those residing in Wales, due to our Objects and funding. Certain funding requirements restrict the beneficiaries we can support. For example, the Independent Professional Advocacy (IPA) services provided are limited to those who meet the criteria outlined in the Social Services and Wellbeing (Wales) Act 2014.

Services we deliver are sometimes restricted to specific geographical areas, due to funding or contract specifications. These areas include Cardiff and the Vale of Glamorgan, Bridgend, Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire, and Ceredigion. Our wellbeing hubs, Wellbeing Retreats, youth services and information services are restricted to the Bridgend County Borough footprint area. However, our self-harm and eating disorder peer support groups, counselling, community advocacy, Paid Relevant Person Representative, Litigation Friend Services, training, education services and Disclosure and Barring Service (DBS) are generally unrestricted, unless specifically commissioned.

Our work has a wider impact beyond the beneficiaries we directly support. It can also reduce distress for families and friends of beneficiaries with mental or emotional health issues, and alleviate pressure on front-line and secondary mental health services in Wales.

The main areas of charitable activities are:

- Wellbeing hubs (drop-in centres)
- Out of hours Wellbeing Retreat (social distress/crisis support)
- Deprivation of Liberty (Paid Relevant Persons Representative)
- Independent Professional Advocacy (IPA)
- Cognitive impairment/Dementia Wellbeing Activity Support
- Dementia Hubs
- Youth CAMHS Support
- Litigation Friend Service (linked to Deprivation of Liberty)
- Information services
- Counselling
- Peer support groups
- Community Advocacy Support (generic)
- Community Advocacy Service (mental health)
- SHARE - Self-harm- self-help information
- SORTED- eating disorder information
- Training, education and public awareness
- Disclosure and Barring Service (DBS Cymru)
- Lobbying and campaigning
- Volunteering

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

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Wellbeing Hubs

Throughout 2024-2025, we continued developing our Wellbeing Hubs delivered in the Bridgend Borough, with the aim of continually enhancing support for beneficiaries. Our Quarella Road premises remain a central hub for the Bridgend and surrounding communities, whilst the Ogmores Vale hub serves the communities of Ogmores Vale and Nantymoel, with the Porthcawl hub extending its services to beneficiaries in Porthcawl, Pyle, Cornelly, and the surrounding areas and the Garw Valley which covers Bettws, Pontycymer, Llangeinor and Garw.

Our Community Services team remains devoted to delivering a diverse range of activities within the wider community by facilitating walking groups held at various locations throughout Bridgend Borough, as well as conservation and gardening initiatives.

The Wellbeing Hubs operate on an "open access" basis, providing a non-judgmental, welcoming environment where beneficiaries can feel comfortable to attend without the need for a referral. The wellbeing hubs enable beneficiaries to share experiences with others with similar circumstances to discuss their feelings and experiences, which helps reduce feelings of isolation and allowing beneficiaries who have experienced similar challenges to support each other, promoting hope and resilience.

The Wellbeing Hubs also provide resources on mental health, wellness, self-care, and mental health topics, which help break down misconceptions and stigma around seeking help. This all helps beneficiaries to make informed choices and develop resilience and coping mechanisms to handle life's challenges

Referrals are only required to attend the Wellbeing Hubs for workshops and training courses that have limited capacity. Workshops cover a variety of topics, including art psychotherapy, which include one-on-one sessions, along with music workshops, creative writing, yoga, and therapeutic art. Additionally, we offer courses focused on managing anxiety and depression.

Throughout 2024-2025, we have continued our collaboration with a wide range of organisations, including Adult Learning Wales, Tanio, Guitars for Veterans, the BCBC Countryside Management Department, the Llais y Goedwig woodlands network, the University of South Wales, and Bridgend College. We also developed a new partnership with Merthyr Mawr Estates to engage with "hard to reach groups" to improve access to their green estates. We also worked with Beyond Equality to provide male specific wellbeing workshops. Through these partnerships, we were able to provide beneficiaries with an extensive array of supplementary resources designed to promote their mental health and wellbeing.

Our "open access" approach to attending the Wellbeing Hubs has significantly reduced social isolation for many beneficiaries, enhancing their resilience and social connectivity. It empowers them to choose the support that best suits their needs, thereby building their confidence and empowering them to take control of their own mental health and wellbeing.

From April 2024 to March 2025, annual attendance at all Wellbeing Hubs and associated groups was 3,039 attendees. Furthermore, there were 474 unique beneficiary engagements with our Wellbeing Hubs during this period.

Members of the Community Services team bring a wealth of experience to their roles. We require our staff to have completed the City and Guilds Level 3 Qualification in Health and Social Care and the Level 4 Qualification in Advice and Guidance. In addition, they participate in regular training courses to ensure their ongoing professional development, thereby enhancing the quality of services and support provided to beneficiaries.

The Wellbeing Hubs also rely on volunteers to support the staff in providing services and the volunteers are instrumental in enhancing the operation and impact of the Wellbeing Hub, making it a more effective, inclusive, and supportive resource for beneficiaries seeking assistance with their mental health and overall wellbeing.

Wellbeing Retreat

The Wellbeing Retreat, launched in December 2020, continues to offer a much-needed adult-only (ages 18 and over) service operating outside of conventional hours and is delivered on a Wednesday, Friday, Saturday and Sunday between the hours of 5:00pm and 11:00pm.

An expansion of the Wellbeing Retreat's service took place in January 2025, this involved providing a Sunday afternoon staff-led peer support group which significantly enhances support to beneficiaries. This new group, specifically designed for previous attendees, created a dedicated space for ongoing support. This initiative directly addresses the complex and enduring nature of mental health by offering support during a time of the week that can often amplify feelings of isolation and anxiety about the week ahead.

The Wellbeing Retreat provides a safe, non-clinical, warm and welcoming environment that is relaxing for individuals struggling with mental health issues and associated social distress, including anxiety, depression, loneliness, family or relationship problems, caregiving responsibilities, stress, and other factors that may affect one's mental wellbeing.

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The Wellbeing Retreat is a specialist service only accessible through a prior appointment, following a referral from a healthcare, social services, or social care professional from either statutory services or a third-sector organisation within the Bridgend area. This ensures we can provide the most effective support to those referred. Unfortunately, we are unable to accept self-referrals, but we are working towards making this option available to those who have previously accessed the Wellbeing Retreat in the future.

The Wellbeing Retreat staff team undertake a non-clinical approach to supporting individuals who have been referred, recognising everyone's needs are unique. Our holistic and community-based approach prioritises personal growth, social integration, and connection with others. By doing so, we encourage individuals to connect with other mental health and community groups/members to aid their recovery and improve their environmental, physical, and emotional needs.

Personalised one-on-one support sessions are thoughtfully crafted to engage individuals in a collaborative and empowering manner. During these sessions, we delve into the underlying causes of their distress, aiming not only to alleviate immediate concerns but also to foster long-term wellbeing.

We adopt a holistic approach to wellbeing, recognising that mental health is intricately interwoven with a variety of factors, including environmental, physical, and emotional influences. By partnering with individuals to identify and address these interconnected elements, we aim to assist them in cultivating a more balanced and sustainable approach to their overall health and wellbeing. This comprehensive strategy not only enhances their resilience but also equips them with the tools needed for lasting positive change.

The Wellbeing Retreats offer a safe and supportive environment for individuals to explore their thoughts, feelings, and experiences, free from the pressures and stigma often associated with traditional mental health services. By focusing on personal growth, social connection, and community engagement, we aim to help individuals develop the resilience, confidence, and skills needed to thrive in their daily lives.

During the 2024-2025 period, the Wellbeing Retreat received 711 referrals, a significant increase of 246 referrals (a 53% rise) from the previous year. This strong recovery indicates that the referral pathway issues faced in 2023-24 have now largely resolved.

Furthermore, the service was bolstered by the Operational Manager, Natalie Jones, undertaking promotion of the Wellbeing retreat which also included a presentation to the CTMUHB GP clusters which highlighted the Retreat's supportive work. This return to a higher volume of referrals underscores the importance of the service and the effectiveness of ongoing efforts to ensure it remains a visible and accessible resource for those in need.

The staff team at the Wellbeing Retreat brings a diverse array of experience within the fields of mental health and social care, enhancing the quality of support offered to clients. In addition to their foundational training, all team members are mandated to undertake the City and Guilds Level 4 Qualification in Advice and Guidance.

This requirement underscores our commitment to professional development and ensures our staff are well-equipped with the latest knowledge and skills needed to effectively assist individuals in their wellbeing journeys. Our comprehensive approach to training not only enriches the expertise of our staff but also enhances the overall experience for those seeking help within our supportive environment.

Information

MHM Wales continues to deliver invaluable information services to beneficiaries who may be facing mental health challenges, as well as to caregivers, the broader community, and other service providers. Our Information Officer plays a crucial role in this initiative by conducting informative sessions at a variety of locations, including wellbeing centres, supermarkets, business units, and the psychiatric department of the Princess of Wales Hospital. In addition to these sessions, the Information Officer remains highly responsive to individual information requests, ensuring support is readily available to those in need.

The Information Officer also provides information sessions at Ward 14 within the Princess of Wales Hospital. This "Friends of Coity" information and support service, provides patients in Ward 14 with essential information and ongoing support. We recognise the importance of empowering individuals with the knowledge they need for their mental health journeys, and we are excited to realise this vision once again.

We are committed to staying at the forefront of technological advancements by consistently enhancing our website, www.grapevines.info. This platform serves as a valuable resource, offering up-to-date and pertinent information about mental health and wellbeing services available in the Bridgend community. In addition to our website, we maintain a vibrant presence on Facebook, where we actively interact with our followers. Our growing community now boasts over 220,000 followers, reflecting our dedication to engaging and supporting individuals in their mental health journeys. We invite you to connect with us and discover more by visiting our Facebook page at <http://Facebook.com/mhmwales>.

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SHARE - Self-harm Self-help Peer Support Group

SHARE is our dedicated self-harm self-help peer support group, which meets weekly at our Quarrel Road Office. The primary aim of this group is to foster a safe and compassionate environment for individuals grappling with self-harm. Originally established on 1 April 2013 through the Big Lottery Fund's "Community Voice" initiative, the group has since been funded by MHM Wales's free reserves from 2018 onwards.

In addition to our face-to-face meetings, we continue to partner with New Horizons Mental Health, based in Aberdare, to offer an online peer support group. This development allows us to extend our reach and support to a broader audience, catering to individuals who self-harm or those seeking information to help someone who does. Our overarching goal is to create a welcoming space where participants can openly discuss their experiences, share insights, and provide mutual support.

Our trained facilitators are committed to listening to feedback from participants, ensuring the group remains responsive to their needs. They also provide resources and information designed to enhance self-care and foster self-compassion among attendees. We are dedicated to breaking down the stigma associated with self-harm and empowering individuals to take charge of their recovery journeys. We invite anyone who is struggling with self-harm to reach out to us for support; we are here to help.

SORTED - Eating Disorder Self-help Peer Support Group

SORTED is a peer support group designed to assist individuals grappling with various eating disorders, as well as their loved ones and caregivers. This initiative is facilitated by a dedicated member of the MHM Wales team, who ensures a supportive atmosphere for all participants.

During 2024-25 we re-established face-to-face meetings but unfortunately in January 2025, due to dwindling numbers and our coordinator leaving the group closed. We will hopefully be relaunching the SORTED support group during the latter quarter of 2025.

Talking Connections (Counselling service)

Our Talking Connections counselling service continues to be delivered online as many people prefer this, however; face to face counselling has restarted in venues in Bridgend and North Wales. Our counsellors use a variety of different video conferencing software methods to ensure sessions could continue to take place to provide low cost (donation) counselling to those who are unable to access counselling through statutory services due to their waiting times or do not wish to receive counselling in the areas where they reside,

Benefits of Counselling can include:

- Improved Mental Health: Counselling can help you to develop a better understanding of your emotions, thoughts, and behaviour. This can help you to recognise and manage the symptoms of mental health issues such as anxiety, depression, or stress.
- Improved Communication and Relationships: Counselling can help to improve communication skills and build a stronger and healthy relationship with others.
- Increased Self-Awareness: Counselling can help you to become more self-aware of your behaviours, thoughts, feelings, and beliefs. This self-awareness can help you to make positive changes in your life and improve your overall well-being.
- Coping Strategies: Counselling can provide you with a wide range of coping strategies to help you deal with challenging situations and manage stress.
- Personal Growth: Counselling can help you to identify your personal goals and offer support and encouragement to help you realise your potential and achieve your goals.
- Increased Happiness: Counselling can help you to identify what makes you happy and offer guidance on how to achieve it. This can lead to a more fulfilled and enjoyable life.
- Improved Health: Counselling can help you to address and manage mental health issues that can have a negative impact on your physical health.

The service received 352 referrals in the 2024/25 period, a 17.7% increase (53 referrals) from the previous year. From this total, 205 individuals received counselling support. The service continues to operate with a waiting list of over eight weeks due to high demand.

Youth Eating Disorder Support Service

This service supports the Child and Adult Mental Health Service (CAMHS) covering the Cwm Taf Morgannwg University Health Board by delivering workshops focused on mental wellbeing. This dedicated service operates as a vital complementary resource, specifically accepting young people who are referred directly by the CAMHS clinical teams.

The service's core offering is a series of interactive, evidence-based workshops focused on building mental wellbeing and resilience. These sessions are tailored for young people, providing them with a safe and supportive group environment to develop practical skills. Topics often include managing difficult emotions, improving body image, building self-esteem, understanding nutrition without fixation, and developing healthy coping mechanisms.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

By delivering this targeted, early-intervention support, the service directly contributes to the wider community's mental health infrastructure. It exemplifies a continued and strengthened commitment to providing comprehensive, multi-tiered support for the youth and families across the region, ensuring that help is accessible at different stages of need.

Paid Relevant Person's Representative Service (PRPR)

MHM Wales Paid Relevant Person's Representatives are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation who support people who lack capacity throughout Mid Wales, South Wales, Southeast Wales and Southwest Wales.

The Paid Representative's role includes:

- Visiting the person deprived of their liberty on a regular basis.
- Supporting the person to understand their DoLS authorisation and how it affects them.
- Assisting the person to exercise their rights should they wish to do so.
- Ensuring any conditions attached to the authorisation are met and dealt with in a timely fashion.
- Call for a review of the authorisation where necessary, challenge the authorisation through local means where possible or ultimately support the individual to have access to the Court of Protection.

Our Paid Relevant Person's Representatives are independent from the care home or hospital as well as the Local Authority, Health Board and Supervisory Body / DoLS team.

All our Paid Relevant Person's Representatives are either fully qualified Advocates which have undertaken the City and Guilds Level 3 Advocacy Diploma or are currently working towards the new City and Guilds Level 4 Advocacy Qualification. In addition to undertaking formal qualifications, the Paid Relevant Person's Representatives also undertake continual professional development training delivered by solicitors and law firms to ensure they are always fully up to date with case law and changes in legislation.

During the 2024-2025 period, the contract to deliver the PRPR services changed to a new provider. As a result of this change, the provision of PRPR services for the Swansea Bay and Hywel Dda University Health Boards was formally transferred to the new provider in June 2024. This was followed by the transfer of the Swansea Local Authority area in September 2024.

While we were naturally disappointed by this outcome and the end of our partnership with both health boards and local authorities, we remained resolutely focused on facilitating a seamless transition throughout these handover periods. Our priority was to continue offering unwavering support to those supported, ensuring their needs were met and that the vital continuity of care was upheld. We appreciate the trust that was placed in us over the years and are proud to have navigated this transition with the professionalism and compassion that defines our organisation.

Independent Professional Advocacy (IPA)

Mental Health Matters Wales is dedicated to continuation of delivering the Independent Professional Advocacy (IPA) Service to the Local Authority areas of Bridgend, Neath Port Talbot, and Swansea. This initiative is crucial in ensuring individuals receive the support they need while navigating the complex social services landscape.

The Social Services and Well-being (Wales) Act 2014 introduced a mandate for Local Authorities to commission Independent Advocacy services, fundamentally transforming the way social care and support are administered in Wales. Enforced from April 2016, the Act obliges Local Authorities to assess at every stage of an individual's journey through the social services system as to whether they may require additional support from an IPA advocate.

This includes evaluating needs from the very first point of contact, ensuring that individuals are supported and empowered to make informed choices about their care and well-being. This comprehensive approach not only enhances the quality of support offered but also promotes greater awareness of the rights and needs of individuals seeking assistance.

The Part 10; Code of Practice on Advocacy ("the Code") states within Para 47:

"Local authorities must arrange for the provision of an Independent Professional Advocate when a person can only overcome the barrier(s) to participating fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available"

Independent Professional Advocacy in ensuring individuals have their needs and rights met. The benefits of independent professional advocacy include

- Empowerment of individuals: Independent professional advocacy empowers individuals by equipping them with the knowledge and understanding of their rights and options.
- Access to information: Advocates under the act provide individuals with information about their options, ensuring they can make informed decisions about their lives.
- Voice for vulnerable individuals: Independent professional advocacy provides a voice for vulnerable individuals such as those with mental health issues, learning disabilities, or dementia.

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

- Promotes person-centred care: Independent professional advocacy promotes person-centred care, ensuring that the individual's wishes and preferences are front and centre.
- Supports individuals in decision-making: Advocates under the act support individuals in decision-making, assisting them in making choices that are in their best interest.
- Ensures accountability: Independent professional advocacy ensures that the service providers and decision-makers are accountable to individuals they serve.
- Promotes social justice: The act promotes social justice by ensuring that individuals have access to independent professional advocacy, regardless of their background or situation.

Following a competitive retendering process in 2024, we were re-awarded the contract to deliver the Independent Professional Advocacy (IPA) service for the Swansea Local Authority area.

Litigation Friend Service All South, West, and Mid Wales

The Litigation Friend (LF) service is an additional specialist component of our broader PRPR provision. It provides dedicated support through a specialist Litigation Friend for individuals eligible for assistance under the Mental Capacity Act 2005 who are subject to a Deprivation of Liberty Safeguards (DoLS) authorisation.

This specific service operates within the Court of Protection. The role of our Litigation Friend is focused on supporting an individual to challenge the setting in which they have been placed, such as a care home. A successful challenge can lead to a more appropriate outcome for the individual, which could include moving back to their own home with a package of care or to a different home closer to family.

By ensuring the individual's right to challenge their detention is upheld, our service plays a crucial role in safeguarding their liberty and ensuring they have appropriate legal representation for this fundamental aspect of their life.

Appropriate Adult (AA)

MHM Wales provides qualified advocates to act as Appropriate Adults for individuals in police custody deemed 'mentally vulnerable'-meaning they may not understand their rights or communicate effectively due to a mental disorder, learning disability, or acute distress.

Our independent AA ensures individuals are treated fairly and with dignity. Their vital role includes:

- Explaining rights and procedures in an understandable way.
- Facilitating clear communication with the police.
- Observing interviews to ensure fairness.
- Advising officers on the person's vulnerability.
- Safeguarding the individual's welfare throughout their custody.

We ensure that vulnerable people have support and that their rights are protected during the custody process.

Nearest Relative

The term "Nearest Relative" is a specific legal role used in the Mental Health Act 1983.

Our service provides a Professional Nearest Relative for individuals who have no family or friends to act for them. We are formally appointed to take on the legal role itself to ensure the patient's rights are protected.

We act for individuals kept in hospital under sections 2, 3, 4, or 37, on a community treatment order, or under guardianship. In this role, we ensure their rights under the Act are fully adhered to.

Community Advocacy Service (CAS)

The Community Advocacy Service is dedicated to supporting individuals in Bridgend, Neath Port Talbot, and Swansea who are experiencing common mental health challenges. We ensure their voices are not only heard but effectively acted upon in relation to correspondence, appointments, and meetings.

Funded through free reserves, this service provides essential advocacy for beneficiaries whose needs fall outside the scope of other commissioned advocacy services, such as the Independent Professional Advocacy (IPA) provision.

We firmly believe in the importance of this vital work and plan to expand it by utilising Social Work Students and Volunteer Advocates. We recognise that when an individual successfully navigates a personal challenge, it creates a ripple effect of inspiration and motivation for others, fostering greater self-worth and optimism.

Our principle of "working with, rather than doing for" empowers individuals to overcome challenges, leading directly to enhanced personal wellbeing, stronger family relationships through reduced strain, and a reduction in social isolation as confidence to reconnect with the community grows.

Without this advocacy support, individuals facing these challenges alone are often left overwhelmed, which can lead to a deterioration in their situation, including breakdowns in relationships, potential evictions due to unresolved housing issues, unmanageable debt, and further social withdrawal.

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

Our advocates make the crucial difference by providing a supportive partnership to navigate complex systems, clearly explaining an individual's options, and expertly signposting them to agencies and professionals, such as debt advisors, housing officers, or counselling services, for specialised support they may not have known existed or how to access. This intervention stops problems from escalating and provides the tools for sustainable self-advocacy and stability.

Wellbeing Activity Support (Cognitive Impairment)

Our Wellbeing Activity Support programme (Cognitive Support), which operates at St David's Hospital in Cardiff, continues to provide much-needed therapeutic assistance to patients. This service is designed for individuals who no longer require active medical treatment but whose specific needs have resulted in a delay in their discharge from the hospital. The ward primarily caters to patients experiencing dementia, cognitive impairment, or other complex needs. Our mission is to support these patients in maintaining as normal a life as possible while they await their transfer from hospital.

To achieve this, our Wellbeing Activity Support service offers a diverse range of stimulating and engaging activities that encourages participation and interaction among patients. These activities include regular music sessions where patients can sing and play instruments, arts and crafts workshops that foster creativity, exercise classes to promote physical well-being, and delightful tea parties designed to enhance social interactions. Such activities not only contribute to the patients' emotional well-being but also help in establishing normal sleep patterns at night.

Dementia Hub

Launched in December 2022, the original Dementia Hwb represented a significant milestone in enhancing dementia support services across Bridgend. Following the conclusion of our partnership with Dementia Friends Swansea, we seized the opportunity to rebrand the Hwb as the Dementia Hub.

Since its relaunch in April 2023, the Dementia Hub experienced remarkable growth, broadening its services to include additional hubs located in Maesteg, Ogmore Vale, and Porthcawl. These hubs have been meticulously designed to aid an increasing number of individuals seeking guidance about available support networks for those living with dementia, their caregivers, and anyone in search of information on dementia-related matters.

Throughout the 2024-2025 financial year, our dedicated staff team at the Dementia Hub provided direct support to 3,469 individuals. This represents a significant 53% increase in direct engagements compared to the previous year, demonstrating a substantial growth in the service's reach and impact.

Furthermore, the team continues to signpost individuals through various information events and networking initiatives. Our outreach extended to professionals, including GPs and social workers, other voluntary services, and individuals experiencing early onset dementia alongside their caregivers. This extensive and growing engagement underscores our unwavering commitment to nurturing a supportive community for all those affected by dementia.

Considering this proven and growing impact, the service continues to be sustained through a combination of fundraising initiatives and the committed use of our financial reserves. Recognising its vital role, our Trustees have guaranteed funding to ensure the Dementia Hub's operation until at least March 2026

Volunteer Service

Volunteers fulfil a distinctive and invaluable role in bolstering the services provided by MHM Wales, and we extend our heartfelt appreciation for their contributions. Their unwavering dedication and commitment enable us to offer a comprehensive array of services that effectively address the diverse needs of the individuals who rely on them.

It is estimated that in the financial year 2024-25, without the involvement of our volunteers, we would have been compelled to hire additional staff to manage and deliver these essential services, resulting in an unforeseen expenditure of over £85,000. This highlights not only the significant financial impact of our volunteers but also underscores the vital role they play in helping us fulfil our mission to support the community.

In return for volunteering, individual who volunteer can gain valuable experience and skills, whilst developing new friendships and networks, and enhance their personal and professional development. In addition, volunteering helps to make a real difference in the lives of others, which can be a deeply fulfilling experience.

Our Trustees, who are themselves volunteers, our staff, and beneficiaries alike appreciate the significant role volunteers play in supporting MHM Wales to provide the services we deliver and as we report on this financial year, we would like to take this opportunity to express our sincere gratitude to each volunteer who has given their time and experience freely during this period.

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Training

We remain committed to providing comprehensive mental health training, including Mental Health First Aid (MHFA) course, which is designed to build resilience and awareness within communities and workplaces across Wales. We also provide training in suicide prevention, safe talking, and workplace wellbeing. These practical, skills-based courses are available in various formats and are central to our mission of demystifying mental health, reducing stigma, and fostering a more supportive culture. In addition, our Information Officer has throughout the 2024-25 period attended a variety of local schools to undertake mental health talks with pupils.

Disclosure and Barring Service (DBS Cymru: Enhancing Safeguarding Through Exceptional Service)

MHM Wales's Disclosure and Barring Service, DBS Cymru, is an Umbrella Body that acts on behalf of the Disclosure and Barring Service (DBS) to process all criminal record applications for businesses, private and public organisations. DBS Cymru provides a comprehensive array of services aimed at facilitating standard and enhanced DBS checks for volunteers, businesses, and self-employed individuals. Our primary mission is to ensure a robust safeguarding framework across various sectors by delivering a reliable and efficient service tailored to meet the diverse needs of our clientele.

In alignment with the fundamental objectives of MHM Wales, DBS Cymru strategically employs the surplus income generated from our services to not only maintain and enhance our existing offerings but also to innovate and introduce new services. This initiative is integral to reinforcing our core mission of promoting safety and security within the community.

During the 2024-25 financial year, we processed a total of 237 applications. In this period, DBS Cymru not only continued to nurture and support our loyal customer base but also successfully attracted and served new clients. We remain steadfast in our commitment to providing an effective and efficient service to all our customers, ensuring that their safeguarding needs are met with the highest standards of professionalism and care.

Lobbying and Campaigning

MHM Wales is proud to be a member of the Wales Alliance for Mental Health (WAMH), which is a collaborative network that brings together national charities focused on mental health, suicide prevention, and self-harm across Wales. Members of the alliance include, Mind Cymru, Plattform, Aderid, Papyrus UK, Diverse Cymru.

Samaritans, Mental Health Foundation and Mental Health Matters Wales and is dedicated to ensuring individuals experiencing mental health challenges receive compassionate treatment, have their voices amplified, and can swiftly access support services in proximity to their homes.

The Wales Alliance for Mental Health actively seeks opportunities to advocate for cross-government initiatives aimed at promoting mental well-being. The alliance emphasises the importance of early intervention and prevention, devising strategies that not only address immediate needs but also lay the groundwork for long-term recovery. Furthermore, WAMH is committed to fostering a positive response to the effects of trauma, recognising that thorough and empathetic support is crucial for healing and resilience. Through these efforts, WAMH strives to create a more inclusive and supportive environment for all individuals facing mental health difficulties in Wales

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Reserves policy

The total income of £1,556,263 (2024: 1,869,270) was spent on direct charitable expenditure totalling £1,367,904 (2024: £1,392,414). A surplus of £188,359 (2024: surplus of £476,856).

The Statement of Financial Activities reflects the income and expenditure incurred by Mental Health Matters Wales Ltd in carrying out its role in respect of its objectives. The total funds at 31 March 2025 were £2,791,535 (2024: £2,603,176), with £2,791,535 (2024: £2,603,176) being designated and restricted.

The Executive Committee (Board of Trustees) of MHM Wales has established a comprehensive reserves policy designed to ensure the charity maintains sound financial stewardship and fulfils its legal responsibilities. This policy is the result of meticulous strategic planning, budgeting, and risk management processes within the organisation. It is important to note that this policy is dynamic in nature; the Finance Sub-Committee which comprises members of the Executive Committee reviews the Reserves Policy annually to ensure its continued relevance and effectiveness.

The reserves policy is built upon several key principles, including:

- Contingency Planning for Critical Costs: Adequate reserves are set aside to cover unforeseen expenses that may arise.
- Alignment with the Medium-Term Strategic Plan: Reserves are allocated to support the objectives outlined in the charity's medium-term strategic framework.
- Capital Expenditure Matching: Provisions are made to finance any anticipated capital projects or investments.
- True Free Reserves: Any remaining reserves are classified as 'true free reserves', reflecting the charity's available funds beyond committed obligations.

By engaging in an annual review of the Reserves Policy, the Executive Committee assess the charity's financial position and operational context, ensuring the reserve levels are consistently monitored within the framework of ongoing budgeting and financial reporting. This proactive approach not only safeguards the charity's future sustainability but also reinforces its commitment to transparency and fiscal responsibility.

FUTURE PLANS

The charity aims to continue to offer the full range of services it currently offers and expand its operations. To support this aim, we have purchased an office in Treorchy where we hope to mirror a number of services which we currently deliver in the Bridgend borough.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

The Executive Committee is composed of the charity's trustees, who are elected from nominations submitted by members during the Annual General Meeting (AGM). Each elected member serves a term of three years, after which they are eligible to stand for re-appointment. Officer positions within the committee are contested and elected on an annual basis.

The Executive Committee must include a minimum of three members, ensuring that no more than three members are due for re-appointment in any given year. The Secretary, who is currently the Chief Executive Officer, Richard Jones, is appointed by the executive committee to oversee and manage the day to day running of Mental Health Matters Wales.

The Executive Committee convenes regularly, meeting every three months to discuss the charity's progression and strategic initiatives. To ensure robust oversight, a financial sub-committee oversees the charities financial operations, while a personnel sub-committee manages all aspects related to human resources, including the development and review of relevant policies. Both sub-committees present their findings and recommendations directly to the full board during scheduled meetings.

In addition to these provisions, the executive committee has the authority to co-opt additional members throughout the year. However, any co-opted individuals must stand for election during the subsequent AGM to serve beyond that point.

A trustee shall vacate their position if they become disqualified, fail to attend meetings for a specified duration, formally notify the trustees of their intention to resign, cease to be a member, or neglect to declare an interest in any contract associated with the charity.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Senior management team:

Mr Richard Jones Chief Executive Officer

Day to day management of the organisation is delegated to the Chief Executive Officer as stated above. The adoption of aims and objectives or strategies to achieve them, and of policies and procedures are matters for the executive committee, as is the responsibility for ensuring compliance with various legal and regulatory obligations of the organisation and of the Trustees.

Risk management

The Executive Committee have a fundamental responsibility to identify and assess the risks to which the charity is exposed, as well as to ensure appropriate controls are implemented to provide reasonable assurance against fraud and error.

As we compose this report, we find ourselves amid an ongoing economic downturn accompanied by a cost-of-living crisis. This challenging environment has already resulted in a marked increase in demand for our services, as more individuals and families seek assistance during these trying times. Consequently, we may need to consider either expanding our services or adjusting our strategic approach to effectively address this heightened demand.

It is imperative we maintain a vigilant watch over emerging economic trends and adapt our operations accordingly. By doing so, we can ensure we continue to meet the evolving needs of our communities, even in the face of financial constraints. Our proactive and flexible approach will enable us to not only sustain our current services but also to make a meaningful and positive impact on those we serve during these difficult times.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06468412 (England and Wales)

Registered Charity number

1123842

Registered office

Union Offices
Quarella Road
Bridgend
Mid Glamorgan
CF31 1JW

Trustees

S A Hawas
D Patel
R Young
N E Silcox
J C Spanswick
E Tanner
R D Tanner (appointed 4.6.24)

Company Secretary

R Jones

Auditors

Bevan Buckland LLP (Statutory Auditors)
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mental Health Matters Wales Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

MENTAL HEALTH MATTERS WALES LTD

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

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

Company law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

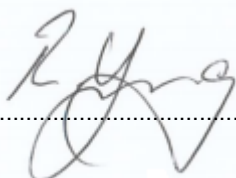
- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Bevan Buckland LLP (Statutory Auditors), will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on the 21 October 2025 and signed on its behalf by:

.....
R Young - Trustee



REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Opinion

We have audited the financial statements of Mental Health Matters Wales Ltd (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended.
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies' exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the Financial Statements, whether due to fraud or error, and then, design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

We discussed our audit independence complying with the Revised Ethical Standard 2019 with the engagement team members whilst planning the audit and continually monitored our independence throughout the process.

Identifying and assessing potential risks related to irregularities.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- enquiring of management, including obtaining and reviewing supporting documentation, concerning the Charity's policies and procedures relating to:
 - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud.
 - the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
 - discussing among the engagement team how and where fraud might occur in the financial statements and any potential indicators of fraud.
 - obtaining an understanding of the legal and regulatory frameworks that the Charity operates in, focusing on those laws and regulations that had a direct effect on the financial statements or that had a fundamental effect on the operations of the Charity, the key laws and regulations we considered in this context included the UK Companies Act and relevant tax legislation.

Audit response to risks identified

In addition to the above, our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with relevant laws and regulations.
- enquiring of management concerning actual and potential litigation and claims; performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- reading minutes of meetings of those charged with governance.
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments.
- assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and
- evaluating the operational rationale of any significant transactions that are unusual or outside the normal course of operations.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Jones (Senior Statutory Auditor)
for and on behalf of Bevan Buckland LLP (Statutory Auditors)
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date:

MENTAL HEALTH MATTERS WALES LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	30,876	-	30,876	52,497
Charitable activities	4				
Advocacy Services		792,459	-	792,459	1,090,463
Community Services Support		632,391	-	632,391	655,202
DBS Cymru		10,608	-	10,608	14,506
Other		4,300	-	4,300	-
Investment income	3	85,629	-	85,629	56,602
Total		<u>1,556,263</u>	<u>-</u>	<u>1,556,263</u>	<u>1,869,270</u>
EXPENDITURE ON					
Charitable activities	5				
Advocacy Services		662,470	-	662,470	686,157
Community Services Support		510,664	-	510,664	524,589
DBS Cymru		14,689	-	14,689	15,326
Other		180,081	-	180,081	166,342
Total		<u>1,367,904</u>	<u>-</u>	<u>1,367,904</u>	<u>1,392,414</u>
NET INCOME		188,359	-	188,359	476,856
RECONCILIATION OF FUNDS					
Total funds brought forward		2,603,176	-	2,603,176	2,126,320
TOTAL FUNDS CARRIED FORWARD		<u><u>2,791,535</u></u>	<u><u>-</u></u>	<u><u>2,791,535</u></u>	<u><u>2,603,176</u></u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**BALANCE SHEET
31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	452,626	-	452,626	447,317
CURRENT ASSETS					
Debtors	12	109,940	-	109,940	185,629
Cash at bank and in hand		2,270,711	-	2,270,711	2,010,063
		2,380,651	-	2,380,651	2,195,692
CREDITORS					
Amounts falling due within one year	13	(41,742)	-	(41,742)	(39,833)
NET CURRENT ASSETS		2,338,909	-	2,338,909	2,155,859
TOTAL ASSETS LESS CURRENT LIABILITIES		2,791,535	-	2,791,535	2,603,176
NET ASSETS		2,791,535	-	2,791,535	2,603,176
FUNDS	14				
Unrestricted funds				2,791,535	2,603,176
TOTAL FUNDS				2,791,535	2,603,176

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

The financial statements were approved by the Board of Trustees and authorised for issue on The 21 October 2025 and were signed on its behalf by:

.....
R Young - Trustee

MENTAL HEALTH MATTERS WALES LTD

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	194,106	658,919
Net cash provided by operating activities		194,106	658,919
Cash flows from investing activities			
Purchase of tangible fixed assets		(19,087)	(4,873)
Interest received		85,629	56,602
Net cash provided by investing activities		66,542	51,729
Change in cash and cash equivalents in the reporting period		260,648	710,648
Cash and cash equivalents at the beginning of the reporting period		2,010,063	1,299,415
Cash and cash equivalents at the end of the reporting period		2,270,711	2,010,063

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	188,359	476,856
Adjustments for:		
Depreciation charges	13,778	12,114
Interest received	(85,629)	(56,602)
Decrease in debtors	75,689	253,610
Increase/(decrease) in creditors	1,909	(27,059)
Net cash provided by operations	<u>194,106</u>	<u>658,919</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank and in hand	2,010,063	260,648	2,270,711
	<u>2,010,063</u>	<u>260,648</u>	<u>2,270,711</u>
Total	<u>2,010,063</u>	<u>260,648</u>	<u>2,270,711</u>

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Income from advocacy and DBS services is recognised when the charity has entitlement to the monies, and it is probable that the income will be received, and the amount can be measured reliably.

Income from donations and fundraising is recognised when the respective income is received.

Income from legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured sufficiently reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised, and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from government and other grants, and as a result of service level agreements is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

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

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities, both costs directly attributable and indirect support costs.

Allocation and apportionment of costs

Costs have been allocated as far as possible between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly. Others have been apportioned based on the estimated usage of the resource.

Tangible fixed assets

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

Freehold property	- 2% on cost
Fixtures and fittings	- 15% on cost

Taxation

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

Fund accounting

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

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

Further explanation of the nature and purpose of each fund is included in the report of the trustees.

Government grants

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through profit and loss, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in profit or loss.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in profit or loss.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

Hire purchase and Leasing agreements

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight-line basis over the period of the lease.

Employee benefits

The charity provides a range of benefits to employees, paid holiday arrangements and defined benefit and defined contribution pension plans.

Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

Functional and Presentational currency

The functional and presentational currency is £ sterling.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	30,876	52,497

MENTAL HEALTH MATTERS WALES LTD

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

3. INVESTMENT INCOME

	2025 £	2024 £
Deposit account interest	85,629	56,602
	<u>85,629</u>	<u>56,602</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025 £	2024 £
PRPR income	Advocacy Services	297,378	325,102
SLA	Advocacy Services	433,782	684,987
Specialist Advocacy Provision	Advocacy Services	61,299	80,374
Grants	Community Services Support	71,032	102,064
Other income	Community Services Support	957	1,166
SLA	Community Services Support	560,402	551,972
Other income	DBS Cymru	10,608	14,506
Other income	Other	4,300	-
		<u>1,439,758</u>	<u>1,760,171</u>

	Grants £	Other £	PRPR £	SAP £	SLA £	Total £
Advocacy Services	-	-	297,378	61,299	433,782	792,459
Comm. Services Support	71,032	957	-	-	560,402	632,391
DBS Cymru	-	10,608	-	-	-	10,608
Other	-	4,300	-	-	-	4,300
	<u>71,032</u>	<u>15,865</u>	<u>297,378</u>	<u>61,299</u>	<u>994,184</u>	<u>1,439,758</u>

Grants received, included in the above, are as follows:

	2025 £	2024 £
Wellbeing services	71,032	102,064
	<u>71,032</u>	<u>102,064</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Advocacy Services	653,202	9,268	662,470
Community Services Support	285,886	224,778	510,664
DBS Cymru	14,586	103	14,689
Other	81,853	98,228	180,081
	<u>1,035,527</u>	<u>332,377</u>	<u>1,367,904</u>

MENTAL HEALTH MATTERS WALES LTD

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

6. SUPPORT COSTS

	Management £	Support costs £	Totals £
Advocacy Services	9,268	-	9,268
Community Services Support	214,510	10,268	224,778
DBS Cymru	103	-	103
Other	76,858	21,370	98,228
	<u>300,739</u>	<u>31,638</u>	<u>332,377</u>

7. NET INCOME/(EXPENDITURE)

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

	2025 £	2024 £
Auditors' remuneration	8,700	10,496
Auditors' remuneration for non-audit work	4,745	4,550
Depreciation - owned assets	<u>13,778</u>	<u>12,114</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

9. STAFF COSTS

	2025 £	2024 £
Wages and salaries	1,183,305	1,196,048
	<u>1,183,305</u>	<u>1,196,048</u>

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

	2025	2024
Direct employees	42	47
Administrative staff	6	6
	<u>48</u>	<u>53</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£60,001 - £70,000	<u>1</u>	<u>-</u>

In the prior year financial statements, the disclosure of employee remuneration over £60,000 was inadvertently omitted. There was one employee whose employee benefits (excluding employer pension costs) exceeded £60,000 in the year ended 31 March 2024.

This has been corrected in the current year, and the required disclosure is now included in accordance with the Charities SORP (FRS 102).

The key management personnel received £69,592 (2024: £81,460) in remuneration in the year.

MENTAL HEALTH MATTERS WALES LTD

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

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	52,497	-	52,497
Charitable activities			
Advocacy Services	1,090,463	-	1,090,463
Community Services Support	655,202	-	655,202
DBS Cymru	14,506	-	14,506
Investment income	56,602	-	56,602
Total	1,869,270	-	1,869,270
EXPENDITURE ON			
Charitable activities			
Advocacy Services	686,157	-	686,157
Community Services Support	524,589	-	524,589
DBS Cymru	15,326	-	15,326
Other	166,342	-	166,342
Total	1,392,414	-	1,392,414
NET INCOME	476,856	-	476,856
RECONCILIATION OF FUNDS			
Total funds brought forward	2,126,320	-	2,126,320
TOTAL FUNDS CARRIED FORWARD	2,603,176	-	2,603,176

11. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2024	533,729	45,092	578,821
Additions	-	19,087	19,087
At 31 March 2025	533,729	64,179	597,908
DEPRECIATION			
At 1 April 2024	96,122	35,382	131,504
Charge for year	10,675	3,103	13,778
At 31 March 2025	106,797	38,485	145,282
NET BOOK VALUE			
At 31 March 2025	426,932	25,694	452,626
At 31 March 2024	437,607	9,710	447,317

MENTAL HEALTH MATTERS WALES LTD

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

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	22,466	50,521
Grants receivable	82,142	129,965
Prepayments	5,332	5,143
	<u>109,940</u>	<u>185,629</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	7,028	3,001
Accrued expenses	34,714	36,832
	<u>41,742</u>	<u>39,833</u>

14. MOVEMENT IN FUNDS

	At 1.4.24	Net	Transfers	At
	£	movement	between	31.3.25
		in funds	funds	£
		£	£	
Unrestricted funds				
PRPR/ Advocacy services	405,378	133,989	(331,766)	207,601
DBS income	-	(4,081)	4,081	-
General fund	6,753	(79,992)	428,239	355,000
Designated Capital Fund	447,317	(13,778)	19,089	452,628
Critical Costs	896,787	-	-	896,787
Therapeutic Support Service	246,255	35,578	(103,239)	178,594
Wellbeing Services	215,686	116,643	(29,992)	302,337
Designated Improvements to New Property	25,000	-	-	25,000
Designated Committed Projects	60,000	-	-	60,000
Designated Community Advocacy Services	100,000	-	-	100,000
Designated Improvements to Union Offices				
Property	200,000	-	(16,404)	183,596
Designated Cardiff & Vale Dementia	-	-	29,992	29,992
	<u>2,603,176</u>	<u>188,359</u>	<u>-</u>	<u>2,791,535</u>
TOTAL FUNDS	<u>2,603,176</u>	<u>188,359</u>	<u>-</u>	<u>2,791,535</u>

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

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
PRPR/ Advocacy services	796,459	(662,470)	133,989
DBS income	10,608	(14,689)	(4,081)
General fund	86,311	(166,303)	(79,992)
Designated Capital Fund	-	(13,778)	(13,778)
Therapeutic Support Service	135,000	(99,422)	35,578
Wellbeing Services	527,885	(411,242)	116,643
	<u>1,556,263</u>	<u>(1,367,904)</u>	<u>188,359</u>
TOTAL FUNDS	<u>1,556,263</u>	<u>(1,367,904)</u>	<u>188,359</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
PRPR/ Advocacy services	396,072	404,306	(395,000)	405,378
DBS income	-	(820)	820	-
General fund	18,875	(86,429)	74,307	6,753
Designated Capital Fund	454,558	(12,114)	4,873	447,317
Critical Costs	896,787	-	-	896,787
Therapeutic Support Service	197,811	48,444	-	246,255
Wellbeing Services	92,217	123,469	-	215,686
Designated Improvements to New Property	20,000	-	5,000	25,000
Designated Committed Projects	50,000	-	10,000	60,000
Designated Community Advocacy Services	-	-	100,000	100,000
Designated Improvements to Union Offices Property	-	-	200,000	200,000
	<u>2,126,320</u>	<u>476,856</u>	<u>-</u>	<u>2,603,176</u>
TOTAL FUNDS	<u>2,126,320</u>	<u>476,856</u>	<u>-</u>	<u>2,603,176</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,090,463	(686,157)	404,306
DBS income	14,506	(15,326)	(820)
General fund	67,799	(154,228)	(86,429)
Designated Capital Fund	-	(12,114)	(12,114)
Therapeutic Support Service	160,000	(111,556)	48,444
Wellbeing Services	536,502	(413,033)	123,469
	<u>1,869,270</u>	<u>(1,392,414)</u>	<u>476,856</u>
TOTAL FUNDS	<u>1,869,270</u>	<u>(1,392,414)</u>	<u>476,856</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

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

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
PRPR/ Advocacy services	396,072	538,295	(726,766)	207,601
DBS income	-	(4,901)	4,901	-
General fund	18,875	(166,421)	502,546	355,000
Designated Capital Fund	454,558	(25,892)	23,962	452,628
Critical Costs	896,787	-	-	896,787
Therapeutic Support Service	197,811	84,022	(103,239)	178,594
Wellbeing Services	92,217	240,112	(29,992)	302,337
Designated Improvements to New Property	20,000	-	5,000	25,000
Designated Committed Projects	50,000	-	10,000	60,000
Designated Community Advocacy Services	-	-	100,000	100,000
Designated Improvements to Union Offices	-	-	-	-
Property	-	-	183,596	183,596
Designated Cardiff & Vale Dementia	-	-	29,992	29,992
	<u>2,126,320</u>	<u>665,215</u>	<u>-</u>	<u>2,791,535</u>
TOTAL FUNDS	<u>2,126,320</u>	<u>665,215</u>	<u>-</u>	<u>2,791,535</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,886,922	(1,348,627)	538,295
DBS income	25,114	(30,015)	(4,901)
General fund	154,110	(320,531)	(166,421)
Designated Capital Fund	-	(25,892)	(25,892)
Therapeutic Support Service	295,000	(210,978)	84,022
Wellbeing Services	1,064,387	(824,275)	240,112
	<u>3,425,533</u>	<u>(2,760,318)</u>	<u>665,215</u>
TOTAL FUNDS	<u>3,425,533</u>	<u>(2,760,318)</u>	<u>665,215</u>

Transfers

The board made the decision to fund projects where funding had ceased out of core funds.

Funds

Unrestricted funds

Unrestricted funds can be deployed in any way the charity sees fit, apart from designated reserves which are set aside for use in the designated projects. During the year the Board took the decision to partially fund several projects from these reserves.

PRPR Service

Paid Relevant Persons Representative (PRPR) - The service is undertaken by advocate with extensive knowledge of the MCA and DoLS legislation.

Supervisory Bodies for Health Boards and Local Authorities refer to the PRPR Service when there is no family member available or the family member is deemed not appropriate to be the Relevant Persons Representative (RPR).

The PRPR represent and support the relevant person in all matters relating to the deprivation of liberty safeguards, including, if appropriate, triggering a review, using an organisation's complaints procedures on the person's behalf or making an application to the Court of Protection. The services is available across Wales.

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

14. MOVEMENT IN FUNDS - continued

Funds - continued

DBS Cymru

Disclosure and Barring Service the Disclosure and Barring Service (DBS) was established in 2012 and carries out the functions previously undertaken by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA). DBS Cymru help to prevent unsuitable people from working with vulnerable groups, including children. The service is available to companies and who may require a DBS check for their staff or required by self-employed individual to show those who purchase their services.

Covid Response and Advocacy Services

The COVID response advocacy service is delivered by fully trained and qualified advocates and is funded by the Welsh Governments COVID-19 Response funding which is designed to support those affected by COVID-19 and the subsequent lockdowns which took place. The services only qualifying criteria is that the person requiring advocacy support due to the effects of COVID upon their mental health and wellbeing. The service is delivered across Bridgend, Neath Port Talbot and Swansea Local Authority footprints.

Wellbeing Services

The term Wellbeing Services refers to a diverse range of individual projects and services delivered by Mental Health Matters Wales that cater to the mental health and overall wellbeing needs of individuals and communities.

Everyone is entitled to mental health and wellbeing support, regardless of their background or circumstance and our Wellbeing Service work closely with individuals to understand their unique challenges, needs, and goals, whilst recognising the importance of creating a safe, non-judgmental environment.

Our Wellbeing Services align with the Well-being of Future Generations (Wales) Act 2015 and Social Services and Wellbeing (Wales) Act 2014. These acts emphasise the importance of promoting physical, emotional, and social wellness and empowering individuals to lead healthy and fulfilling lives.

WAC Service

Wellbeing Hub based in St. David's Hospital in Cardiff providing Therapeutic Support to those with cognitive impairment who are medically fit but unable to leave hospital due to a range of different issues.

Designated Funds

Designated funds are unrestricted funds earmarked by the trustees for particular purposes. The use of such funds is at the trustees' discretion.

Improvements to new property

Work will be required to undertake repairs, update, and modernise the Treorchy building to meet the needs of the services MHM Wales delivers as the property was originally a GP surgery.

Committed projects

We are committed to deliver services which meet the needs of the population of Wales and will continue to fund the Counselling service, (talking Connections) the Peer support groups (SHARE and SORTED) and the Dementia Hubs which currently receive no funding from other sources.

Community advocacy services

This will be used to provide a community advocacy service which will be delivered across Bridgend, Neath Port Talbot, Swansea and the Rhondda to support individuals which are unable to access advocacy support due to the strict requirements required to access statutory advocacy services.

Improvements to Union Offices

Our head office, being a listed building requires specialists to undertake repairs and replacements as all items must be replaced to reflect the make and composition of the building when first built. This means all windows must be replaced being made of wood and must be sash windows, our guttering, which is now over 100 years old must be replaced to the same design as the original and made from cast iron.

MENTAL HEALTH MATTERS WALES LTD

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

15. RELATED PARTY DISCLOSURES

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

16. ULTIMATE CONTROLLING PARTY

The charity is controlled by its Trustees.

MENTAL HEALTH MATTERS WALES LTD

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

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	30,876	52,497
Investment income		
Deposit account interest	85,629	56,602
Charitable activities		
Grants	71,032	102,064
Other income	15,865	15,672
PRPR income	297,378	325,102
SLA	994,184	1,236,959
Specialist Advocacy Provision	61,299	80,374
	1,439,758	1,760,171
Total incoming resources	1,556,263	1,869,270
EXPENDITURE		
Charitable activities		
Wages	984,484	1,024,534
Recruitment costs	6,434	2,559
Travel expenses	34,708	39,191
Volunteer costs	680	722
Training costs	9,221	9,975
	1,035,527	1,076,981
Support costs		
Management		
Wages	198,821	171,514
Telephone & Computer Costs	24,199	20,705
Postage and stationery	9,564	8,203
Sundries	7,542	9,799
Room hire	5,489	6,015
Centre costs	3,150	3,369
General overheads	38,196	43,796
Depreciation of tangible and heritage assets	13,778	12,114
	300,739	275,515
Other		
Bad Debts	-	479
Support costs		
Auditors' remuneration	8,700	10,496
Auditors' remuneration for non audit work	4,745	4,550
Legal and Professional fees	18,193	24,393
	31,638	39,439
Total resources expended	1,367,904	1,392,414
Net income	188,359	476,856

This page does not form part of the statutory financial statements

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales - Charity number 1123842

Accounts

REGISTERED COMPANY NUMBER: 06468412 (England and Wales)
REGISTERED CHARITY NUMBER: 1123842

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
MENTAL HEALTH MATTERS WALES LTD**

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

MENTAL HEALTH MATTERS WALES LTD

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FOR THE YEAR ENDED 31 MARCH 2024**

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MENTAL HEALTH MATTERS WALES LTD

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

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mental Health Matters Wales's (MHM Wales) purpose as set out in the company's memorandum of association are to 'promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'.

Significant activities

Our main activities and who we try to help are described in the following pages. All our charitable activities focus on the promotion of the mental and emotional health and well-being of the public and are undertaken to further our charitable purposes for the public benefit.

The charity carries out these objectives by:

- Providing various services throughout Wales which supports adult wellbeing and supports those with mental health related issues/problems which include wellbeing hubs, telephone befriending & support and peer support groups which include eating disorders and self-harm.
- Providing advocacy services across Wales for adults suffering mental health issues/problems, those who lack capacity, older people with mental health problems and/or dementia and those eligible in relation to the Social Services and Wellbeing (Wales) Act 2014, and a commitment to raising awareness of advocacy.
- Providing counselling and training services (including workshops) for adults suffering mild to moderate mental health problems.
- Providing eating disorder support to children and young people across the Cwm Taf Morgantown University Health Board Footprint.
- Providing cognitive impairment services to support those who have cognitive impairment and their carers both within hospital settings and the community.

The Trustees confirm they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

MENTAL HEALTH MATTERS WALES LTD

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

OBJECTIVES AND ACTIVITIES

Who used and benefited from our services?

Our services are limited to those residing in Wales, due to our Objects and funding. Certain funding requirements restrict the beneficiaries we can support. For example, the Independent Mental Capacity Advocacy (IMCA) service accepts instructions only from medical and social services sources and a very specific eligibility criteria. In addition, the Independent Professional Advocacy (IPA) service is limited to those who meet the criteria outlined in the Social Services and Wellbeing (Wales) Act 2014.

Services we deliver are sometimes restricted to specific geographical areas, due to funding or contract specifications. These areas include the Hywel Dda and Swansea Bay University Health Board footprints, which cover Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire, and Ceredigion. Our wellbeing hubs, Wellbeing Retreats, and information services are restricted to the Bridgend County Borough footprint area. However, our self-harm and eating disorder peer support groups, counselling, training, education services and Disclosure and Barring Service (DBS) are generally unrestricted, unless specifically commissioned.

Our work has a wider impact beyond the beneficiaries we directly support. It can also reduce distress for families and friends of beneficiaries with mental or emotional health issues, and alleviate pressure on front-line and secondary mental health services in Wales

The main areas of charitable activities are:

- Wellbeing hubs (drop-in centres)
- Out of hours Wellbeing Retreat (social distress/crisis support)
- Deprivation of Liberty (Paid Relevant Persons Representative)
- Independent Professional Advocacy (IPA)
- Cognitive impairment/Dementia Wellbeing Activity Support
- Dementia Hubs
- Youth Eating Disorder support/CAMHS Support
- LINKS - Youth support to reduce social isolation
- Independent Mental Capacity Advocacy (IMCA)
- Information services
- Counselling
- Peer support groups
- Mental Health Recovery Support Advocacy
- Community Advocacy Service (mental health)
- SHARE - Self-harm- self-help information and peer support groups
- SORTED- Eating Disorder information and peer support groups
- Training, education and public awareness
- Disclosure and Barring Service (DBS Cymru)
- Lobbying and campaigning
- Volunteering

MENTAL HEALTH MATTERS WALES LTD

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

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Wellbeing Hubs.

Throughout 2023-2024, we continued the work initiated in 2022-2023 to refocus the roles of our Wellbeing Hubs, with the aim of continually enhancing support for beneficiaries. Our Quarella Road premises remain a central hub for the Bridgend and surrounding communities, whilst the Ogmore Vale hub serves the communities of Ogmore Vale and Nantymoel, with the Porthcawl hub extends its services to beneficiaries in Porthcawl, Pyle, Cornelly, and the surrounding areas. In September 2023, we proudly celebrated the opening of a new hub in Maesteg, which supports communities within the Maesteg and Afan Valley.

Our Community Services team remains devoted to delivering a diverse range of activities within the wider community by facilitating walking groups held at various locations throughout Bridgend Borough, as well as conservation and gardening initiatives.

The Wellbeing Hubs operate on an "open access" basis, providing a non-judgmental, welcoming environment where beneficiaries can feel comfortable to attend without the need for a referral. The wellbeing hubs enable beneficiaries to share experiences with others with similar circumstances to discuss their feelings and experiences, which helps reduce feelings of isolation and allowing beneficiaries who have experienced similar challenges to support each other, promoting hope and resilience.

The Wellbeing Hubs also provide resources on mental health, wellness, self-care, and mental health topics, which help break down misconceptions and stigma around seeking help. This all helps beneficiaries to make informed choices and develop resilience and coping mechanisms to handle life's challenges

Referrals are only required to attend the Wellbeing Hubs for workshops and training courses that have limited capacity. Workshops cover a variety of topics, including art psychotherapy, which include one-on-one sessions, along with music workshops, creative writing, yoga, and therapeutic art. Additionally, we offer courses focused on managing anxiety and depression.

Throughout 2023-2024, we collaborated with a wide range of organisations, including Adult Learning Wales, Tanio, Guitars for Veterans, the BCBC Countryside Management Department, the Llais y Goedwig woodlands network, the University of South Wales, and Bridgend College. Through these partnerships, we were able to provide beneficiaries with an extensive array of supplementary resources designed to promote their mental health and wellbeing.

Our "open access" approach to attending the Wellbeing Hubs has significantly reduced social isolation for many beneficiaries, enhancing their resilience and social connectivity. It empowers them to choose the support that best suits their needs, thereby building their confidence and empowering them to take control of their own mental health and wellbeing.

From April 2023 to March 2024, annual attendance at all Wellbeing Hubs and associated groups rose from the previous year's total of 2,843 attendees to 3,347 attendees, demonstrating a consistent increase in participation each quarter. Furthermore, there were 897 unique beneficiary engagements with our Wellbeing Hubs during this period.

Members of the Community Services team bring a wealth of experience to their roles. We require our staff to have completed the City and Guilds Level 3 Qualification in Health and Social Care and the Level 4 Qualification in Advice and Guidance. In addition, they participate in regular training courses to ensure their ongoing professional development, thereby enhancing the quality of services and support provided to beneficiaries.

The Wellbeing Hubs also rely on volunteers to support the staff in providing services and the volunteers are instrumental in enhancing the operation and impact of the Wellbeing Hub, making it a more effective, inclusive, and supportive resource for beneficiaries seeking assistance with their mental health and overall wellbeing.

Wellbeing Retreat

The Wellbeing Retreat, which launched in December 2020, continues to offer a much-needed adult-only (ages 18 and over) service operating outside of conventional hours and is delivered on a Wednesday, Friday, Saturday and Sunday between the hours of 5:00pm and 11:00pm.

The Wellbeing Retreat provides a safe, non-clinical, warm and welcoming environment that is relaxing for individuals struggling with mental health issues and associated social distress, including anxiety, depression, loneliness, family or relationship problems, caregiving responsibilities, stress, and other factors that may affect one's mental wellbeing.

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The Wellbeing Retreat is a specialist service only accessible through a prior appointment, following a referral from a healthcare, social services, or social care professional from either statutory services or a third-sector organisation within the Bridgend area. This ensures we can provide the most effective support to those referred. Unfortunately, we are unable to accept self-referrals, but we are working towards making this option available to those who have previously accessed the Wellbeing Retreat in the future.

The Wellbeing Retreat staff team undertake a non-clinical approach to supporting individuals who have been referred, recognising everyone's needs are unique. Our holistic and community-based approach prioritises personal growth, social integration, and connection with others. By doing so, we encourage individuals to connect with other mental health and community groups/members to aid their recovery and improve their environmental, physical, and emotional needs.

Personalised one-on-one support sessions are thoughtfully crafted to engage individuals in a collaborative and empowering manner. During these sessions, we delve into the underlying causes of their distress, aiming not only to alleviate immediate concerns but also to foster long-term wellbeing.

We adopt a holistic approach to wellbeing, recognising that mental health is intricately interwoven with a variety of factors, including environmental, physical, and emotional influences. By partnering with individuals to identify and address these interconnected elements, we aim to assist them in cultivating a more balanced and sustainable approach to their overall health and wellbeing. This comprehensive strategy not only enhances their resilience but also equips them with the tools needed for lasting positive change.

The Wellbeing Retreats offer a safe and supportive environment for individuals to explore their thoughts, feelings, and experiences, free from the pressures and stigma often associated with traditional mental health services. By focusing on personal growth, social connection, and community engagement, we aim to help individuals develop the resilience, confidence, and skills needed to thrive in their daily lives.

From 1 April 2023 to 31 March 2024, the Wellbeing Retreat received a total of 465 referrals. Although this figure reflects a decrease compared to the previous year, the reduction can largely be attributed to significant changes within the NHS structure. Notably, the Single Point of Access (SPOA) service, which was previously housed at the Princess of Wales Hospital in Bridgend, was replaced by a newly instituted health board-wide helpline, known as the "111 press 2" service.

Unfortunately, during its implementation, many call handlers were not adequately informed about the resources available at the Wellbeing Retreat, which directly impacted the number of referrals received. In the preceding period, a substantial 406 referrals had come from the NHS SPOA, highlighting the importance of effective communication and awareness in ensuring that individuals in need can access the appropriate support services.

The staff team at the Wellbeing Retreat brings a diverse array of experience within the fields of mental health and social care, enhancing the quality of support offered to clients. In addition to their foundational training, all team members are mandated to undertake the City and Guilds Level 4 Qualification in Advice and Guidance.

This requirement underscores our commitment to professional development and ensures our staff are well-equipped with the latest knowledge and skills needed to effectively assist individuals in their wellbeing journeys. Our comprehensive approach to training not only enriches the expertise of our staff but also enhances the overall experience for those seeking help within our supportive environment.

Information

MHM Wales continues to deliver invaluable information services to beneficiaries who may be facing mental health challenges, as well as to caregivers, the broader community, and other service providers. Our Information Officer plays a crucial role in this initiative by conducting informative sessions at a variety of locations, including wellbeing centres, supermarkets, business units, and the psychiatric department of the Princess of Wales Hospital. In addition to these sessions, the Information Officer remains highly responsive to individual information requests, ensuring support is readily available to those in need.

Furthermore, the Information Officer is committed to revitalising our "Friends of Coity" information and support service, which regrettably had to be suspended in 2020 due to the challenges posed by the COVID-19 pandemic within the Princess of Wales Hospital. Our objective to fully re-establish this vital service throughout 2023-24, was achieved, thereby providing patients in Ward 14 with essential information and ongoing support. We recognise the importance of empowering individuals with the knowledge they need for their mental wellbeing, and we are excited to realise this vision once again.

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We are committed to staying at the forefront of technological advancements by consistently enhancing our website, www.grapevines.info. This platform serves as a valuable resource, offering up-to-date and pertinent information about mental health and wellbeing services available in the Bridgend community. In addition to our website, we maintain a vibrant presence on Facebook, where we actively interact with our followers. Our growing community now boasts over 220,000 followers, reflecting our dedication to engaging and supporting individuals in their mental health journeys. We invite you to connect with us and discover more by visiting our Facebook page at <http://Facebook.com/mhmwales>.

SHARE - Self-harm Self-help Peer Support Group

SHARE is our dedicated self-harm self-help peer support group, which meets weekly at our Quarrel Road Office. The primary aim of this group is to foster a safe and compassionate environment for individuals grappling with self-harm. Originally established on 1 April 2013 through the Big Lottery Fund's "Community Voice" initiative, the group has since been funded by MHM Wales's free reserves from 2018 onwards.

In addition to our face-to-face meetings, we continue to partner with New Horizons Mental Health, based in Aberdare, to offer an online peer support group. This development allows us to extend our reach and support to a broader audience, catering to individuals who self-harm or those seeking information to help someone who does. Our overarching goal is to create a welcoming space where participants can openly discuss their experiences, share insights, and provide mutual support.

Our trained facilitators are committed to listening to feedback from participants, ensuring the group remains responsive to their needs. They also provide resources and information designed to enhance self-care and foster self-compassion among attendees. We are dedicated to breaking down the stigma associated with self-harm and empowering individuals to take charge of their recovery journeys. We invite anyone who is struggling with self-harm to reach out to us for support; we are here to help.

SORTED - Eating Disorder Self-help Peer Support Group

SORTED is a peer support group designed to assist individuals grappling with various eating disorders, as well as their loved ones and caregivers. This initiative is facilitated by a dedicated member of the MHM Wales team, who ensures a supportive atmosphere for all participants.

Originally established as an in-person group, SORTED adapted to an online format during the COVID-19 pandemic. As we move through the current reporting period, sessions have continued to be conducted virtually; however, we are eager to transition back to face-to-face meetings during the 2024-25 period. This shift will allow attendees to connect with others experiencing similar challenges in a safe and confidential environment, where they may freely share their experiences, thoughts, triumphs, and struggles, or simply listen to others. It is important to emphasise that while SORTED provides valuable peer support, it is not a replacement for professional treatment, therapy, or counselling. Nevertheless, the group offers practical strategies, peer-based guidance, and emotional encouragement.

At MHM Wales, our facilitators leverage their skills, knowledge, and expertise to effectively organise and lead SORTED meetings, ensuring that attendees receive the information and support they need. As we continue this essential work, we rely on the generosity of donations from the public, as we do not receive any external funding to support our initiatives.

Talking Connections (Counselling service)

Our Talking Connections counselling service continues to be delivered online as many people prefer this, however; face to face counselling has restarted in venues in Bridgend and North Wales. Our counsellor's use a variety of different video conferencing software methods to ensure sessions could continue to take place to provide low cost (donation) counselling to those who are unable to access counselling through statutory services due to their waiting times or do not wish to receive counselling in the areas where they reside,

Benefits of Counselling can include:

- Improved Mental Health: Counselling can help you to develop a better understanding of your emotions, thoughts, and behaviour. This can help you to recognise and manage the symptoms of mental health issues such as anxiety, depression, or stress.
- Improved Communication and Relationships: Counselling can help to improve communication skills and build a stronger and healthy relationship with others.
- Increased Self-Awareness: Counselling can help you to become more self-aware of your behaviours, thoughts, feelings, and beliefs. This self-awareness can help you to make positive changes in your life and improve your overall well-being.
- Coping Strategies: Counselling can provide you with a wide range of coping strategies to help you deal with challenging situations and manage stress.
- Personal Growth: Counselling can help you to identify your personal goals and offer support and encouragement to help you realise your potential and achieve your goals.

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- Increased Happiness: Counselling can help you to identify what makes you happy and offer guidance on how to achieve it. This can lead to a more fulfilled and enjoyable life.
- Improved Health: Counselling can help you to address and manage mental health issues that can have a negative impact on your physical health.

Between the 1 April 2023 and the 31 March 2024 the service has received 299 referrals, of this 202 individuals received counselling support due to high demand and the service currently has a waiting list of over 8 weeks.

Youth Eating Disorder Support Service

The Youth Eating Disorder Support Service operated in close collaboration with the CAMHS eating disorder team, with staff actively participating in multi-disciplinary meetings where streamlined referral pathways have been established. Additionally, the service engaged in fruitful networking with schools, GP surgeries, and various third-sector organisations throughout the Cwm Taf Morgannwg area.

To facilitate greater accessibility and rapport-building, one-to-one support was provided in community settings, such as coffee shops, parks, and schools, or at any venue chosen by the individual in their local area. This approach aims to eliminate barriers to accessing the service and fosters a welcoming environment. Contact was arranged on a weekly, fortnightly, or monthly basis, allowing for a flexible and person-centred approach that meets the diverse needs of the service users.

Regrettably, as detailed in the report for the 2022-23 period, the service experienced a substantial reconfiguration in 2023-24, necessitating a significant budget reduction of 50%. This unfortunate circumstance compelled us to make the difficult decision to reduce our workforce, resulting in the redundancy of two highly valued staff members. Lauren Dimond and Tara Brown were regrettably made redundant in July 2023. The trustees and staff of MHM Wales would like to take this opportunity to express their heartfelt gratitude to both Lauren and Tara for their unwavering dedication and commitment during their time with us. We wish them every success and happiness in their future endeavours.

Despite these challenges, the newly structured service now supports CAMHS more broadly by offering workshops focused on mental wellbeing aimed at young people, thus continuing its commitment to enhancing mental health support in the region.

Links

The LINKS youth support service, dedicated to assisting individuals aged 16 to 24, continues to operate every Sunday from our Quarella Road location. This initiative has proven to be an invaluable resource for our charity, offering essential assistance to young people and young carers who frequently encounter challenges in accessing the support and resources they require. Through our efforts, we have witnessed significant success in enhancing the confidence and social networks of participants, leading to tangible improvements in their overall wellbeing.

MHM Wales remains steadfast in its commitment to funding the LINKS service from its reserves, and we are resolutely focused on ensuring the continued availability of this crucial support. We understand the importance of securing additional funding and are actively working towards this goal. We extend our heartfelt gratitude to everyone who has contributed to the success of LINKS.

Independent Mental Capacity Advocacy (IMCA)

We are proud to have continued delivering the Independent Mental Capacity Advocate (IMCA) service across the geographical jurisdictions of both Hywel Dda University Health Board and Swansea Bay University Health Board.

The IMCA service, established under the Mental Capacity Act 2005, plays a crucial role in providing statutory advocacy for individuals aged 16 and over who are deemed to lack capacity in specific areas and do not have anyone, such as family or friends who can represent their best interests. The areas encompassed by these Health Boards include the local authorities of Carmarthenshire, Pembrokeshire, Ceredigion, Neath Port Talbot, and Swansea.

Our dedicated staff members undertaking the IMCA role are either fully qualified Advocates who have completed the City and Guilds Level 3 Advocacy Diploma or are in the process of obtaining the new City and Guilds Level 4 Advocacy Qualification. In addition to the mandatory formal qualifications required for this role, we prioritise the continuous professional development of our IMCA advocates. We offer ongoing training sessions led by solicitors and legal professionals to ensure that our advocates remain well-versed in current case law and legislative changes, thereby equipping them to effectively support the individuals they advocate for.

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During the 2023-24 period, both IMCA service areas, namely Hywel Dda and Swansea Bay, underwent a retendering process. Regrettably, in March 2024, we received official confirmation that the contract to deliver the IMCA service for both Hywel Dda and Swansea Bay would be awarded to a different provider. This decision marks a significant transition for us, as we had been deeply committed to serving these communities and delivering high-quality care in collaboration with local stakeholders since 2007 in Swansea Bay and 2014 in Hywel Dda.

While we are disappointed by this outcome, we remain dedicated to ensuring a smooth transition and will continue to support clients and partners during the period of change in 2024-25.

Paid Relevant Person's Representative Service (PRPR)

MHM Wales Paid Relevant Person's Representatives are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation who support people who lack capacity throughout Mid Wales, South Wales, South East Wales and South West Wales.

The Paid Representative's role includes:

- Visiting the person deprived of their liberty on a regular basis.
- Supporting the person to understand their DoLS authorisation and how it affects them.
- Assisting the person to exercise their rights should they wish to do so.
- Ensuring any conditions attached to the authorisation are met and dealt with in a timely fashion.
- Call for a review of the authorisation where necessary, challenge the authorisation through local means where possible or ultimately support the individual to have access to the Court of Protection.

Our Paid Relevant Person's Representatives are independent from the care home or hospital as well as the Local Authority, Health Board and Supervisory Body / DoLS team.

All our Paid Relevant Person's Representatives are either fully qualified Advocates which have undertaken the City and Guilds Level 3 Advocacy Diploma or are currently working towards the new City and Guilds Level 4 Advocacy Qualification. In addition to undertaking formal qualifications, the Paid Relevant Person's Representatives also undertake continual professional development training delivered by solicitors and law firms to ensure they are always fully up to date with case law and changes in legislation.

During the period spanning 2023 to 2024, the PRPR services across Wales underwent a retendering process. In March 2024, we received the unfortunate news that the contract to deliver these essential services had been awarded to a different provider. This decision represents a pivotal change for our organisation, particularly given our longstanding commitment to delivering PRPR services since 2009.

While we are naturally disappointed by this outcome and the end of our partnership, we remain resolutely focused on facilitating a seamless transition. Our priority is to continue offering unwavering support to clients and partners throughout this period of change in 2024-25, ensuring that their needs are met and that the continuity of care is upheld. We appreciate the trust that has been placed in us over the years and are committed to navigating this transition with professionalism and compassion.

Independent Professional Advocacy (IPA)

Mental Health Matters Wales is dedicated to continuation of delivering the Independent Professional Advocacy (IPA) Service to the Local Authority areas of Bridgend, Neath Port Talbot, and Swansea. This initiative is crucial in ensuring individuals receive the support they need while navigating the complex social services landscape.

The Social Services and Well-being (Wales) Act 2014 introduced a mandate for Local Authorities to commission Independent Advocacy services, fundamentally transforming the way social care and support are administered in Wales. Enforced from April 2016, the Act obliges Local Authorities to assess at every stage of an individual's journey through the social services system as to whether they may require additional support from an IPA advocate.

This includes evaluating needs from the very first point of contact, ensuring that individuals are supported and empowered to make informed choices about their care and well-being. This comprehensive approach not only enhances the quality of support offered but also promotes greater awareness of the rights and needs of individuals seeking assistance.

The Part 10; Code of Practice on Advocacy ("the Code") states within Para 47:

"Local authorities must arrange for the provision of an Independent Professional Advocate when a person can only overcome the barrier(s) to participating fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available"

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Independent Professional Advocacy in ensuring individuals have their needs and rights met. The benefits of independent professional advocacy include

- Empowerment of individuals: Independent professional advocacy empowers individuals by equipping them with the knowledge and understanding of their rights and options.
- Access to information: Advocates under the act provide individuals with information about their options, ensuring they can make informed decisions about their lives.
- Voice for vulnerable individuals: Independent professional advocacy provides a voice for vulnerable individuals such as those with mental health issues, learning disabilities, or dementia.
- Promotes person-centred care: Independent professional advocacy promotes person-centred care, ensuring that the individual's wishes and preferences are front and centre.
- Supports individuals in decision-making: Advocates under the act support individuals in decision-making, assisting them in making choices that are in their best interest.
- Ensures accountability: Independent professional advocacy ensures that the service providers and decision-makers are accountable to individuals they serve.
- Promotes social justice: The act promotes social justice by ensuring that individuals have access to independent professional advocacy, regardless of their background or situation.

During 2022 the IPA service for Bridgend went through a retendering process, which Mental Health Matters Wales was successful in being the preferred provider.

Litigation Friend Service All South, West, and Mid Wales

The Litigation Friend Service continues to provide dedicated support through a specialist Litigation Friend for individuals eligible for assistance under the provisions set forth by the Mental Capacity Act 2005 and the Deprivation of Liberty Safeguards (DoLS).

Our Litigation Friend Service operates within the Court of Protection, a superior court of record established by the Mental Capacity Act 2005. This court is empowered to make decisions regarding the property, financial affairs, and personal welfare of individuals who lack the mental capacity to make their own decisions. By ensuring that the rights and best interests of these individuals are upheld, our service plays a crucial role in safeguarding their wellbeing and ensuring that appropriate legal representation is provided in matters that significantly impact their lives.

Appropriate Adult

MHM Wales provides a qualified Advocate as an appropriate adult if the custody sergeant if they think a person is 'mentally vulnerable' and needs additional support. Our appropriate adult makes sure the police treat the individual fairly with respect, dignity and ensures you are aware of your rights

Nearest Relative

Nearest relative is a term used in the Mental Health Act 1983. Our Nearest relative's supports individual kept in hospital under sections 2, 3, 4 or 37, on a community treatment order, or under a guardianship. Ensuring their rights are adhered.

Bridgend Community Mental Health Advocacy (CAS)

The Community Mental Health Advocacy Service is dedicated to supporting individuals residing in Bridgend County who face low level mental health challenges, to ensure their voices are not only heard but also effectively acted upon in relation to correspondence, appointments, and meetings.

The service is funded through free reserves and currently offers around six hours of advocacy support per week to beneficiaries whose needs fall outside the scope of other services, such as the Mental Health and Wellbeing Advocacy service, the Independent Professional Advocacy service, and the Community Mental Health Advocacy service commissioned in partnership with the Health Board.

Given the increasing demand for our services, we have investigated ways of increasing the amount of advocacy support we can provide and have provided placements to Social Work Students during 2023-24 period to help support its delivery.

We firmly believe in the importance of continuing to provide this vital service and are looking to expand our service utilising free reserves, Social Work Students and Volunteer advocates to cover Bridgend, Neath Port Talbot and Swansea in the 2024-25 period, as when an individual successfully navigates a personal challenge or achieves a significant goal, it can create a ripple effect of inspiration and motivation for others. This fosters a greater sense of self-worth and optimism within the community. Additionally, the positive outcomes experienced by one person can lead to heightened productivity, enhanced social contributions, and improved overall well-being. Ultimately, this not only strengthens individual family networks but also enriches their broader social connections and bolsters communities.

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Wellbeing Activity Support (Cognitive Impairment)

Our Wellbeing Activity Support programme (Cognitive Support), which operates at St David's Hospital in Cardiff, continues to provide much-needed therapeutic assistance to patients. This service is designed for individuals who no longer require active medical treatment but whose specific needs have resulted in a delay in their discharge from the hospital. The ward primarily caters to patients experiencing dementia, cognitive impairment, or other complex needs. Our mission is to support these patients in maintaining as normal a life as possible while they await their transfer from hospital.

To achieve this, our Wellbeing Activity Support service offers a diverse range of stimulating and engaging activities that encourages participation and interaction among patients. These activities include regular music sessions where patients can sing and play instruments, arts and crafts workshops that foster creativity, exercise classes to promote physical well-being, and delightful tea parties designed to enhance social interactions. Such activities not only contribute to the patients' emotional well-being but also help in establishing normal sleep patterns at night.

Dementia Hub

Our collaboration with Dementia Friends Swansea, which culminated in the establishment of a Dementia Hwb within our Nolton Street office in Bridgend, concluded in March 2023. This decision was driven by Dementia Friends Swansea's initiative to launch a new Dementia Hwb in Port Talbot. We wish to extend our heartfelt thanks to them for their invaluable contributions during the establishment of the Dementia Hwb and convey our very best wishes for their future endeavours.

Launched in December 2022, the original Dementia Hwb represented a significant milestone in enhancing dementia support services across Bridgend. Following the conclusion of our partnership with Dementia Friends Swansea, we seized the opportunity to rebrand the Hwb as the Dementia Hub. This fresh identity was officially revealed at a special event in April 2023, which attracted a diverse group of attendees. Among those present were the dedicated staff and trustees of MHM Wales, alongside members of the local community, social work teams, and notable figures such as Sarah Murphy, the local Senedd Assembly Member, and Professor Jean White CBE MSJ, the High Sheriff of Mid Glamorgan. The relaunch not only celebrated our new branding but also reaffirmed our commitment to providing essential support for individuals living with dementia and their families.

Since its relaunch, the Dementia Hub has experienced remarkable growth, broadening its services to include additional hubs located in Maesteg, Ogmore Vale, and Porthcawl. These hubs have been meticulously designed to aid an increasing number of individuals seeking guidance about available support networks for those living with dementia, their caregivers, and anyone in search of information on dementia-related matters.

From 1 April 2023 to 31 March 2024, the dedicated staff team at the Dementia Hub provided direct support to 2,265 individuals. Among these, 1,998 were facilitated in engaging in therapeutic activities, while 380 individuals participated in workshops, and the total number attending wellbeing groups again, reached 1,998.

Furthermore, we offered signposting services and support to an additional 3,017 individuals through various information events and networking initiatives. Our outreach efforts extended to professionals, including GPs and social workers, as well as other voluntary services, and we reached individuals experiencing early onset dementia alongside their caregivers. This extensive engagement underscores our unwavering commitment to nurturing a supportive community for all those affected by dementia.

Volunteer Service

Volunteers fulfil a distinctive and invaluable role in bolstering the services provided by MHM Wales, and we extend our heartfelt appreciation for their contributions. Their unwavering dedication and commitment enable us to offer a comprehensive array of services that effectively address the diverse needs of the individuals who rely on them.

It is estimated that in the financial year 2023-24, without the involvement of our volunteers, we would have been compelled to hire additional staff to manage and deliver these essential services, resulting in an unforeseen expenditure of over £79,000. This highlights not only the significant financial impact of our volunteers but also underscores the vital role they play in helping us fulfil our mission to support the community.

In return for volunteering, individual who volunteer can gain valuable experience and skills, whilst developing new friendships and networks, and enhance their personal and professional development. In addition, volunteering helps to make a real difference in the lives of others, which can be a deeply fulfilling experience.

Our Trustees, who are themselves volunteers, our staff, and beneficiaries alike appreciate the significant role volunteers play in supporting MHM Wales to provide the services we deliver and as we report on this financial year, we would like to take this opportunity to express our sincere gratitude to each volunteer who has given their time and experience freely during this period.

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Training - Mental Health First Aid

During the year 2023-2024, MHM Wales generously provided 50 complimentary places for Mental Health First Aid training to individuals who reside or work in the Bridgend, Neath Port Talbot and Swansea, areas. This initiative aims to foster stronger and more resilient individuals, communities, and workplaces through a comprehensive approach to mental health awareness and support.

The Mental Health First Aid course encompasses a variety of objectives designed to enhance understanding and proactive engagement with mental health issues. These objectives include:

- Increasing awareness of mental health challenges within both the community and workplace settings.
- Equipping participants with the skills to identify the early signs of mental health difficulties and to offer timely and effective first aid interventions.
- Encouraging individuals to prioritise and manage their own mental wellbeing more effectively.
- Assisting organisations in integrating mental health first aid into their policies, procedures, and systems to create a supportive environment.

Moreover, this training is likely to contribute to the reduction of stigma surrounding mental health issues. Trainees are empowered to engage in more open and compassionate discussions, fostering an atmosphere of understanding and support. With the skills acquired through Mental Health First Aid training, individuals will gain the confidence to provide appropriate assistance to those experiencing mental health crises.

Ultimately, this initiative aspires to yield significant improvements in mental health outcomes for individuals within the community. By enhancing the capacity for support among trained individuals, we hope to increase access to necessary resources and reduce the chances of adverse consequences arising from misinformation or lack of confidence regarding mental health issues. Such efforts underscore the importance of building a culture where mental health is openly acknowledged and addressed.

Disclosure and Barring Service (DBS Cymru: Enhancing Safeguarding Through Exceptional Service)

MHM Wales's Disclosure and Barring Service, DBS Cymru, is an Umbrella Body that acts on behalf of the Disclosure and Barring Service (DBS) to process all criminal record applications for businesses, private and public organisations. DBS Cymru provides a comprehensive array of services aimed at facilitating standard and enhanced DBS checks for volunteers, businesses, and self-employed individuals. Our primary mission is to ensure a robust safeguarding framework across various sectors by delivering a reliable and efficient service tailored to meet the diverse needs of our clientele.

In alignment with the fundamental objectives of MHM Wales, DBS Cymru strategically employs the surplus income generated from our services to not only maintain and enhance our existing offerings but also to innovate and introduce new services. This initiative is integral to reinforcing our core mission of promoting safety and security within the community.

During the 2023-24 financial year, we processed an impressive total of 298 applications. In this period, DBS Cymru not only continued to nurture and support our loyal customer base but also successfully attracted and served new clients. We remain steadfast in our commitment to providing an effective and efficient service to all our customers, ensuring that their safeguarding needs are met with the highest standards of professionalism and care.

Lobbying and Campaigning

MHM Wales is proud to be a member of the Wales Alliance for Mental Health (WAMH), which is a collaborative network that brings together national charities focused on mental health, suicide prevention, and self-harm across Wales. Members of the alliance include, Mind Cymru, Platform, Aderid, Papyrus UK, Diverse Cymru, Samaritans, Mental Health Foundation and Mental Health Matters Wales and is dedicated to ensuring individuals experiencing mental health challenges receive compassionate treatment, have their voices amplified, and can swiftly access support services in proximity to their homes.

The Wales Alliance for Mental Health actively seeks opportunities to advocate for cross-government initiatives aimed at promoting mental well-being. The alliance emphasises the importance of early intervention and prevention, devising strategies that not only address immediate needs but also lay the groundwork for long-term recovery. Furthermore, WAMH is committed to fostering a positive response to the effects of trauma, recognising that thorough and empathetic support is crucial for healing and resilience. Through these efforts, WAMH strives to create a more inclusive and supportive environment for all individuals facing mental health difficulties in Wales.

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FINANCIAL REVIEW

Reserves policy

The total income of £1,869,270 (2023: 1,968,229) was spent on direct charitable expenditure totalling £1,392,414 (2023: £1,471,954). A surplus of £476,856 (2023: surplus of £496,275).

The Statement of Financial Activities reflects the income and expenditure incurred by Mental Health Matters Wales Ltd in carrying out its role in respect of its objectives. The total funds at 31 March 2024 were £2,603,176 (2023: £2,126,320), with £2,603,176 (2023: £2,126,320) being designated and restricted.

The Executive Committee (Board of Trustees) of MHM Wales has established a comprehensive reserves policy designed to ensure the charity maintains sound financial stewardship and fulfils its legal responsibilities. This policy is the result of meticulous strategic planning, budgeting, and risk management processes within the organisation. It is important to note that this policy is dynamic in nature; the Finance Sub-Committee which comprises members of the Executive Committee reviews the Reserves Policy annually to ensure its continued relevance and effectiveness.

The reserves policy is built upon several key principles, including:

- Contingency Planning for Critical Costs: Adequate reserves are set aside to cover unforeseen expenses that may arise.
- Alignment with the Medium-Term Strategic Plan: Reserves are allocated to support the objectives outlined in the charity's medium-term strategic framework.
- Capital Expenditure Matching: Provisions are made to finance any anticipated capital projects or investments.
- True Free Reserves: Any remaining reserves are classified as 'true free reserves', reflecting the charity's available funds beyond committed obligations.

By engaging in an annual review of the Reserves Policy, the Executive Committee assess the charity's financial position and operational context, ensuring the reserve levels are consistently monitored within the framework of ongoing budgeting and financial reporting. This proactive approach not only safeguards the charity's future sustainability but also reinforces its commitment to transparency and fiscal responsibility.

FUTURE PLANS

The charity aims to continue to offer the full range of services it currently offers and expand its operations. To support this aim, we have purchased an office in Treorchy where we hope to mirror a number of services which we currently deliver in the Bridgend borough.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

The Executive Committee is composed of the charity's trustees, who are elected from nominations submitted by members during the Annual General Meeting (AGM). Each elected member serves a term of three years, after which they are eligible to stand for re-appointment. Officer positions within the committee are contested and elected on an annual basis.

The Executive Committee must include a minimum of three members, ensuring that no more than three members are due for re-appointment in any given year. The Secretary, who is currently the Chief Executive Officer, Richard Jones, is appointed by the executive committee to oversee and manage the day to day running of Mental Health Matters Wales.

The Executive Committee convenes regularly, meeting every three months to discuss the charity's progression and strategic initiatives. To ensure robust oversight, a financial sub-committee oversees the charities financial operations, while a personnel sub-committee manages all aspects related to human resources, including the development and review of relevant policies. Both sub-committees present their findings and recommendations directly to the full board during scheduled meetings.

In addition to these provisions, the executive committee has the authority to co-opt additional members throughout the year. However, any co-opted individuals must stand for election during the subsequent AGM to serve beyond that point.

A trustee shall vacate their position if they become disqualified, fail to attend meetings for a specified duration, formally notify the trustees of their intention to resign, cease to be a member, or neglect to declare an interest in any contract associated with the charity.

MENTAL HEALTH MATTERS WALES LTD

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Senior management team:

Mr Richard Jones Chief Executive Officer
Mrs Michaela Moore Director - Resigned June 2023

Day to day management of the organisation is delegated to the Chief Executive Officer as stated above. The adoption of aims and objectives or strategies to achieve them, and of policies and procedures are matters for the executive committee, as is the responsibility for ensuring compliance with various legal and regulatory obligations of the organisation and of the Trustees.

Risk management

The Executive Committee have a fundamental responsibility to identify and assess the risks to which the charity is exposed, as well as to ensure appropriate controls are implemented to provide reasonable assurance against fraud and error.

As we compose this report, we find ourselves amid an ongoing economic downturn accompanied by a cost-of-living crisis. This challenging environment has already resulted in a marked increase in demand for our services, as more individuals and families seek assistance during these trying times. Consequently, we may need to consider either expanding our services or adjusting our strategic approach to effectively address this heightened demand.

It is imperative we maintain a vigilant watch over emerging economic trends and adapt our operations accordingly. By doing so, we can ensure we continue to meet the evolving needs of our communities, even in the face of financial constraints. Our proactive and flexible approach will enable us to not only sustain our current services but also to make a meaningful and positive impact on those we serve during these difficult times.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06468412 (England and Wales)

Registered Charity number

1123842

Registered office

Union Offices
Quarella Road
Bridgend
Mid Glamorgan
CF31 1JW

Trustees

S A Hawas
R I Jamil
P Nolan (resigned 28.11.23)
D Patel
R Young
N E Silcox
J C Spanswick
E Tanner

Company Secretary

R Jones

MENTAL HEALTH MATTERS WALES LTD

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

REFERENCE AND ADMINISTRATIVE DETAILS

Auditors

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mental Health Matters Wales Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Bevan Buckland LLP, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 24/09/24 and signed on its behalf by:

.....
R Young - Trustee

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Opinion

We have audited the financial statements of Mental Health Matters Wales Ltd (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the Financial Statements, whether due to fraud or error, and then, design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

We discussed our audit independence complying with the Revised Ethical Standard 2019 with the engagement team members whilst planning the audit and continually monitored our independence throughout the process.

Identifying and assessing potential risks related to irregularities.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- enquiring of management, including obtaining and reviewing supporting documentation, concerning the Charity's policies and procedures relating to:
 - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
 - the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- discussing among the engagement team how and where fraud might occur in the financial statements and any potential indicators of fraud.
- obtaining an understanding of the legal and regulatory frameworks that the Charity operates in, focusing on those laws and regulations that had a direct effect on the financial statements or that had a fundamental effect on the operations of the Charity. The key laws and regulations we considered in this context included the UK Companies Act and relevant tax legislation.

Audit response to risks identified

In addition to the above, our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with relevant laws and regulations;
- enquiring of management concerning actual and potential litigation and claims; performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of meetings of those charged with governance;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments;
- assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and
- evaluating the operational rationale of any significant transactions that are unusual or outside the normal course of operations.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Michael Jones (Senior Statutory Auditor)
for and on behalf of Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 30/9/24

MENTAL HEALTH MATTERS WALES LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	52,497	-	52,497	10,726
Charitable activities	4				
Advocacy Services		1,090,463	-	1,090,463	993,429
Community Services Support		655,202	-	655,202	930,299
DBS Cymru		14,506	-	14,506	11,812
Other		-	-	-	2,760
Grants		-	-	-	518
Investment income	3	56,602	-	56,602	18,685
Total		<u>1,869,270</u>	<u>-</u>	<u>1,869,270</u>	<u>1,968,229</u>
EXPENDITURE ON					
Charitable activities	5				
Advocacy Services		686,157	-	686,157	566,118
Community Services Support		524,589	-	524,589	677,487
DBS Cymru		15,326	-	15,326	14,738
Other		166,342	-	166,342	213,611
Total		<u>1,392,414</u>	<u>-</u>	<u>1,392,414</u>	<u>1,471,954</u>
NET INCOME		476,856	-	476,856	496,275
RECONCILIATION OF FUNDS					
Total funds brought forward		2,126,320	-	2,126,320	1,630,045
TOTAL FUNDS CARRIED FORWARD		<u>2,603,176</u>	<u>-</u>	<u>2,603,176</u>	<u>2,126,320</u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

BALANCE SHEET 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	11	447,317	-	447,317	454,558
CURRENT ASSETS					
Debtors	12	185,629	-	185,629	439,239
Cash at bank and in hand		2,010,063	-	2,010,063	1,299,415
		<u>2,195,692</u>	<u>-</u>	<u>2,195,692</u>	<u>1,738,654</u>
CREDITORS					
Amounts falling due within one year	13	(39,833)	-	(39,833)	(66,892)
NET CURRENT ASSETS		<u>2,155,859</u>	<u>-</u>	<u>2,155,859</u>	<u>1,671,762</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,603,176</u>	<u>-</u>	<u>2,603,176</u>	<u>2,126,320</u>
NET ASSETS		<u>2,603,176</u>	<u>-</u>	<u>2,603,176</u>	<u>2,126,320</u>
FUNDS	14				
Unrestricted funds				2,603,176	2,126,320
TOTAL FUNDS				<u>2,603,176</u>	<u>2,126,320</u>

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

The financial statements were approved by the Board of Trustees and authorised for issue on 24/09/24 and were signed on its behalf by:


.....
R Young - Trustee

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	658,919	346,668
Net cash provided by operating activities		<u>658,919</u>	<u>346,668</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(4,873)	(143,418)
Interest received		56,602	18,685
Net cash provided by/(used in) investing activities		<u>51,729</u>	<u>(124,733)</u>
Change in cash and cash equivalents in the reporting period		<u>710,648</u>	<u>221,935</u>
Cash and cash equivalents at the beginning of the reporting period		<u>1,299,415</u>	<u>1,077,480</u>
Cash and cash equivalents at the end of the reporting period		<u><u>2,010,063</u></u>	<u><u>1,299,415</u></u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES			
	2024	2023	
	£	£	
Net income for the reporting period (as per the Statement of Financial Activities)	476,856	496,275	
Adjustments for:			
Depreciation charges	12,114	8,606	
Interest received	(56,602)	(18,685)	
Decrease/(increase) in debtors	253,610	(151,752)	
(Decrease)/increase in creditors	(27,059)	12,224	
Net cash provided by operations	<u>658,919</u>	<u>346,668</u>	
2. ANALYSIS OF CHANGES IN NET FUNDS			
	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
Net cash			
Cash at bank and in hand	1,299,415	710,648	2,010,063
	<u>1,299,415</u>	<u>710,648</u>	<u>2,010,063</u>
Total	<u>1,299,415</u>	<u>710,648</u>	<u>2,010,063</u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Income from advocacy and DBS services is recognised when the charity has entitlement to the monies, and it is probable that the income will be received and the amount can be measured reliably.

Income from donations and fundraising is recognised when the respective income is received.

Income from legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured sufficiently reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from government and other grants, and as a result of service level agreements is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities, both costs directly attributable and indirect support costs.

Allocation and apportionment of costs

Costs have been allocated as far as possible between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly. Others have been apportioned based on the estimated usage of the resource.

Tangible fixed assets

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

Freehold property	- 2% on cost
Fixtures and fittings	- 15% on cost

Taxation

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

Fund accounting

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

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the report of the trustees.

Government grants

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through profit and loss, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in profit or loss.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in profit or loss.

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

Hire purchase and Leasing agreements

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Employee benefits

The charity provides a range of benefits to employees, paid holiday arrangements and defined benefit and defined contribution pension plans.

Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

Functional and Presentational currency

The functional and presentational currency is £ sterling.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

MENTAL HEALTH MATTERS WALES LTD

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

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	<u>52,497</u>	<u>10,726</u>

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>56,602</u>	<u>18,685</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2024	2023
	£	£
Grants Activity	-	23,052
PRPR income Advocacy Services	325,102	329,568
SLA Advocacy Services	684,987	632,467
Specialist Advocacy Provision Advocacy Services	80,374	8,342
Grants Community Services Support	102,064	110,038
Other income Community Services Support	1,166	1,107
SLA Community Services Support	551,972	819,154
Other income DBS Cymru	14,506	11,812
Other income Other	-	2,760
Grants Grants	-	518
	<u>1,760,171</u>	<u>1,938,818</u>

	Grants	Other	PRPR	SAP	SLA	Total
	£	£	£	£	£	£
Advocacy Services	-	-	325,102	80,374	684,987	1,090,463
Comm. Services Support	102,064	1,166	-	-	551,972	655,202
DBS Cymru	-	14,506	-	-	-	14,506
	<u>102,064</u>	<u>15,672</u>	<u>325,102</u>	<u>80,374</u>	<u>,236,959</u>	<u>1,760,171</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Advocacy South Wales	-	23,052
ICF	-	518
Wellbeing services	102,064	110,038
	<u>102,064</u>	<u>133,608</u>

MENTAL HEALTH MATTERS WALES LTD

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

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Advocacy Services	669,192	16,965	686,157
Community Services Support	323,232	201,357	524,589
DBS Cymru	14,847	479	15,326
Other	69,710	96,632	166,342
	<u>1,076,981</u>	<u>315,433</u>	<u>1,392,414</u>

6. SUPPORT COSTS

	Management £	Other £	Support costs £	Totals £
Advocacy Services	12,015	-	4,950	16,965
Community Services Support	191,747	-	9,610	201,357
DBS Cymru	-	479	-	479
Other	71,753	-	24,879	96,632
	<u>275,515</u>	<u>479</u>	<u>39,439</u>	<u>315,433</u>

7. NET INCOME/(EXPENDITURE)

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

	2024 £	2023 £
Auditors' remuneration	10,496	6,634
Auditors' remuneration for non audit work	4,550	3,572
Depreciation - owned assets	<u>12,114</u>	<u>8,606</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

9. STAFF COSTS

	2024 £	2023 £
Wages and salaries	1,196,048	1,251,335
	<u>1,196,048</u>	<u>1,251,335</u>

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

	2024	2023
Direct employees	47	46
Administrative staff	6	6
	<u>53</u>	<u>52</u>

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

MENTAL HEALTH MATTERS WALES LTD

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

9. STAFF COSTS - continued

The key management personnel received £81,460 (2023: £116,674) in remuneration in the year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	10,726	-	10,726
Charitable activities			
Advocacy Services	993,429	-	993,429
Community Services Support	930,299	-	930,299
DBS Cymru	11,812	-	11,812
Other	2,760	-	2,760
Grants	518	-	518
Investment income	18,685	-	18,685
Total	1,968,229	-	1,968,229
EXPENDITURE ON			
Charitable activities			
Advocacy Services	566,118	-	566,118
Community Services Support	677,487	-	677,487
DBS Cymru	14,738	-	14,738
Other	213,611	-	213,611
Total	1,471,954	-	1,471,954
NET INCOME	496,275	-	496,275
RECONCILIATION OF FUNDS			
Total funds brought forward	1,630,045	-	1,630,045
TOTAL FUNDS CARRIED FORWARD	2,126,320	-	2,126,320

MENTAL HEALTH MATTERS WALES LTD

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

11. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2023	531,730	42,218	573,948
Additions	1,999	2,874	4,873
At 31 March 2024	533,729	45,092	578,821
DEPRECIATION			
At 1 April 2023	85,487	33,903	119,390
Charge for year	10,635	1,479	12,114
At 31 March 2024	96,122	35,382	131,504
NET BOOK VALUE			
At 31 March 2024	437,607	9,710	447,317
At 31 March 2023	446,243	8,315	454,558

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	50,521	30,011
Other debtors	-	497
Grants receivable	129,965	404,756
Prepayments	5,143	3,975
	185,629	439,239

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	3,001	20,097
Accrued expenses	36,832	46,795
	39,833	66,892

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
PRPR/ Advocacy services	396,072	404,306	(395,000)	405,378
DBS income	-	(820)	820	-
General fund	18,875	(86,429)	74,307	6,753
Designated Capital Fund	454,558	(12,114)	4,873	447,317
Critical Costs	896,787	-	-	896,787
Therapeutic Support Service	197,811	48,444	-	246,255
Wellbeing Services	92,217	123,469	-	215,686
Designated Improvements to New Property	20,000	-	5,000	25,000
Designated Committed Projects	50,000	-	10,000	60,000
Designated Community Advocacy Services	-	-	100,000	100,000
Designated Improvements to Union Offices Property	-	-	200,000	200,000
	<u>2,126,320</u>	<u>476,856</u>	<u>-</u>	<u>2,603,176</u>
TOTAL FUNDS	<u>2,126,320</u>	<u>476,856</u>	<u>-</u>	<u>2,603,176</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,090,463	(686,157)	404,306
DBS income	14,506	(15,326)	(820)
General fund	67,799	(154,228)	(86,429)
Designated Capital Fund	-	(12,114)	(12,114)
Therapeutic Support Service	160,000	(111,556)	48,444
Wellbeing Services	536,502	(413,033)	123,469
	<u>1,869,270</u>	<u>(1,392,414)</u>	<u>476,856</u>
TOTAL FUNDS	<u>1,869,270</u>	<u>(1,392,414)</u>	<u>476,856</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
PRPR/ Advocacy services	12,000	427,311	(43,239)	396,072
DBS income	-	(2,926)	2,926	-
General fund	19,413	(162,041)	161,503	18,875
Designated Capital Fund	319,746	(8,606)	143,418	454,558
Critical Costs	896,787	-	-	896,787
Integrated Care Fund	21,600	(6,784)	(14,816)	-
Therapeutic Support Service	101,345	96,466	-	197,811
Wellbeing Services	24,154	152,855	(84,792)	92,217
Designated New Property	165,000	-	(165,000)	-
Designated Improvements to New Property	20,000	-	-	20,000
Designated Committed Projects	50,000	-	-	50,000
	<u>1,630,045</u>	<u>496,275</u>	<u>-</u>	<u>2,126,320</u>
TOTAL FUNDS	<u>1,630,045</u>	<u>496,275</u>	<u>-</u>	<u>2,126,320</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	993,429	(566,118)	427,311
DBS income	11,812	(14,738)	(2,926)
General fund	183,618	(345,659)	(162,041)
Designated Capital Fund	-	(8,606)	(8,606)
Integrated Care Fund	518	(7,302)	(6,784)
Therapeutic Support Service	259,741	(163,275)	96,466
Wellbeing Services	519,111	(366,256)	152,855
	<u>1,968,229</u>	<u>(1,471,954)</u>	<u>496,275</u>
TOTAL FUNDS	<u>1,968,229</u>	<u>(1,471,954)</u>	<u>496,275</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

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

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
PRPR/ Advocacy services	12,000	831,617	(438,239)	405,378
DBS income	-	(3,746)	3,746	-
General fund	19,413	(248,470)	235,810	6,753
Designated Capital Fund	319,746	(20,720)	148,291	447,317
Critical Costs	896,787	-	-	896,787
Integrated Care Fund	21,600	(6,784)	(14,816)	-
Therapeutic Support Service	101,345	144,910	-	246,255
Wellbeing Services	24,154	276,324	(84,792)	215,686
Designated New Property	165,000	-	(165,000)	-
Designated Improvements to New Property	20,000	-	5,000	25,000
Designated Committed Projects	50,000	-	10,000	60,000
Designated Community Advocacy Services	-	-	100,000	100,000
Designated Improvements to Union Offices Property	-	-	200,000	200,000
	<u>1,630,045</u>	<u>973,131</u>	<u>-</u>	<u>2,603,176</u>
TOTAL FUNDS	<u>1,630,045</u>	<u>973,131</u>	<u>-</u>	<u>2,603,176</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	2,083,892	(1,252,275)	831,617
DBS income	26,318	(30,064)	(3,746)
General fund	251,417	(499,887)	(248,470)
Designated Capital Fund	-	(20,720)	(20,720)
Integrated Care Fund	518	(7,302)	(6,784)
Therapeutic Support Service	419,741	(274,831)	144,910
Wellbeing Services	1,055,613	(779,289)	276,324
	<u>3,837,499</u>	<u>(2,864,368)</u>	<u>973,131</u>
TOTAL FUNDS	<u>3,837,499</u>	<u>(2,864,368)</u>	<u>973,131</u>

Transfers

The board made the decision to fund projects where funding had ceased out of core funds.

Funds

Unrestricted funds

Unrestricted funds can be deployed in any way the charity sees fit, apart from designated reserves which are set aside for use in the designated projects. During the year the Board took the decision to partially fund several projects from these reserves.

PRPR Service

Paid Relevant Persons Representative (PRPR) - The service is undertaken by advocate with extensive knowledge of the MCA and DoLS legislation.

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

Funds - continued

Supervisory Bodies for Health Boards and Local Authorities refer to the PRPR Service when there is no family member available or the family member is deemed not appropriate to be the Relevant Persons Representative (RPR).

The PRPR represent and support the relevant person in all matters relating to the deprivation of liberty safeguards, including, if appropriate, triggering a review, using an organisation's complaints procedures on the person's behalf or making an application to the Court of Protection. The services is available across Wales.

DBS Cymru

Disclosure and Barring Service the Disclosure and Barring Service (DBS) was established in 2012 and carries out the functions previously undertaken by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA). DBS Cymru help to prevent unsuitable people from working with vulnerable groups, including children. The service is available to companies and who may require a DBS check for their staff or required by self-employed individual to show those who purchase their services.

Covid Response and Advocacy Services

The COVID response advocacy service is delivered by fully trained and qualified advocates and is funded by the Welsh Governments COVID-19 Response funding which is designed to support those affected by COVID-19 and the subsequent lockdowns which took place. The services only qualifying criteria is that the person requiring advocacy support due to the effects of COVID upon their mental health and wellbeing. The service is delivered across Bridgend, Neath Port Talbot and Swansea Local Authority footprints.

Wellbeing Services

The term Wellbeing Services refers to a diverse range of individual projects and services delivered by Mental Health Matters Wales that cater to the mental health and overall wellbeing needs of individuals and communities.

Everyone is entitled to mental health and wellbeing support, regardless of their background or circumstance and our Wellbeing Service work closely with individuals to understand their unique challenges, needs, and goals, whilst recognising the importance of creating a safe, non-judgmental environment.

Our Wellbeing Services align with the Well-being of Future Generations (Wales) Act 2015 and Social Services and Wellbeing (Wales) Act 2014. These acts emphasise the importance of promoting physical, emotional, and social wellness and empowering individuals to lead healthy and fulfilling lives.

WAC Service

Wellbeing Hub based in St. David's Hospital in Cardiff providing Therapeutic Support to those with cognitive impairment who are medically fit but unable to leave hospital due to a range of different issues.

Designated Funds

Designated funds are unrestricted funds earmarked by the trustees for particular purposes. The use of such funds is at the trustees' discretion.

Improvements to new property

Work will be required to undertake repairs, update, and modernise the Treorchy building to meet the needs of the services MHM Wales delivers as the property was originally a GP surgery.

Committed projects

We are committed to deliver services which meet the needs of the population of Wales and will continue to fund the Counselling service, (talking Connections) the Peer support groups (SHARE and SORTED) and the Dementia Hubs which currently receive no funding from other sources.

Community advocacy services

This will be used to provide a community advocacy service which will be delivered across Bridgend, Neath Port Talbot, Swansea and the Rhondda to support individuals which are unable to access advocacy support due to the strict requirements required to access statutory advocacy services.

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

Funds - continued

Improvements to Union Offices

Our head office, being a listed building requires specialists to undertake repairs and replacements as all items must be replaced to reflect the make and composition of the building when first built. This means all windows must be replaced being made of wood and must be sash windows, our guttering, which is now over 100 years old must be replaced to the same design as the original and made from cast iron.

15. RELATED PARTY DISCLOSURES

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

16. ULTIMATE CONTROLLING PARTY

The charity is controlled by its Trustees.

MENTAL HEALTH MATTERS WALES LTD

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

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	52,497	10,726
Investment income		
Deposit account interest	56,602	18,685
Charitable activities		
Grants	102,064	133,608
Other income	15,672	15,679
PRPR income	325,102	329,568
SLA	1,236,959	1,451,621
Specialist Advocacy Provision	80,374	8,342
	<u>1,760,171</u>	<u>1,938,818</u>
Total incoming resources	1,869,270	1,968,229
EXPENDITURE		
Charitable activities		
Wages	1,024,534	1,038,523
Recruitment costs	2,559	9,462
Travel expenses	39,191	41,320
Volunteer costs	722	332
Training costs	9,975	20,041
Dementia Hub Costs	-	23,564
	<u>1,076,981</u>	<u>1,133,242</u>
Support costs		
Management		
Wages	171,514	212,812
Telephone & Computer Costs	20,705	16,411
Postage and stationery	8,203	10,085
Sundries	9,799	8,321
Room hire	6,015	5,914
Centre costs	3,369	3,876
General overheads	43,796	44,771
Depreciation of tangible and heritage assets	12,114	8,606
	<u>275,515</u>	<u>310,796</u>
Other		
Bad Debts	479	-
Support costs		
Auditors' remuneration	10,496	6,634
Auditors' remuneration for non audit work	4,550	3,572
Legal and Professional fees	24,393	17,710
	<u>39,439</u>	<u>27,916</u>

This page does not form part of the statutory financial statements

MENTAL HEALTH MATTERS WALES LTD

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

	2024 £	2023 £
Total resources expended	1,392,414	1,471,954
Net income	476,856	496,275

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales - Charity number 1123842

Accounts

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
MENTAL HEALTH MATTERS WALES LTD**

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

MENTAL HEALTH MATTERS WALES LTD

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FOR THE YEAR ENDED 31 MARCH 2023**

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

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity's purpose as set out in the company's memorandum of association are to 'promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'.

Significant activities

Our main activities and who we try to help are described in the following pages. All our charitable activities focus on the promotion of the mental and emotional health and well-being of the public and are undertaken to further our charitable purposes for the public benefit.

The charity carries out these objectives by:

- Providing various services throughout Wales which supports adult wellbeing and supports those with mental health related issues/problems which include wellbeing hubs, telephone befriending & support and peer support groups which include eating disorders, self-harm and LGBTQI+
- Providing advocacy services across Wales for adults suffering mental health issues/problems, those who lack capacity, older people with mental health problems and/or dementia and those eligible in relation to the Social Services and Wellbeing (Wales) Act 2014, and a commitment to raising awareness of advocacy.
- Providing counselling and training services (including workshops) for adults suffering mild to moderate mental health problems.
- Providing cognitive impairment services to support those who have cognitive impairment and their carers both within hospital settings and the community.

The Trustees confirm they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

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

OBJECTIVES AND ACTIVITIES

Who used and benefited from our services?

Our objects and funding limit the services we provide to those resident in Wales. Specific funding requirements limit those we can support, for example, the Independent Mental Capacity Advocacy (IMCA) Service is limited to accepting instruction from medical and social services sources and by very specific eligibility criteria, and the Independent Professional Advocacy (IPA) service is restricted to only those who meet the criteria within the Social Services and Wellbeing (Wales) Act 2014.

The IMCA service is delivered across the Hywel Dda and Swansea Bay University Health Board footprint areas; these footprints cover the local authority areas of Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire and Ceredigion. The IPA service is delivered across the Bridgend, Neath Port Talbot and Swansea Local Authority footprint.

We are also restricted in the provision of some services because of the geographical area specified by funders, for example, wellbeing hubs, wellbeing retreat, self-harm self-help project, and information service are restricted to the Bridgend County Borough footprint area. We are generally unrestricted in where we deliver counselling, training and education, unless this is specifically commissioned.

The impact of our work goes far beyond those we help directly, this may include reducing the distress experienced by their families and friends of people with mental or emotional health issues as well as reducing the impact upon front line and secondary mental health or related services.

The main areas of charitable activities are:

- Wellbeing hubs (drop-in centres)
- Out of hours Wellbeing Retreat (social distress/crisis support)
- Deprivation of Liberty (Paid Relevant Persons Representative)
- Independent Professional Advocacy (IPA)
- Cognitive impairment/Dementia Wellbeing Activity Support
- Dementia Hubs
- Youth Eating Disorder support
- LINKS - Youth support to reduce social isolation
- Independent Mental Capacity Advocacy (IMCA)
- Information services
- Counselling
- Peer support groups
- Mental Health Recovery Support Advocacy
- Community Advocacy Service (mental health)
- SHARE - Self-harm- self-help information and peer support groups
- SORTED- Eating disorder information and peer support groups
- Community Liaison Support
- Training, education and public awareness
- Disclosure and Barring Service (DBS Cymru)
- Lobbying and campaigning

Volunteers

Volunteers play a unique and invaluable role in supporting the services delivered by MHM Wales, we are fully aware that without volunteers we would not be able to deliver such a comprehensive range of services which help us to meet the diverse needs of people who access them. Volunteers are greatly appreciated by the Trustees (who are themselves volunteers) our staff and beneficiaries. We would like to recognise each individual who has given their time and experience freely during this financial reporting year.

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

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Wellbeing Hubs

Throughout 2022-2023, we made a concerted effort to refocus the roles of our Wellbeing hubs to better support our beneficiaries. Our Quarella Road premises continue to serve as a hub for the Bridgend community, the Ogmere Vale hub support those in an area impacted by tragic suicides. And our Porthcawl hub extend services to beneficiaries throughout Pyle, Comelly, and the surrounding areas.

Our Community Services team has also continued to deliver activities within the community, such as walking, conservation, and gardening groups. Following the full lifting of pandemic restrictions, our hubs once again became "open access," with pre-registration only necessary for workshops and training courses for which space was limited. For instance, some of these courses focused on anxiety and depression.

We also worked together with partners Tanio and Guitars for Veterans to provide music and art and craft therapy sessions. By collaborating with other organisations, we were able to offer our beneficiaries a range of additional resources promoting their wellbeing.

Annual attendance at all Wellbeing Hubs and associated groups in the year April 2022 - March 2023 was 2843, with a steady increase in attendance each quarter. There was also 1245 unique beneficiary engagements with our Wellbeing Hubs this year

Our Community Services team have a wide range of experience and our training regime requires them to have undertaken the City and Guilds Health and Social Care Level 3 Qualification and the Advice and Guidance Level 4 Qualification.

Wellbeing Retreat

The Wellbeing Retreat, which opened in December 2020, continues to provide a well needed adult-only (ages 18+) service that operates outside of conventional hours. The Wellbeing Retreat provide a warm and welcoming environment that is safe, non-clinical, and relaxing for individuals struggling with mental health challenges and associated social distress, such as anxiety, depression, loneliness, family or relationship issues, caregiving responsibilities, stress, and other factors that may impact one's mental wellbeing.

Access to the Wellbeing Retreat is available by appointment only via a referral process. To utilise our services, individuals must be referred from a healthcare, social services, or social care professional within either statutory services or third-sector organisations. Unfortunately, we are still unable to accept self-referrals.

The Wellbeing Retreats non-clinical approach aims to cater to individual needs utilising a holistic and community-based approach which focuses on personal growth and social integration, which encourage individuals to connect with other mental health and community groups/members to aid in their recovery and improve their environmental, physical, and emotional needs. Our one-on-one support aims to engage individuals while addressing the underlying causes of their immediate distress.

During the period 1 April 2022 to 31 March 2023, the service received 540 referrals with 406 referrals being received from the NHS Single Point of Access (SPOA) based at the Princess of Wales Hospital in Bridgend.

Our staff within the Wellbeing Retreat have a wide range of experiences of working in the mental health and social care field and are required to complete the City and Guilds Advice and Guidance Level 4 Qualification which is in addition to their "core" training received.

Rhondda Cynon Taff (RCT) Community Liaison - Ended December 2022

Project 360 RCT was part of a larger partnership which was headed by Volunteering Matters. MHM Wales' part of the project was to deliver a Community Liaison Service working on a one-to-one basis with individuals aged 16 - 65 with a wide range of social, emotional, or mental health needs to provide signposting, advice, and guidance to get into education, employment, and training, as well as providing support groups to reduce isolation, loneliness, and anxiety.

During the period of delivery MHM Wales was highlighted as the only partner within the partnership network to achieve and surpass its targets.

Information

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

MHM Wales continues to provide a valuable information services to beneficiaries who may have mental health related issues and also to caregivers, the general population and other providers of services. Our information Officer conducts informative sessions at various venues such as wellbeing centres, supermarkets, business units, and the psychiatric department at the Princess of Wales hospital. Additionally, the Information Officer is prompt and responsive to individual information requests. The Information Officer is dedicated to re-establishing our "Friends of Coity" information and support service, which unfortunately had to be discontinued in 2020 due to the COVID-19 Pandemic in the Princess of Wales hospital. Our goal is to fully restore this service during 2023-24, providing patients within Ward 14 with information and support.

We strive to stay current with technology by continuously developing our website, www.grapevines.info, which provides relevant and current information on mental health and wellbeing services available within the Bridgend community. Also, we actively engage with our Facebook followers and now have over 220,000 followers. To view and follow our on our Facebook page, go to <http://Facebook.com/mhmwales>

SHARE - Self-harm Self-help Peer Support Group

SHARE, our self-harm self-help peer support group held weekly at our Quarrel Road Office, is dedicated to providing a safe and supportive environment for individuals struggling with self-harm. This peer support group is funded by the charities free reserves and was originally established through the Big Lottery Fund's "Community Voice" initiative on 1 April 2013. The primary objective of this initiative was to increase the representation of citizens, particularly those who are most vulnerable and marginalised, in local policy and planning processes.

We continue to partnership with New Horizons Mental Health located in Aberdare, to provide an online peer support group which is in addition to our face2face group. Our goal is to reach and support as many individuals as possible who self-harm or require information to support those who self-harm, and to provide them with a safe space to talk, share their experiences and support one another.

Our trained facilitators who lead the group seeks feedback from participants and provide resources and information to promote self-care and self-compassion. We aim to break down stigma surrounding self-harm and empower individuals to take control of their own recovery journey. We encourage anyone struggling with self-harm to reach out to us for support.

SORTED - Eating Disorder Self-help Peer Support Group

SORTED is a self-help group, facilitated by an MHM Wales staff member, aimed at providing a Peer-2-Peer support system to individuals dealing with various forms of eating disorders, as well as to their loved ones and care givers.

The group moved to online during the COVID-19 pandemic and for the reporting period is still undertaken online, however; we are looking to move the group back to face2face during 2023-24. Those who attend the group can connect with others going through similar circumstances in a safe and confidential environment and can share their experiences, thoughts, successes, and challenges with others or just listen. However, it is essential to note this support group isn't a substitute for professional treatment, therapy or counselling. Still, it can provide practical tips, peer guidance, and emotional support.

Our facilitators at MHM Wales puts their skills, knowledge, and expertise to good use by organizing and facilitating SORTED meetings, offering information and support to attendees. We depend on donations and public generosity for funding as we don't receive any external financial support.

Talking Connections (Counselling service)

Our Talking Connections counselling service continues to be delivered online as many people prefer this, however; face to face counselling has restarted in venues in Bridgend and North Wales. Our counsellor's use

a variety of different video conferencing software methods to ensure sessions could continue to take place to provide low cost (donation) counselling to those who are unable to access counselling through statutory services due to their waiting times or do not wish to receive counselling in the areas where they reside,

Benefits of Counselling can include:

- Improved Mental Health: Counselling can help you to develop a better understanding of your emotions, thoughts, and behaviour. This can help you to recognise and manage the symptoms of mental health issues such as anxiety, depression, or stress.
- Improved Communication and Relationships: Counselling can help to improve communication skills and build a stronger and healthy relationship with others.
- Increased Self-Awareness: Counselling can help you to become more self-aware of your behaviours, thoughts, feelings, and beliefs. This self-awareness can help you to make positive changes in your life and improve your overall well-being.

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- Coping Strategies: Counselling can provide you with a wide range of coping strategies to help you deal with challenging situations and manage stress.
- Personal Growth: Counselling can help you to identify your personal goals and offer support and encouragement to help you realise your potential and achieve your goals.
- Increased Happiness: Counselling can help you to identify what makes you happy and offer guidance on how to achieve it. This can lead to a more fulfilled and enjoyable life.
- Improved Health: Counselling can help you to address and manage mental health issues that can have a negative impact on your physical health.

Between the 1 April 2022 and the 31 March 2023 the service has received 299 referrals, of this 202 individuals received counselling support due to high demand and the service currently has a waiting list of over 8 weeks.

Youth Eating Disorder Support Service

The service collaboratively works with the CAMHS team, with the staff attending multi-disciplinary meetings where devolving referral pathways have been established. The service also networks with schools, GP surgery's, and third sector organisations in the Cwm Taf Morgannwg area.

One to one support has been offered in community settings (e.g. coffee shop, Park, School) or a venue of their choice in their local area to establish rapport and reduce barriers to accessing the service. Frequency of contact is offered on a weekly, fortnightly, or monthly basis to offer a flexible person centred approach.

The project also provides an information and signposting service to appropriate community support for the individuals and their carers/guardians if needed e.g. Kooth, BEAT etc. We also provide information and a 'how to' guide for carers/parents supporting them to support the individual at home. The information provided is sourced from the NHS website. The service is looking to be re-configured during 2023-24.

Links

During 2022-23 we received a small grant to develop a support service specifically for 16 - 25 year olds and offers a safe and supportive space for young people and young carers to improve their wellbeing, gain confidence, access community resources and build social networks.

We called the service LINKS and is delivered from our Quarella Road location every Sunday. The service has been a valuable addition to our charity, providing vital support to young people and young carers who often struggle to access the help and resources they need. We have seen great success in building the confidence and social networks of those who have used the service, and we believe it has made a real difference in improving the wellbeing of the young people we serve.

Unfortunately we were unsuccessful with procuring continuation funding. However we are committed to continuing to provide this important service, and will do everything we can to secure further funding and expand the frequency of our sessions during 2023-24. We would like to thank all of those who have supported LINKS thus far, and encourage anyone who knows a young person in need of support to get in touch and learn more about what we can offer.

Independent Mental Capacity Advocacy (IMCA)

We continue to deliver the IMCA service across the Health Board footprints of both Hywel Dda University Health Board and Swansea Bay University Health Board.

The IMCA service provides statutory advocacy under the Mental Capacity Act 2005 and provides support to those over 16 years of age who lack capacity (in closely defined areas) and are un-befriended (no family or friend who can speak on their behalf). The Health Boards' footprint areas cover the local authority areas of Carmarthenshire, Pembrokeshire, Ceredigion, Neath Port Talbot and Swansea.

All staff members who undertake the IMCA role are either fully qualified Advocates which have undertaken the City and Guilds Level 3 Advocacy Diploma or are currently working towards the new City and Guilds Level 4 Advocacy Qualification. In addition to our IMCA advocates having to undertake a formal qualification to undertake the role, we also provide continual professional development training from solicitors and law firms to ensure they are always up to date with case law and changes in legislation. .

Paid Relevant Person's Representative Service (PRPR)

MHM Wales Paid Relevant Person's Representatives are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation who support people who lack capacity throughout Mid Wales, South Wales, South East Wales and South West Wales.

**REPORT OF THE TRUSTEES
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The Paid Representative's role includes:

- Visiting the person deprived of their liberty on a regular basis.
- Supporting the person to understand their DoLS authorisation and how it affects them.
- Assisting the person to exercise their rights should they wish to do so.
- Ensuring any conditions attached to the authorisation are met and dealt with in a timely fashion.
- Call for a review of the authorisation where necessary, challenge the authorisation through local means where possible or ultimately support the individual to have access to the Court of Protection.

Our Paid Relevant Person's Representatives are independent from the care home or hospital as well as the Local Authority, Health Board and Supervisory Body / DoLS team.

All our Paid Relevant Person's Representatives are either fully qualified Advocates which have undertaken the City and Guilds Level 3 Advocacy Diploma or are currently working towards the new City and Guilds Level 4 Advocacy Qualification. In addition to undertaking formal qualifications, the Paid Relevant Person's Representatives also undertake continual professional development training delivered by solicitors and law firms to ensure they are always fully up to date with case law and changes in legislation.

Independent Professional Advocacy (IPA)

Mental Health Matters Wales provides the Independent Professional Advocacy Service within the Local Authority areas of Bridgend, Neath Port Talbot and Swansea..

The Social Services and Well-being (Wales) Act 2014 place a requirement on Local Authorities to commission Advocacy. The Act came into force in April 2016 and this changed the way local councils in Wales provide social care and support. The Act required Local Authorities to consider whether an individual may have a need for Independent Professional Advocacy (IPA) at every step of their journey through the social services system, including at their first point of contact.

The Part 10; Code of Practice on Advocacy ("the Code") states within Para 47:

"Local authorities must arrange for the provision of an Independent Professional Advocate when a person can only overcome the barrier(s) to participating fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available"

Independent Professional Advocacy in ensuring individuals have their needs and rights met. The benefits of independent professional advocacy include

- Empowerment of individuals: Independent professional advocacy empowers individuals by equipping them with the knowledge and understanding of their rights and options.
- Access to information: Advocates under the act provide individuals with information about their options, ensuring they can make informed decisions about their lives.
- Voice for vulnerable individuals: Independent professional advocacy provides a voice for vulnerable individuals such as those with mental health issues, learning disabilities, or dementia.
- Promotes person-centred care: Independent professional advocacy promotes person-centred care, ensuring that the individual's wishes and preferences are front and centre.
- Supports individuals in decision-making: Advocates under the act support individuals in decision-making, assisting them in making choices that are in their best interest.
- Ensures accountability: Independent professional advocacy ensures that the service providers and decision-makers are accountable to individuals they serve.
- Promotes social justice: The act promotes social justice by ensuring that individuals have access to independent professional advocacy, regardless of their background or situation.

During 2022 the IPA service for Bridgend went through a retendering process, which Mental Health Matters Wales was successful in being the preferred provider.

Litigation Friend Service All South, West, and Mid Wales

The Litigation Friend Service consists of a specialist Litigation Friend to a person entitled to the service by virtue of the provisions of rights under the Mental Capacity Act 2005 and Deprivation of Liberty Safeguards (DoLS).

Our Litigation Friend service works within Court of Protection - a superior court of record created under the Mental Capacity Act 2005. It has authority over the property, financial affairs and personal welfare of people who lack mental capacity to make decisions for themselves.

Appropriate Adult

**REPORT OF THE TRUSTEES
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MHM Wales provides a qualified Advocate as an appropriate adult if the custody sergeant if they think a person is 'mentally vulnerable' and needs additional support. Our appropriate adult makes sure the police treat the individual fairly with respect, dignity and ensures you are aware of your rights

Nearest Relative

Nearest relative is a term used in the Mental Health Act 1983. Our Nearest relative's supports individual kept in hospital under sections 2, 3, 4 or 37, on a community treatment order, or under a guardianship. Ensuring their rights are adhered.

COVID-19 Mental Health and Wellbeing Advocacy Service - Ended 30 September 2022

Our Covid-19 recovery Advocacy Service ceased at the end of September 2022 due to funding no longer being provided. However; during the final six months of funding we were still able to provide much needed advocacy support to 88 beneficiaries which was 16 more than the projected number of 72 beneficiaries being supported.

The advocacy support ranged from supporting beneficiaries to write letters to accompanying them to meeting and appointments which likely reduced anxieties and other mental health concerns.

The benefits of the advocacy support provided to individuals can be extend to their wider family networks and communities. For instance, the individual receives support for issues relating to their mental health due to the COVID-19 pandemic, Advocacy support received is likely to have resulted in improved relationships with family members and friends, which could also result in creating a more positive and supportive community.

Bridgend Community Mental Health Advocacy (CAS)

The Community Mental Health Advocacy Service works with people living in the Bridgend County who experience mental health related issues to have their voice heard and acted upon when dealing with letters, appointment and meetings. CAS is funded through free reserves and provides approximately 6 hours per week advocacy support to beneficiaries which fall outside the remit of the Mental Health and Wellbeing Advocacy the Independent Professional Advocacy service and also the Community Mental Health Advocacy service which is commissioned by the Health Board with another agency.

The Community Mental Health Advocacy Service is in high demand and has a waiting list due to the limited hours we can provide, however we feel it is an important service to continue to provide as, when one person overcomes a personal challenge or achieves a goal, it can serve as an inspiration and motivation to others, leading to more optimistic and proactive self-worth. Furthermore, the positive impact on one person can result in increased productivity, societal contributions, and overall well-being, ultimately strengthening their family network, wider social network and communities as a whole.

Wellbeing Activity Support (Cognitive Impairment)

Our Wellbeing Activity Support (Cognitive Support) delivered in St. David's hospital in Cardiff continued to be provided ensuring much needed therapeutic support to patients. Patients are those who no longer need active medical treatment but whose additional needs delayed them leaving hospital. The ward predominantly receives patients with dementia, cognitive impairment or other complex needs and to help support patients in maintaining as normal life as possible while waiting for transfer from hospital. Our Wellbeing Activity Support service provide a range of stimulating and engaging activities for patients to take part in.

Activities include regular music sessions where patients can sing and play instruments, take part in arts and crafts, exercise and tea parties to enhance their social interactions during their stay and encourage normal sleep patterns at night.

The service has evolved during 2022-23 to also include an "hospital to home" community liaison support service which provides support within the hospital and at the person home for a number of weeks after discharge to help the person make connections within their community to socialise and provide additional support for them at home.

Llandough Older peoples Mental Health Community Liaison - Ends 31 Oct 2023

The Llandough Community Liaison Service is a "pilot" Community Liaison Support service based at Llandough Hospital and provides a person centred preventative service working alongside the Cardiff and the Vale University Health board older people's mental health team.

The service undertaken by one staff working a total of 37 hours per week to provide a merged service integrated within Cardiff and the Vale University Health board and Third Sector creating a liaison Service to support patients with Mental Health and cognitive impairment and their caregivers The service is a success and engaged with 25 individuals awaiting discharge ensure they had access to support services in their community to ensure independent living

**REPORT OF THE TRUSTEES
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The Haven - Ended 31 March 2023

The Haven was "pilot" Community Liaison Support service based at Bridgend Resource Centre and provided a person centred preventative service working alongside the Cwm Taf Morgannwg. The service undertaken by two staff working a total of 74 hours per week to provide a merged service integrated within The Cwm Taf Morgannwg and Third Sector creating a liaison Service to support vulnerable groups not exclusively but will include early onset of dementia and others with a cognitive impairment such as dementia and their caregivers.

Although the service was well received, funding to be able to continue the service for the 2023-24 period was severely reduced meaning the continuation of the service was not viable.

Dementia Hwb

Working in partnership with Dementia Friend Swansea, we developed a Dementia Hwb which is located within our Nolton Street Office in Bridgend. The Dementia Hwb which was launched in December 2022 was the first of its kind, in Bridgend and aims to bring local dementia services together using the hub and Spoke method through the provision to provide the latest support, information, advice and activities to those living with Dementia.

The Dementia Hwb's aim is also to support the increasing numbers of people not knowing where to find information about the networks of support already in existence for people living with Dementia but also care partners and those who would like information around Dementia.

Between 1 December 2022 and 31 March 2023 MHM Wales' delivery of services meant we directly engaged with 226 individuals, provided signposting services to over 120 individuals and made contact through electronic means and networking with over 500 individuals which consisted of professionals (G.P's, social workers, etc.) other voluntary services, those with early onset dementia and their caregivers.

Funding to provide the Dementia Hwb is only until the 31 March 2023, however; we are looking into funding streams to hopefully continue the hwb during the 2023-24 period.

Volunteer Service

Volunteers provide support at the wellbeing centres, counselling service, dementia hwb, LINKS, SHARE and SORTED peer support groups and provide additional aspects to the work the community services team is able to provide. Our volunteers raise the quality and impact of services undertaken in these settings and volunteers come from a wide range of age groups and backgrounds and include people who have been beneficiaries of our services.

Volunteers play a vital part in delivering quality services. All volunteers bring different qualities and skills which in turn all allow MHM Wales to continue providing a high standard of support and various activities which would not be possible considering the overall costs (estimated at over £67,000) which would be involved if the organisation were to employ people to deliver these services and projects.

Training - Mental Health First Aid

During 2023-2023 MHM Wales provided 72 free Mental Health First Aid places to those who live or work in the Bridgend, Neath Port Talbot, Swansea and Newport area

The Mental Health First Aid course content aims to help create stronger, more resilient individuals, communities, and workplaces by:

- Raising awareness of mental health issues in the community and the workplace.
- Teaching people how to spot the early signs of mental ill health & provide early intervention first aid for others.
- Teaching people to better take care of their own wellbeing.
- Helping organisations to effectively embed mental health first aid into their policies, procedures, and systems.

This training is also lightly to have reduce stigma surrounding mental health issues, with those trained promoting more open and understanding discussions about mental health. Additionally, Mental Health First Aid training can help equip individuals with the skills and confidence to appropriately support someone who may be experiencing a mental health crisis.

Overall, this training has hopefully promoted better mental health outcomes for individuals as the trained individuals will be able to provide support to those within their social networks, work colleagues, and community as a whole by improving access to appropriate support and reducing the likelihood of negative outcomes where individuals shy away from mental health related issues due to lack of understanding and confidence.

Disclosure and Barring Service (DBS Cymru)

**REPORT OF THE TRUSTEES
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DBS Cymru DBS Cymru is the name of our Disclosure and Barring Service which offers a wide range of services on behalf of the Disclosure and Barring Service (DBS). Our primary objective is to facilitate standard and enhanced DBS checks for volunteers, businesses, and the self-employed. We pride ourselves on the provision of a comprehensive and dependable service designed to cater to the safeguarding needs of various sectors.

Furthermore, DBS Cymru support the primary aims of MHM Wales by utilising surplus generated income to deliver our current services, as well as develop and implement new services. This effort helps support our core objectives.

During this reporting period, which was the 2022-23 financial year, we processed a total of 298 applications. DBS Cymru maintained and serviced the existing loyal customer base while successfully catering to new clients. We are committed to delivering an effective and efficient service to all our clients.

FINANCIAL REVIEW

Reserves policy

The total income of £1,968,229 (2022: 1,449,942) was spent on direct charitable expenditure totalling £1,471,954 (2022: £1,204,227). A surplus of £496,275 (2022: surplus of £245,665).

The Statement of Financial Activities reflects the income and expenditure incurred by Mental Health Matters Wales Ltd in carrying out its role in respect of its objectives. The total funds at 31 March 2023 were £2,126,320 (2022: £1,630,045), with £2,126,320 (2022: £1,630,045) being designated and restricted.

The Board has set out the charity's reserve policy to enable trustees to be in proper financial control of the organisation and meet its legal obligations. The reserve policy is a product of the charity's strategic planning, budgeting and risk management process. This policy is non static and is reviewed on an annual basis by the Board of Trustees.

The Board has set the reserves policy based on the following:-

- Contingency planning-critical costs
- Reserves to meet the medium term strategic plan
- Reserves to match any capital spend
- Any remaining reserves represents the 'true free reserves' of the charity

By reviewing the reserves policy annually the Board will review the organisation's financial circumstances and operational environment and ensure the level of reserves is monitored as part of the budget and financial reporting process.

FUTURE PLANS

The charity aims to continue to offer the full range of services it currently offers and expand its operations. To support this aim, we have purchased an office in Treorchy where we hope to mirror a number of services which we currently deliver in the Bridgend borough.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

The executive committee is made up of the trustees. Members of the executive committee are elected at each Annual General Meeting from nominations received from the members, and serve for three years, after which period they may put themselves forward for re-appointment. Officer posts are elected annually.

The executive committee must consist of a minimum of three members, with no more than three members due for re-appointment in any one year. The Secretary is appointed by the executive committee and is currently the Chief Executive Officer (Richard Jones).

The executive committee meets regularly, every two months. A financial sub-committee is responsible for overseeing the financial operations of the charity. A personnel sub-committee oversees all matters relating to human resources and the development and review of policies. Both sub-committees report directly to the full board meetings.

The executive committee may make co-options during the year, but such persons must be elected at the next Annual General Meeting following to continue beyond it.

A trustee shall cease to hold office if they become disqualified, are absent from meetings for a qualifying period, notifies the trustees of their wish to resign, ceases to be a member, or fails to declare an interest in a contract of the charity.

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Senior management team:

Mr Richard Jones Chief Executive Officer

Mrs Michaela Moore Director

Day to day management of the organisation is delegated to the Chief Executive Officer as stated above. The adoption of aims and objectives or strategies to achieve them, and of policies and procedures are matters for the executive committee, as is the responsibility for ensuring compliance with various legal and regulatory obligations of the organisation and of the Trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

At the time of writing this report we are at the beginning of a worldwide pandemic which has seen the Government of the UK place movement restriction upon the whole country. The effect of these restrictions will undoubtedly have an effect on the mental health and wellbeing of many people which will be affected by what is being called "the lockdown". We envisage demand for our services will increase greatly over the following year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06468412 (England and Wales)

Registered Charity number

1123842

Registered office

Union Offices
Quarella Road
Bridgend
Mid Glamorgan
CF31 1JW

Trustees

S A Hawas
R I Jamil
Ms P Nolan
Ms D Patel
R Young
Ms P Connett-White (resigned 7.11.22)
Mrs N E Silcox (appointed 8.7.22)
J C Spanswick

Company Secretary

R Jones

Auditors

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mental Health Matters Wales Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Bevan Buckland LLP, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 8 November 2023 and signed on its behalf by:

R Young - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Opinion

We have audited the financial statements of Mental Health Matters Wales Ltd (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the Financial Statements, whether due to fraud or error, and then, design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

We discussed our audit independence complying with the Revised Ethical Standard 2019 with the engagement team members whilst planning the audit and continually monitored our independence throughout the process.

Identifying and assessing potential risks related to irregularities.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- enquiring of management, including obtaining and reviewing supporting documentation, concerning the Charity's policies and procedures relating to:
 - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
 - the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- discussing among the engagement team how and where fraud might occur in the financial statements and any potential indicators of fraud.
- obtaining an understanding of the legal and regulatory frameworks that the Charity operates in, focusing on those laws and regulations that had a direct effect on the financial statements or that had a fundamental effect on the operations of the Charity. The key laws and regulations we considered in this context included the UK Companies Act and relevant tax legislation.

Audit response to risks identified

In addition to the above, our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with relevant laws and regulations;
- enquiring of management concerning actual and potential litigation and claims; performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of meetings of those charged with governance;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments;
- assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and
- evaluating the operational rationale of any significant transactions that are unusual or outside the normal course of operations.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Jones (Senior Statutory Auditor)
for and on behalf of Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

8 November 2023

MENTAL HEALTH MATTERS WALES LTD

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

		Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds as restated
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Charitable activities	3				
Advocacy Services		993,429	-	993,429	772,443
Befriending		-	-	-	13,587
Community Services Support		938,021	-	938,021	519,783
DBS Cymru		11,812	-	11,812	17,402
Other		5,764	-	5,764	1,879
Grants		518	-	518	15,742
COVID-19 Support		-	-	-	109,105
Investment income	2	18,685	-	18,685	1
Total		<u>1,968,229</u>	<u>-</u>	<u>1,968,229</u>	<u>1,449,942</u>
EXPENDITURE ON					
Charitable activities	4				
Advocacy Services		566,118	-	566,118	493,057
Befriending		-	-	-	10,457
Community Services Support		677,487	-	677,487	505,834
DBS Cymru		14,738	-	14,738	5,025
Other		213,611	-	213,611	147,576
Grants		-	-	-	11,817
Peer Support Group		-	-	-	2,402
COVID-19 Support		-	-	-	28,109
Total		<u>1,471,954</u>	<u>-</u>	<u>1,471,954</u>	<u>1,204,277</u>
NET INCOME		496,275	-	496,275	245,665
RECONCILIATION OF FUNDS					
Total funds brought forward		1,630,045	-	1,630,045	1,384,380
TOTAL FUNDS CARRIED FORWARD		<u>2,126,320</u>	<u>-</u>	<u>2,126,320</u>	<u>1,630,045</u>

The notes form part of these financial statements

**BALANCE SHEET
31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds as restated £
FIXED ASSETS					
Tangible assets	11	454,558	-	454,558	319,746
CURRENT ASSETS					
Debtors	12	439,239	-	439,239	287,487
Cash at bank and in hand		<u>1,299,415</u>	<u>-</u>	<u>1,299,415</u>	<u>1,077,480</u>
		1,738,654	-	1,738,654	1,364,967
CREDITORS					
Amounts falling due within one year	13	(66,892)	-	(66,892)	(54,668)
NET CURRENT ASSETS		<u>1,671,762</u>	<u>-</u>	<u>1,671,762</u>	<u>1,310,299</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		2,126,320	-	2,126,320	1,630,045
NET ASSETS		<u>2,126,320</u>	<u>-</u>	<u>2,126,320</u>	<u>1,630,045</u>
FUNDS	14				
Unrestricted funds				2,126,320	1,630,045
TOTAL FUNDS				<u>2,126,320</u>	<u>1,630,045</u>

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

The financial statements were approved by the Board of Trustees and authorised for Issue on 8 November 2023 and were signed on its behalf by:

R Young - Trustee

MENTAL HEALTH MATTERS WALES LTD

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023**

		2023	2022 as restated
	Notes	£	£
Cash flows from operating activities			
Cash generated from operations	1	<u>346,668</u>	<u>115,001</u>
Net cash provided by operating activities		<u>346,668</u>	<u>115,001</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(143,418)	-
Interest received		<u>18,685</u>	<u>1</u>
Net cash (used in)/provided by investing activities		<u>(124,733)</u>	<u>1</u>
Change in cash and cash equivalents in the reporting period		221,935	115,002
Cash and cash equivalents at the beginning of the reporting period		<u>1,077,480</u>	<u>962,478</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,299,415</u></u>	<u><u>1,077,480</u></u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023	2022 as restated
	£	£
Net Income for the reporting period (as per the Statement of Financial Activities)	496,275	245,665
Adjustments for:		
Depreciation charges	8,606	8,168
Interest received	(18,685)	(1)
Increase in debtors	(151,752)	(145,756)
Increase in creditors	12,224	6,925
Net cash provided by operations	<u>346,668</u>	<u>115,001</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash			
Cash at bank and in hand	<u>1,077,480</u>	<u>221,935</u>	<u>1,299,415</u>
	<u>1,077,480</u>	<u>221,935</u>	<u>1,299,415</u>
Total	<u>1,077,480</u>	<u>221,935</u>	<u>1,299,415</u>

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Income from advocacy and DBS services is recognised when the charity has entitlement to the monies, and it is probable that the income will be received and the amount can be measured reliably.

Income from donations and fundraising is recognised when the respective income is received.

Income from government and other grants, and as a result of service level agreements is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities, both costs directly attributable and indirect support costs.

Allocation and apportionment of costs

Costs have been allocated as far as possible between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly. Others have been apportioned based on the estimated usage of the resource.

Tangible fixed assets

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

Freehold property	- 2% on cost
Fixtures and fittings	- 15% on cost

Taxation

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

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the report of the trustees.

Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

Debtors

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and In hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Hire purchase and Leasing agreements

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Employee benefits

The charity provides a range of benefits to employees, paid holiday arrangements and defined benefit and defined contribution pension plans.

Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

Functional and Presentational currency

The functional and presentational currency is £ sterling.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

2. INVESTMENT INCOME

	2023	2022 as restated
	£	£
Deposit account interest	<u>18,685</u>	<u>1</u>

MENTAL HEALTH MATTERS WALES LTD

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

3. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022 as restated
	Activity	£	£
Grants	Advocacy Services	23,052	63,746
Other income	Advocacy Services	-	553
PRPR income	Advocacy Services	337,910	272,616
SLA	Advocacy Services	632,467	435,528
Grants	Befriending	-	13,587
Grants	Community Services Support	110,038	63,441
Other income	Community Services Support	1,107	8,884
Donations	Community Services Support	7,722	9,030
SLA	Community Services Support	819,154	438,428
Other income	DBS Cymru	11,812	17,402
Other income	Other	2,760	-
Donations	Other	3,004	1,879
Grants	Grants	518	14,992
Donations	Grants	-	750
Grants	COVID-19 Support	-	109,105
		<u>1,949,544</u>	<u>1,449,941</u>

	Grants	Other	PRPR	SLA	Donat- ions	Total
£	£	£	£	£		£
Advocacy Services	23,052	-	337,910	732,208	-	1,093,170
Community Services Support	110,038	1,107	-	719,413	7,722	838,280
DBS Cymru	-	11,812	-	-	-	11,812
Other	-	2,760	-	-	3,004	5,764
Grants	518	-	-	-	-	518
	<u>133,608</u>	<u>15,679</u>	<u>337,910</u>	<u>1,451,621</u>	<u>10,726</u>	<u>1,949,544</u>

Grants received, included in the above, are as follows:

	2023	2022
£		
Talking Connections	-	10,000
Advocacy South Wales	23,052	54,625
BAVO Grant	-	3,341
Covid-19 Response	-	107,345
ICF	518	21,612
Therapeutic Support Service	-	49,640
Befriending: Moving on Project	-	18,308
Wellbeing services	110,038	-
	<u>133,608</u>	<u>264,871</u>

MENTAL HEALTH MATTERS WALES LTD

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

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Advocacy Services	555,865	10,253	566,118
Community Services Support	423,606	253,881	677,487
DBS Cymru	14,628	110	14,738
Other	139,143	74,468	213,611
	<u>1,133,242</u>	<u>338,712</u>	<u>1,471,954</u>

5. SUPPORT COSTS

	Management £	Support costs £	Totals £
Advocacy Services	6,109	4,144	10,253
Community Services Support	246,870	7,011	253,881
DBS Cymru	110	-	110
Other	57,707	16,761	74,468
	<u>310,796</u>	<u>27,916</u>	<u>338,712</u>

6. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 as restated £
Auditors' remuneration	6,634	5,897
Auditors' remuneration for non audit work	3,572	3,245
Depreciation - owned assets	<u>8,606</u>	<u>8,167</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

8. STAFF COSTS

	2023 £	2022 as restated £
Wages and salaries	<u>1,251,335</u>	<u>1,051,843</u>
	<u>1,251,335</u>	<u>1,051,843</u>

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

	2023	2022 as restated
Direct employees	46	42
Administrative staff	<u>6</u>	<u>6</u>
	<u>52</u>	<u>48</u>

MENTAL HEALTH MATTERS WALES LTD

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

8. STAFF COSTS - continued

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

The key management personnel received £116,674 (2022: £105,898) in remuneration in the year.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds as restated £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Advocacy Services	772,443	-	772,443
Befriending	13,587	-	13,587
Community Services Support	519,783	-	519,783
DBS Cymru	17,402	-	17,402
Other	1,879	-	1,879
Grants	15,742	-	15,742
COVID-19 Support	109,105	-	109,105
Investment income	1	-	1
Total	1,449,942	-	1,449,942
EXPENDITURE ON			
Charitable activities			
Advocacy Services	493,057	-	493,057
Befriending	10,457	-	10,457
Community Services Support	505,834	-	505,834
DBS Cymru	5,025	-	5,025
Other	147,576	-	147,576
Grants	11,817	-	11,817
Peer Support Group	2,402	-	2,402
COVID-19 Support	28,109	-	28,109
Total	1,204,277	-	1,204,277
NET INCOME	245,665	-	245,665
RECONCILIATION OF FUNDS			
Total funds brought forward	1,384,380	-	1,384,380
TOTAL FUNDS CARRIED FORWARD	1,630,045	-	1,630,045

10. PRIOR YEAR ADJUSTMENT

Upon review the Charity has made a prior period adjustment to account for omitted accrued income in the year ended 31 March 2022.

The movement between previously reported reserves and restated reserves is noted below:

	Reserves £
As previously reported	1,588,651
Omitted accrued income	41,394
As restated	<u>1,630,045</u>

MENTAL HEALTH MATTERS WALES LTD

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

11. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2022	396,730	33,800	430,530
Additions	135,000	8,418	143,418
At 31 March 2023	<u>531,730</u>	<u>42,218</u>	<u>573,948</u>
DEPRECIATION			
At 1 April 2022	77,102	33,682	110,784
Charge for year	8,385	221	8,606
At 31 March 2023	<u>85,487</u>	<u>33,903</u>	<u>119,390</u>
NET BOOK VALUE			
At 31 March 2023	<u>446,243</u>	<u>8,315</u>	<u>454,558</u>
At 31 March 2022	<u>319,628</u>	<u>118</u>	<u>319,746</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022 as restated
	£	£
Trade debtors	30,011	27,996
Other debtors	497	1,264
Grants receivable	404,756	254,738
Prepayments	3,975	3,489
	<u>439,239</u>	<u>287,487</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022 as restated
	£	£
Trade creditors	20,097	9,714
Social security and other taxes	-	13,224
Accrued expenses	46,795	31,730
	<u>66,892</u>	<u>54,668</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
PRPR/ Advocacy services	12,000	427,311	(43,239)	396,072
DBS income	-	(2,926)	2,926	-
General fund	19,413	(162,041)	161,503	18,875
Designated Capital Fund	319,746	(8,606)	143,418	454,558
Critical Costs	896,787	-	-	896,787
Integrated Care Fund	21,600	(6,784)	(14,816)	-
Therapeutic Support Service	101,345	96,466	-	197,811
Wellbeing Services	24,154	152,855	(84,792)	92,217
Designated New Property	165,000	-	(165,000)	-
Designated Improvements to New Property	20,000	-	-	20,000
Designated Committed Projects	50,000	-	-	50,000
	<u>1,630,045</u>	<u>496,275</u>	<u>-</u>	<u>2,126,320</u>
TOTAL FUNDS	1,630,045	496,275	-	2,126,320

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	993,429	(566,118)	427,311
DBS income	11,812	(14,738)	(2,926)
General fund	183,618	(345,659)	(162,041)
Designated Capital Fund	-	(8,606)	(8,606)
Integrated Care Fund	518	(7,302)	(6,784)
Therapeutic Support Service	259,741	(163,275)	96,466
Wellbeing Services	519,111	(366,256)	152,855
	<u>1,968,229</u>	<u>(1,471,954)</u>	<u>496,275</u>
TOTAL FUNDS	1,968,229	(1,471,954)	496,275

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
PRPR/ Advocacy services	399,199	198,330	(585,529)	12,000
DBS income	8,298	12,377	(20,675)	-
General fund	81,375	29,977	(91,939)	19,413
Designated Capital Fund	327,913	(8,167)	-	319,746
Critical Costs	294,787	-	602,000	896,787
Better Together Project	-	892	(892)	-
Integrated Care Fund	4,910	16,690	-	21,600
Therapeutic Support Service	191,637	(90,292)	-	101,345
Wellbeing Services	53,237	66,203	(95,286)	24,154
Covid Response	23,024	19,655	(42,679)	-
Designated New Property	-	-	165,000	165,000
Designated Improvements to New Property	-	-	20,000	20,000
Designated Committed Projects	-	-	50,000	50,000
	<u>1,384,380</u>	<u>245,665</u>	<u>-</u>	<u>1,630,045</u>
TOTAL FUNDS	<u>1,384,380</u>	<u>245,665</u>	<u>-</u>	<u>1,630,045</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	740,226	(541,896)	198,330
DBS income	17,402	(5,025)	12,377
General fund	164,465	(134,488)	29,977
Designated Capital Fund	1	(8,168)	(8,167)
Better Together Project	3,341	(2,449)	892
Integrated Care Fund	40,670	(23,980)	16,690
Therapeutic Support Service	158,120	(248,412)	(90,292)
Wellbeing Services	218,373	(152,170)	66,203
Covid Response	107,344	(87,689)	19,655
	<u>1,449,942</u>	<u>(1,204,277)</u>	<u>245,665</u>
TOTAL FUNDS	<u>1,449,942</u>	<u>(1,204,277)</u>	<u>245,665</u>

MENTAL HEALTH MATTERS WALES LTD

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

14. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
PRPR/ Advocacy services	399,199	625,641	(628,768)	396,072
DBS income	8,298	9,451	(17,749)	-
General fund	81,375	(132,064)	69,564	18,875
Designated Capital Fund	327,913	(16,773)	143,418	454,558
Critical Costs	294,787	-	602,000	896,787
Better Together Project	-	892	(892)	-
Integrated Care Fund	4,910	9,906	(14,816)	-
Therapeutic Support Service	191,637	6,174	-	197,811
Wellbeing Services	53,237	219,058	(180,078)	92,217
Covid Response	23,024	19,655	(42,679)	-
Designated Improvements to New Property	-	-	20,000	20,000
Designated Committed Projects	-	-	50,000	50,000
	<u>1,384,380</u>	<u>741,940</u>	<u>-</u>	<u>2,126,320</u>
TOTAL FUNDS	<u>1,384,380</u>	<u>741,940</u>	<u>-</u>	<u>2,126,320</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,733,655	(1,108,014)	625,641
DBS income	29,214	(19,763)	9,451
General fund	348,083	(480,147)	(132,064)
Designated Capital Fund	1	(16,774)	(16,773)
Better Together Project	3,341	(2,449)	892
Integrated Care Fund	41,188	(31,282)	9,906
Therapeutic Support Service	417,861	(411,687)	6,174
Wellbeing Services	737,484	(518,426)	219,058
Covid Response	107,344	(87,689)	19,655
	<u>3,418,171</u>	<u>(2,676,231)</u>	<u>741,940</u>
TOTAL FUNDS	<u>3,418,171</u>	<u>(2,676,231)</u>	<u>741,940</u>

Transfers

The board made the decision to fund projects where funding had ceased out of core funds.

Funds

Unrestricted funds

Unrestricted funds can be deployed in any way the charity sees fit, apart from designated reserves which are set aside for use in the designated projects. During the year the Board took the decision to partially fund several projects from these reserves.

PRPR Service

Paid Relevant Persons Representative (PRPR) - The service is undertaken by advocate with extensive knowledge of the MCA and DoLS legislation.

Supervisory Bodies for Health Boards and Local Authorities refer to the PRPR Service when there is no family member available or the family member is deemed not appropriate to be the Relevant Persons Representative (RPR).

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

14. **MOVEMENT IN FUNDS - continued**

Funds - continued

The PRPR represent and support the relevant person in all matters relating to the deprivation of liberty safeguards, including, if appropriate, triggering a review, using an organisation's complaints procedures on the person's behalf or making an application to the Court of Protection. The services is available across Wales.

DBS Cymru

Disclosure and Barring Service he Disclosure and Barring Service (DBS) was established in 2012 and carries out the functions previously undertaken by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA). DBS Cymru help to prevent unsuitable people from working with vulnerable groups, including children. The service is available to companies and who may require a DBS check for their staff or required by self-employed individual to show those who purchase their services.

Covid Response and Advocacy Services

The COVID response advocacy service is delivered by fully trained and qualified advocates and is funded by the Welsh Governments COVID-19 Response funding which is designed to support those affected by COVID-19 and the subsequent lockdowns which took place. The services only qualifying criteria is that the person requiring advocacy support due to the effects of COVID upon their mental health and wellbeing. The service is delivered across Bridgend, Neath Port Talbot and Swansea Local Authority footprints.

Wellbeing Services

The term Wellbeing Services refers to a diverse range of individual projects and services delivered by Mental Health Matters Wales that cater to the mental health and overall wellbeing needs of individuals and communities.

Everyone is entitled to mental health and wellbeing support, regardless of their background or circumstance and our Wellbeing Service work closely with individuals to understand their unique challenges, needs, and goals, whilst recognising the importance of creating a safe, non-judgmental environment.

Our Wellbeing Services align with the Well-being of Future Generations (Wales) Act 2015 and Social Services and Wellbeing (Wales) Act 2014. These acts emphasise the importance of promoting physical, emotional, and social wellness and empowering individuals to lead healthy and fulfilling lives.

WAC Service

Wellbeing Hub based in St. David's Hospital in Cardiff providing Therapeutic Support to those with cognitive impairment who are medically fit but unable to leave hospital due to a range of different issues.

15. **RELATED PARTY DISCLOSURES**

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

16. **ULTIMATE CONTROLLING PARTY**

The charity is controlled by its Trustees.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales - Charity number 1123842

Accounts

REGISTERED COMPANY NUMBER: 06468412 (England and Wales)
REGISTERED CHARITY NUMBER: 1123842

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2022

FOR

MENTAL HEALTH MATTERS WALES LTD**

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

MENTAL HEALTH MATTERS WALES LTD

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

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

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity's purpose as set out in the company's memorandum of association are to 'promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'.

Significant activities

Our main activities and who we try to help are described in the following pages. All our charitable activities focus on the promotion of the mental and emotional health and well-being of the public and are undertaken to further our charitable purposes for the public benefit.

The charity carries out these objectives by:

- Providing various services throughout Wales which supports adult wellbeing and supports those with mental health related issues/problems which include wellbeing hubs, telephone befriending & support and peer support groups which include eating disorders, self-harm and LGBTQI+
- Providing advocacy services across Wales for adults suffering mental health issues/problems, those who lack capacity, older people with mental health problems and/or dementia and those eligible in relation to the Social Services and Wellbeing (Wales) Act 2014, and a commitment to raising awareness of advocacy.
- Providing counselling and training services (including workshops) for adults suffering mild to moderate mental health problems.
- Providing cognitive impairment services to support those who have cognitive impairment and their carers both within hospital settings and the community.

The Trustees confirm they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

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

OBJECTIVES AND ACTIVITIES

Who used and benefited from our services?

Our objects and funding limit the services we provide to those resident in Wales. Specific funding requirements limit those we can support, for example, the Independent Mental Capacity Advocacy (IMCA) Service is limited to accepting instruction from medical and social services sources and by very specific eligibility criteria, and the Independent Professional Advocacy (IPA) service is restricted to only those who meet the criteria within the Social Services and Wellbeing (Wales) Act 2014.

The IMCA service is delivered across the Hywel Dda and Swansea Bay University Health Board footprint areas; these footprints cover the local authority areas of Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire and Ceredigion. The IPA service is delivered across the Bridgend, Neath Port Talbot and Swansea Local Authority footprint.

We are also restricted in the provision of some services because of the geographical area specified by funders, for example, wellbeing hubs, wellbeing retreat, self-harm self-help project, and information service are restricted to the Bridgend County Borough footprint area. We are generally unrestricted in where we deliver counselling, training and education, unless this is specifically commissioned.

The impact of our work goes far beyond those we help directly, this may include reducing the distress experienced by their families and friends of people with mental or emotional health issues as well as reducing the impact upon front line and secondary mental health or related services.

The main areas of charitable activities are:

- Wellbeing hubs (drop-in centres)
- Out of hours Wellbeing Retreat (crisis support)
- Independent Mental Capacity Advocacy (IMCA)
- Deprivation of Liberty (Paid Relevant Persons Representative)
- Counselling
- Youth Eating Disorder support
- Information services
- Community Advocacy service (mental health)
- Independent Professional Advocacy (IPA)
- Cognitive impairment/Dementia Wellbeing Activity Support
- Peer support groups

OBJECTIVES AND ACTIVITIES

Significant activities

- SHARE - Self-harm- self-help information and peer support groups
- SORTED- Eating disorder information and peer support groups
- LBGTQI+ information and peer support groups
- Community Liaison Support
- Training, education and public awareness
- Lobbying and campaigning
- Disclosure and Barring Service (DBS Cymru)

Volunteers

Volunteers always play an invaluable part in supporting MHM Wales to deliver its services, however; during 2021-2022 volunteer support has been an exceedingly invaluable role in ensuring the services, including the additional services delivered by MHM Wales. We are fully aware without volunteers we would not be able to deliver such a comprehensive range of services which help us to meet the diverse needs of people who access them. Volunteers are greatly appreciated by the Trustees (who are themselves volunteers) our staff and beneficiaries. We would like to recognise each individual who has given their time and experience freely during this financial reporting year.

In terms of the real value and contribution, it is impossible to cost the difference volunteers make to the delivery of our services.

The impact of Covid-19 on achieving our objectives

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

OBJECTIVES AND ACTIVITIES

The ongoing Covid-19 pandemic, and the measures taken in response to it in the UK, meant we needed to continue looking at new ways of delivering out services during 2021. We sought to ensure the safety and wellbeing of our staff, volunteers and others we work with during this time through a number of measures; which involved continued remote and hybrid working through utilising video conferencing soft (Teams, WhatsApp, and ZOOM) and through providing telephone support. During 2021-22 with the relaxation of COVID restrictions we were able to reopen some of our face to face services following government guidelines and through making services appointment/registration only to ensure social distancing measures could be adhered to.

MHM Wales has continued to see increases in those requiring support throughout 2021-2022 and continued Welsh Government COVID-19 response funding and Health Board funding helped the charity to deliver a wide range of additional support services within hospital and community setting, these services included providing additional online peer support groups for self-harm support and providing wellbeing activity support within the Ysbyty'r Seren "field hospital" and additional advocacy support services supporting those affected by COVID-19. Some of these services ended on the 31st March 2022, whilst some were still funded up to September 2022.

As a result of the additional funding made available through different sources, we were able to not only sustain our essential work and achieve our objectives for the year, but were also able to deliver a wide variety of additional services to those needing support due to the COVID-19 pandemic and subsequent economic downturn caused by the pandemic.

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

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Wellbeing Hubs

Due to the COVID-19 Pandemic and lockdowns during 2020-2021 which meant the charity was unable to deliver our core Wellbeing hubs at Nolton Church hall in Bridgend, Halo Leisure Centre in Maesteg, Cefn Glas Community Centre and the YMCA in Porthcawl a review of these services took place during 2021-22 and the review and new way of delivering wellbeing services meant we were able to utilise our premises in Quarella Road to provide services in Bridgend. We also left the leisure centre in Maesteg and opened a hub in Ogmere Vale to support the Ogmere vale community where a number of suicides take place. The Porthcawl venues has now reopened. The Community Services team which delivers the wellbeing hubs now also provide activities within the community, these include walking group and gardening groups.

The reopening of the wellbeing hubs after the COVID-19 lockdown ended required pre-booking to attend to ensure social distancing could be adhered to, further removal of restrictions finally meant our "open door" policy which means no referral is required for someone to attend could be re-introduced, the hubs are Service User led in that activities, etc. are dictated by attendees and not staff and can be accessed by anyone and provide a meeting place to enable social activities, networking, befriending, support, refreshments and information on mental health promotion and mental health issues, this information is also available for carers..

Due to the pandemic, we were unable to continue the Friends of Coity project which provides an independent listening service so patients can share their experiences of Coity Clinic, however; we hope to restart this service during the latter part of 2022.

Wellbeing Retreat

The wellbeing retreat opened on the 18 December 2020 and is an adult (18+) "out of hours" service. Its purpose is to provide a homely non-clinical environment which is safe, welcoming, and calm and relaxed to support those with mental health problems who are experiencing social distress, for example; anxiety, depression, loneliness, isolation, domestic, family, relationship issues, carer's responsibilities, stresses and other issues which may also be affecting their mental health and mental wellbeing.

Access to the Retreat is by appointment only through a referral process. Referral can only be accepted if they are received from professional health, social services or social care staff from either statutory services or third sector organisation. The Retreat does not currently accept self-referrals.

The Retreat's support delivery is non-clinical and focusses on a holistic person centred community-based and socially-inclusive approach. The service supports individuals to forge connections with other mental health and community groups/members to help aid their recovery and to improve their environmental, physical emotional needs. This is achieved by providing 1-2-1 support which engage individuals whilst focussing on not only on their immediate distress but also the causes.

Independent Mental Capacity Advocacy (IMCA)

We continue to deliver the IMCA service across the Health Board footprints of both Hywel Dda University Health Board and Swansea Bay University Health Board.

The IMCA service provides statutory advocacy under the Mental Capacity Act 2005 and provides support to those over 16 years of age who lack capacity (in closely defined areas) and are un-befriended (no family or friend who can speak on their behalf). The Health Boards' footprint areas cover the local authority areas of Carmarthenshire, Pembrokeshire, Ceredigion, Neath Port Talbot and Swansea. Due to Health Board Boundary changes in April 2019 we no longer provide the IMCA service in the Bridgend County Borough as this area now comes under Cwm Taff Morgannwg University Health Board.

Paid Relevant Person's Representative Service (PRPR)

MHM Wales Paid Relevant Person's Representatives are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation who support people who lack capacity throughout Mid Wales, South Wales, South East Wales and South West Wales.

The Paid Representative's role includes:

- Visiting the person deprived of their liberty on a regular basis.

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

- Supporting the person to understand their DoLS authorisation and how it affects them.
- Assisting the person to exercise their rights should they wish to do so.
- Ensuring any conditions attached to the authorisation are met and dealt with in a timely fashion.
- Call for a review of the authorisation where necessary, challenge the authorisation through local means where possible or ultimately support the individual to have access to the Court of Protection.

Our Paid Relevant Person's Representatives are independent from the care home or hospital as well as the Local Authority, Health Board and Supervisory Body / DoLS team.

Information

The organisation provides an information service for people who have mental health issues, carers and providers. The information worker provides information sessions at a range of different venues, including the wellbeing centres, supermarkets business venues and the psychiatric unit at the Princess of Wales hospital, and responds to individual requests for information.

The information worker continues to develop the website www.grapevines.info which provides information on mental health and wellbeing services within the Bridgend area and also updates our Facebook page ([Facebook.com/mhmwales](https://www.facebook.com/mhmwales)) which now has over 55,000 likes and followers.

SHARE - Self-harm Self-help Peer Support Group

The self-harm self-help peer support group is funded by the charities free reserves. The peer support group originated from the Big Lottery Fund "Community Voice" initiative which commenced on 1 April 2013. The aim of the original service was to increase the voice of citizens and especially those who are most marginalised in local policy and planning processes.

In Partnership with New Horizons Mental Health (based in Aberdare) we received Welsh Government funding to expand the service into Rhondda Cynon Taff up to the 31 March 2022.

Bridgend Community Mental Health Advocacy (CAS)

The Community Mental Health Advocacy Service and Mental health and Wellbeing Advocacy works with people living in the Bridgend County who experience mental health related issues to have their voice heard and acted upon when dealing with primary and secondary health and social care providers. CAS is funded through free reserves and CAS provides advocacy support to those which fall outside the remit of the Mental Health and Wellbeing Advocacy and also the Community Mental Health Advocacy service which is commissioned by the Health Board with another agency.

COVID-19 Advocacy support for Bridgend, Neath Port Talbot and Swansea.

During 2020 the Welsh Government provided funding in relation to their COVID-19 response grants and we were able to procure additional funding to provide an advocacy service covering Bridgend, Neath Port Talbot and Swansea. This advocacy service supports those who have been affected by the pandemic, during the period September 2021 to March 2022 the service supported over 150 individuals affected by the COVID-19 Pandemic.

SORTED - Eating Disorder Self-help Peer Support Group

SORTED is the name for the eating disorder self-help group run by MHM Wales in the Bridgend Borough which provides a Peer-2-Peer support to people with all types of eating disorders including their carers, families and friends.

Working in partnership with the Botanic Gardens in Carmarthenshire we received funding to deliver a SORTED support group at their venue and also developed a "RAG" group within Trinity St. David's University.

SORTED offers an opportunity to meet people who may be in a similar situation in a safe and confidential space. People support each other by sharing experiences, thoughts, successes and problems or by simply listening. These groups do not offer treatment, therapy or counselling and cannot diagnose or make medical referrals.

The peer support group is run by MHM Wales volunteers who use their skills, knowledge and expertise through offering support and information. We receive no funding and rely solely on donations and the generosity of the public to be able to continue delivering the group.

The peers support group has taken place over ZOOM video conferencing app over the 2020-2021 period due to the COVID-19 Pandemic.

LBGTQI+ Peer Support Group

Our LBGTQI+ peer support group unfortunately ended during 2021-22 as many of those who attended face to face were not interested in the group being held over ZOOM, we hope to relaunch the peer support groups as a face to face group in the latter part of 2022.

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

Training

During 2021-2022 MHM Wales provided 200 free Mental Health First Aid places to those who live or work in the Bridgend, Neath Port Talbot, Swansea and Newport area

The Mental Health First Aid course content aims to help create stronger, more resilient individuals, communities, and workplaces by:

- Raising awareness of mental health issues in the community and the workplace.
- Teaching people how to spot the early signs of mental ill health & provide early intervention first aid for others.
- Teaching people to better take care of their own wellbeing.
- Helping organisations to effectively embed mental health first aid into their policies, procedures, and systems.

Talking Connections (Counselling service)

Our Talking Connections counselling service continues to be delivered online as many people prefer this, however; face to face counselling has restarted in venues in Bridgend and North Wales. Our counsellor's use a variety of different video conferencing software methods to ensure sessions could continue to take place to provide low cost (donation) counselling to those who are unable to access counselling through statutory services due to their waiting times or do not wish to receive counselling in the areas where they reside.

Counselling can help clients to express their feelings, to clarify their thoughts and to understand themselves better. It assists clients to identify choices and to make changes in their life so that they can manage them more effectively.

Wellbeing Activity Support (Cognitive Impairment)

Our Wellbeing Activity Support (Cognitive Support) delivered in St. David's hospital in Cardiff continued to be provided ensuring much needed therapeutic support to patients. Patients are those who no longer need active medical treatment but whose additional needs delayed them leaving hospital. The ward predominantly receives patients with dementia, cognitive impairment or other complex needs and to help support patients in maintaining as normal life as possible while waiting for transfer from hospital. Our Wellbeing Activity Support service provide a range of stimulating and engaging activities for patients to take part in.

Activities include regular music sessions where patients can sing and play instruments, take part in arts and crafts, exercise and tea parties to enhance their social interactions during their stay and encourage normal sleep patterns at night.

The service has evolved during 2021-22 to also include an "hospital to home" community liaison support service which provides support within the hospital and at the person home for a number of weeks after discharge to help the person make connections within their community to socialise and provide additional support for them at home.

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

Independent Professional Advocacy (IPA)

The Social Services and Well-being (Wales) Act 2014 place a requirement on Local Authorities to commission Advocacy. The Act came into force in April 2016 and this changed the way local councils in Wales provide social care and support. The Act required Local Authorities to consider whether an individual may have a need for Independent Professional Advocacy (IPA) at every step of their journey through the social services system, including at their first point of contact.

The Part 10; Code of Practice on Advocacy ("the Code") states within Para 47:

"Local authorities must arrange for the provision of an Independent Professional Advocate when a person can only overcome the barrier(s) to participating fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available"

This service continued to be delivered during 2021-2022 through staff working in a hybrid manner working remotely through using telephone and video conferencing software and meeting face to face. MHM Wales provides the mental health and general IPA service within Bridgend and the general/specialist in Swansea and Neath Port Talbot.

Ysbyty'r Seren "field hospital"

Ysbyty'r Seren was setup as field hospital by Cwm Taf Morgannwg Health Board in response to the COVID-19 Pandemic and was used to support patients who were recovering from the effects of COVID-19 to free up critical care beds in the main hospitals. MHM Wales provided wellbeing activating support within Ysbyty'r Seren on a similar basis to that provided within St. David's in Cardiff, the staff also supported patients to keep contact with their loved ones who were unable to visit by utilising "tablets" to undertake video calls. This service is due to end in May 2022 when the field hospital finally closes.

Youth Eating Disorder Support Service

This is a new service which started in December 2021 and works with children and young people who have an eating disorder who may be waiting for an assessment on their condition or have been referred to the service by the children and adolescent mental health services (CAMHS) for Rhondda Cynon Taff.

Disclosure and Barring Service (DBS Cymru)

DBS Cymru is the name of our umbrella service we provide on behalf the Disclosure and Barring Service (DBS) to facilitate standard and enhanced DBS checks for volunteers as well as businesses and the self-employed. Any surplus income generated by DBS Cymru helps to support the primary aims of MHM Wales by providing income to deliver existing services which no funding is received and allows the development and implementation of new services which help support our primary aims.

During the 2021-22 financial year period we processed 703 applications. DBS Cymru continued to service and maintain the steady existing loyal customer base as well as facilitating to a number of new clients we welcomed during the reporting period.

Volunteer Service

Volunteers provide support at the wellbeing centres, counselling service, SHARE and SORTED peer support groups and provide additional aspects to the work the community services team is able to provide. Our volunteers raise the quality and impact of services undertaken in these settings and volunteers come from a wide range of age groups and backgrounds and include people who have been beneficiaries of our services.

Volunteers play a vital part in delivering quality services. All volunteers bring different qualities and skills which in turn all allow MHM Wales to continue providing a high standard of support and various activities which would not be possible considering the overall costs (approximately £39,000) which would be involved if the organisation were to employ people to deliver these services and projects.

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

FINANCIAL REVIEW

Reserves policy

The total income of £1,408,548 (2021: 1,269,347) was spent on direct charitable expenditure totalling £1,204,277 (2021: £964,77). A surplus of £204,271 (2021: surplus of £304,569).

The Statement of Financial Activities reflects the income and expenditure incurred by Mental Health Matters Wales Ltd in carrying out its role in respect of its objectives. The total funds at 31 March 2022 were £1,588,651 (2021: £1,384,380), with £1,588,651 (2021: £1,384,380) being designated and restricted.

The Board has set out the charity's reserve policy to enable trustees to be in proper financial control of the organisation and meet its legal obligations. The reserve policy is a product of the charity's strategic planning, budgeting and risk management process. This policy is non static and is reviewed on an annual basis by the Board of Trustees.

The Board has set the reserves policy based on the following:-

- Contingency planning-critical costs
- Reserves to meet the medium term strategic plan
- Reserves to match any capital spend
- Any remaining reserves represents the 'true free reserves' of the charity

By reviewing the reserves policy annually the Board will review the organisation's financial circumstances and operational environment and ensure the level of reserves is monitored as part of the budget and financial reporting process.

FUTURE PLANS

The charity aims to continue to offer the full range of services it currently offers and expand its operations.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

The executive committee is made up of the trustees. Members of the executive committee are elected at each Annual General Meeting from nominations received from the members, and serve for three years, after which period they may put themselves forward for re-appointment. Officer posts are elected annually.

The executive committee must consist of a minimum of three members, with no more than three members due for re-appointment in any one year. The Secretary is appointed by the executive committee and is currently the Chief Executive Officer (Richard Jones).

The executive committee meets regularly, every two months. A financial sub-committee is responsible for overseeing the financial operations of the charity. A personnel sub-committee oversees all matters relating to human resources and the development and review of policies. Both sub-committees report directly to the full board meetings.

The executive committee may make co-options during the year, but such persons must be elected at the next Annual General Meeting following to continue beyond it.

A trustee shall cease to hold office if they become disqualified, are absent from meetings for a qualifying period, notifies the trustees of their wish to resign, ceases to be a member, or fails to declare an interest in a contract of the charity.

Organisational structure

Senior management team:

Mr Richard Jones Chief Executive Officer
Mrs Michaela Moore Director

Day to day management of the organisation is delegated to the Chief Executive Officer as stated above. The adoption of aims and objectives or strategies to achieve them, and of policies and procedures are matters for the executive committee, as is the responsibility for ensuring compliance with various legal and regulatory obligations of the organisation and of the Trustees.

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

At the time of writing this report we are at the beginning of a worldwide pandemic which has seen the Government of the UK place movement restriction upon the whole country. The effect of these restrictions will undoubtedly have an effect on the mental health and wellbeing of many people which will be affected by what is being called "the lockdown". We envisage demand for our services will increase greatly over the following year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06468412 (England and Wales)

Registered Charity number

1123842

Registered office

Union Offices
Quarella Road
Bridgend
Mid Glamorgan
CF31 1JW

Trustees

S A Hawas Quality Manager
R I Jamil Consultant
Ms P Nolan Family Support Worker
Ms D Patel Paralegal
R Young Lecturer
Ms P Connett-White Carer (resigned 7.11.22)
Mrs N E Silcox (appointed 8.7.22)
J C Spanswick County Borough Councillor

Company Secretary

R Jones

Auditors

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mental Health Matters Wales Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Bevan Buckland LLP, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 20 December 2022 and signed on its behalf by:

R Young - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Opinion

We have audited the financial statements of Mental Health Matters Wales Ltd (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the Financial Statements, whether due to fraud or error, and then, design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

We discussed our audit independence complying with the Revised Ethical Standard 2019 with the engagement team members whilst planning the audit and continually monitored our independence throughout the process.

Identifying and assessing potential risks related to irregularities.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- enquiring of management, including obtaining and reviewing supporting documentation, concerning the company's policies and procedures relating to:

- identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
- internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;

- discussing among the engagement team how and where fraud might occur in the Financial Statements and any potential indicators of fraud. As part of this discussion, we identified potential for fraud in the following areas:

- Revenue Recognition

- obtaining an understanding of the legal and regulatory frameworks that the company operates in, focusing on those laws and regulations that had a direct effect on the Financial Statements or that had a fundamental effect on the operations of the Group. The key laws and regulations we considered in this context included the UK Companies Act and relevant tax legislation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Jones (Senior Statutory Auditor)
for and on behalf of Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

22 December 2022

MENTAL HEALTH MATTERS WALES LTD

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

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Advocacy Services		760,443	-	760,443	552,958
Befriending		18,308	-	18,308	23,507
Community Services Support		495,629	-	495,629	588,849
DBS Cymru		17,402	-	17,402	29,678
Other		1,879	-	1,879	11,778
Grants		15,742	-	15,742	3,766
Peer Support Group		-	-	-	9,679
COVID-19 Support		99,144	-	99,144	48,415
Investment income	2	<u>1</u>	<u>-</u>	<u>1</u>	<u>717</u>
Total		<u>1,408,548</u>	<u>-</u>	<u>1,408,548</u>	<u>1,269,347</u>
EXPENDITURE ON					
Charitable activities					
	4				
Advocacy Services		493,057	-	493,057	429,151
Befriending		10,457	-	10,457	36,784
Community Services Support		505,834	-	505,834	351,125
DBS Cymru		5,025	-	5,025	27,147
Other		147,576	-	147,576	89,379
Grants		11,817	-	11,817	4,502
Peer Support Group		2,402	-	2,402	6,496
COVID-19 Support		28,109	-	28,109	20,194
Total		<u>1,204,277</u>	<u>-</u>	<u>1,204,277</u>	<u>964,778</u>
NET INCOME		204,271	-	204,271	304,569
RECONCILIATION OF FUNDS					
Total funds brought forward		1,384,380	-	1,384,380	1,079,811
TOTAL FUNDS CARRIED FORWARD		<u>1,588,651</u>	<u>-</u>	<u>1,588,651</u>	<u>1,384,380</u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD (REGISTERED NUMBER: 06468412)

**BALANCE SHEET
31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	10	319,746	-	319,746	327,913
CURRENT ASSETS					
Debtors	11	246,093	-	246,093	141,731
Cash at bank and in hand		<u>1,077,480</u>	<u>-</u>	<u>1,077,480</u>	<u>962,478</u>
		1,323,573	-	1,323,573	1,104,209
CREDITORS					
Amounts falling due within one year	12	(54,668)	-	(54,668)	(47,742)
NET CURRENT ASSETS		<u>1,268,905</u>	<u>-</u>	<u>1,268,905</u>	<u>1,056,467</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		1,588,651	-	1,588,651	1,384,380
NET ASSETS		<u>1,588,651</u>	<u>-</u>	<u>1,588,651</u>	<u>1,384,380</u>
FUNDS	13				
Unrestricted funds				1,588,651	1,384,380
TOTAL FUNDS				<u>1,588,651</u>	<u>1,384,380</u>

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

The financial statements were approved by the Board of Trustees and authorised for issue on 20 December 2022 and were signed on its behalf by:

R Young - Trustee

MENTAL HEALTH MATTERS WALES LTD

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	<u>115,001</u>	<u>243,139</u>
Net cash provided by operating activities		<u>115,001</u>	<u>243,139</u>
Cash flows from investing activities			
Interest received		<u>1</u>	<u>717</u>
Net cash provided by Investing activities		<u>1</u>	<u>717</u>
Change in cash and cash equivalents in the reporting period		<u>115,002</u>	<u>243,856</u>
Cash and cash equivalents at the beginning of the reporting period		<u>962,478</u>	<u>718,622</u>
Cash and cash equivalents at the end of the reporting period		<u>1,077,480</u>	<u>962,478</u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022	2021
	£	£
Net Income for the reporting period (as per the Statement of Financial Activities)	204,271	304,569
Adjustments for:		
Depreciation charges	8,168	8,168
Interest received	(1)	(717)
Increase in debtors	(104,362)	(64,534)
Increase/(decrease) in creditors	6,925	(4,347)
Net cash provided by operations	<u>115,001</u>	<u>243,139</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21	Cash flow	At 31.3.22
	£	£	£
Net cash			
Cash at bank and in hand	962,478	115,002	1,077,480
	<u>962,478</u>	<u>115,002</u>	<u>1,077,480</u>
Total	<u>962,478</u>	<u>115,002</u>	<u>1,077,480</u>

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Income from advocacy and DBS services is recognised when the charity has entitlement to the monies, and it is probable that the income will be received and the amount can be measured reliably.

Income from donations and fundraising is recognised when the respective income is received.

Income from government and other grants, and as a result of service level agreements is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities, both costs directly attributable and indirect support costs.

Allocation and apportionment of costs

Costs have been allocated as far as possible between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly. Others have been apportioned based on the estimated usage of the resource.

Tangible fixed assets

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

Freehold property	- 2% on cost
Fixtures and fittings	- 15% on cost

Taxation

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

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the report of the trustees.

Fund accounting

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

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

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Hire purchase and Leasing agreements

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Employee benefits

The charity provides a range of benefits to employees, paid holiday arrangements and defined benefit and defined contribution pension plans.

Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

Functional and Presentational currency

The functional and presentational currency is £ sterling.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

MENTAL HEALTH MATTERS WALES LTD

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

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>1</u>	<u>717</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Grants	Advocacy Services	63,746	35,728
Other Income	Advocacy Services	553	-
PRPR income	Advocacy Services	272,616	165,554
SLA	Advocacy Services	423,528	351,676
Grants	Befriending	18,308	23,507
Grants	Community Services Support	69,088	12,112
Other income	Community Services Support	8,884	13,797
Donations	Community Services Support	3,383	13,381
SLA	Community Services Support	414,274	549,559
Other income	DBS Cymru	17,402	29,678
Other income	Other	-	225
Donations	Other	1,879	11,553
Grants	Grants	14,992	3,766
Donations	Grants	750	-
Grants	Peer Support Group	-	8,751
Donations	Peer Support Group	-	928
Grants	COVID-19 Support	99,144	48,415
		<u>1,408,547</u>	<u>1,268,630</u>

	£	£	£	Grants	Other	PRPR	SLA	Donat-ions	Total
				£	£	£			
Advocacy Services				63,746	553	258,415	423,528	-	746,242
Community Services Support				69,088	8,884	-	414,274	3,383	495,629
Befriending				18,308	-	-	-	-	18,308
DBS Cymru				-	17,402	-	-	-	17,402
Other				-	14,201	-	-	1,879	16,080
Grants				14,992	-	-	-	750	15,742
Covid-19 Support				99,144	-	-	-	-	99,144
				<u>265,278</u>	<u>41,040</u>	<u>258,415</u>	<u>837,802</u>	<u>6,012</u>	<u>1,408,547</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Talking Connections	15,647	-
Job Retention Scheme		7,202
Advocacy South Wales	54,625	
BAVO Grant	3,341	
Covid-19 Response	107,345	79,986
ICF	16,372	12,833
Therapeutic Support Service	49,640	
Befriending: Moving on Project	18,308	23,507
National Lottery		8,751
	<u>265,278</u>	<u>132,279</u>

MENTAL HEALTH MATTERS WALES LTD

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

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Advocacy Services	336,135	156,922	493,057
Befriending	10,262	195	10,457
Community Services Support	472,446	33,388	505,834
DBS Cymru	4,934	91	5,025
Other	64,316	83,260	147,576
Grants	9,609	2,208	11,817
Peer Support Group	1,443	959	2,402
COVID-19 Support	27,857	252	28,109
	<u>927,002</u>	<u>277,275</u>	<u>1,204,277</u>

5. SUPPORT COSTS

	Management £	Support costs £	Totals £
Advocacy Services	156,485	437	156,922
Befriending	195	-	195
Community Services Support	27,470	5,918	33,388
DBS Cymru	91	-	91
Other	69,689	13,571	83,260
Grants	2,168	40	2,208
Peer Support Group	959	-	959
COVID-19 Support	212	40	252
	<u>257,269</u>	<u>20,006</u>	<u>277,275</u>

6. NET INCOME/(EXPENDITURE)

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

	2022 £	2021 £
Auditors' remuneration	5,897	5,460
Auditors' remuneration for non audit work	3,245	3,005
Depreciation - owned assets	<u>8,167</u>	<u>8,168</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

MENTAL HEALTH MATTERS WALES LTD

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

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	1,051,843	832,527
	<u>1,051,843</u>	<u>832,527</u>

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

	2022	2021
	42	34
Direct employees	6	4
Administrative staff	<u>48</u>	<u>38</u>

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

The key management personnel received £127,451 (2021: 127,739) in remuneration in the year.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Advocacy Services	552,958	-	552,958
Befriending	23,507	-	23,507
Community Services Support	588,849	-	588,849
DBS Cymru	29,678	-	29,678
Other	11,778	-	11,778
Grants	3,766	-	3,766
Peer Support Group	9,679	-	9,679
COVID-19 Support	48,415	-	48,415
Investment income	717	-	717
Total	<u>1,269,347</u>	<u>-</u>	<u>1,269,347</u>
EXPENDITURE ON			
Charitable activities			
Advocacy Services	429,151	-	429,151
Befriending	36,784	-	36,784
Community Services Support	351,125	-	351,125
DBS Cymru	27,147	-	27,147
Other	89,379	-	89,379
Grants	4,502	-	4,502
Peer Support Group	6,496	-	6,496
COVID-19 Support	20,194	-	20,194
Total	<u>964,778</u>	<u>-</u>	<u>964,778</u>
NET INCOME	304,569	-	304,569
Transfers between funds	19,155	(19,155)	-
Net movement in funds	<u>323,724</u>	<u>(19,155)</u>	<u>304,569</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	1,060,656	19,155	1,079,811

MENTAL HEALTH MATTERS WALES LTD

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

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued			
	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>1,384,380</u>	<u>-</u>	<u>1,384,380</u>
10. TANGIBLE FIXED ASSETS			
	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2021 and 31 March 2022	<u>396,730</u>	<u>33,800</u>	<u>430,530</u>
DEPRECIATION			
At 1 April 2021	69,168	33,449	102,617
Charge for year	<u>7,934</u>	<u>233</u>	<u>8,167</u>
At 31 March 2022	<u>77,102</u>	<u>33,682</u>	<u>110,784</u>
NET BOOK VALUE			
At 31 March 2022	<u>319,628</u>	<u>118</u>	<u>319,746</u>
At 31 March 2021	<u>327,562</u>	<u>351</u>	<u>327,913</u>
11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		2022 £	2021 £
Trade debtors		27,996	13,280
Other debtors		1,264	1,039
Grants receivable		213,344	124,357
Prepayments		<u>3,489</u>	<u>3,055</u>
		<u>246,093</u>	<u>141,731</u>
12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		2022 £	2021 £
Trade creditors		9,714	12,833
Social security and other taxes		13,224	-
Accrued expenses		<u>31,730</u>	<u>34,909</u>
		<u>54,668</u>	<u>47,742</u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
PRPR/ Advocacy services	399,199	186,330	(585,529)	-
DBS income	8,298	12,377	(20,675)	-
General fund	81,375	29,977	(91,939)	19,413
Designated Capital Fund	327,913	(8,167)	-	319,746
Critical Costs	294,787	-	602,000	896,787
Better Together Project	-	892	(892)	-
Integrated Care Fund	4,910	11,450	-	16,360
Therapeutic Support Service	191,637	(90,292)	-	101,345
Wellbeing Services	53,237	42,049	(95,286)	-
Covid Response	23,024	19,655	(42,679)	-
Designated New Property	-	-	165,000	165,000
Designated Improvements to New Property	-	-	20,000	20,000
Designated Committed Projects	-	-	50,000	50,000
	<u>1,384,380</u>	<u>204,271</u>	<u>-</u>	<u>1,588,651</u>
TOTAL FUNDS	<u>1,384,380</u>	<u>204,271</u>	<u>-</u>	<u>1,588,651</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	728,226	(541,896)	186,330
DBS income	17,402	(5,025)	12,377
General fund	164,465	(134,488)	29,977
Designated Capital Fund	1	(8,168)	(8,167)
Better Together Project	3,341	(2,449)	892
Integrated Care Fund	35,430	(23,980)	11,450
Therapeutic Support Service	158,120	(248,412)	(90,292)
Wellbeing Services	194,219	(152,170)	42,049
Covid Response	107,344	(87,689)	19,655
	<u>1,408,548</u>	<u>(1,204,277)</u>	<u>204,271</u>
TOTAL FUNDS	<u>1,408,548</u>	<u>(1,204,277)</u>	<u>204,271</u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
PRPR/ Advocacy services	337,709	61,222	268	399,199
DBS income	5,767	2,531	-	8,298
General fund	30,048	41,138	10,189	81,375
Designated Capital Fund	336,081	(8,168)	-	327,913
Critical Costs	294,787	-	-	294,787
Better Together Project	10,769	(11,137)	368	-
Integrated Care Fund	1,904	(5,324)	8,330	4,910
Therapeutic Support Service	43,591	148,046	-	191,637
Wellbeing Services	-	53,237	-	53,237
Covid Response	-	23,024	-	23,024
	<u>1,060,656</u>	<u>304,569</u>	<u>19,155</u>	<u>1,384,380</u>
Restricted funds				
Community Cafe	8,737	-	(8,737)	-
Integrated Care Fund (ICF)	5,216	-	(5,216)	-
Cwm Taf Morgannwg UHB	5,202	-	(5,202)	-
	<u>19,155</u>	<u>-</u>	<u>(19,155)</u>	<u>-</u>
TOTAL FUNDS	<u>1,079,811</u>	<u>304,569</u>	<u>-</u>	<u>1,384,380</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	540,282	(479,060)	61,222
DBS income	29,678	(27,147)	2,531
General fund	159,956	(118,818)	41,138
Designated Capital Fund	-	(8,168)	(8,168)
Better Together Project	-	(11,137)	(11,137)
Integrated Care Fund	36,340	(41,664)	(5,324)
Therapeutic Support Service	336,007	(187,961)	148,046
Wellbeing Services	110,150	(56,913)	53,237
Covid Response	56,934	(33,910)	23,024
	<u>1,269,347</u>	<u>(964,778)</u>	<u>304,569</u>
TOTAL FUNDS	<u>1,269,347</u>	<u>(964,778)</u>	<u>304,569</u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
PRPR/ Advocacy services	337,709	247,552	(585,261)	-
DBS income	5,767	14,908	(20,675)	-
General fund	30,048	71,115	(81,750)	19,413
Designated Capital Fund	336,081	(16,335)	-	319,746
Critical Costs	294,787	-	602,000	896,787
Better Together Project	10,769	(10,245)	(524)	-
Integrated Care Fund	1,904	6,126	8,330	16,360
Therapeutic Support Service	43,591	57,754	-	101,345
Wellbeing Services	-	95,286	(95,286)	-
Covid Response	-	42,679	(42,679)	-
Designated New Property	-	-	165,000	165,000
Designated Improvements to New Property	-	-	20,000	20,000
Designated Committed Projects	-	-	50,000	50,000
	<u>1,060,656</u>	<u>508,840</u>	<u>19,155</u>	<u>1,588,651</u>
Restricted funds				
Community Cafe	8,737	-	(8,737)	-
Integrated Care Fund (ICF)	5,216	-	(5,216)	-
Cwm Taf Morgannwg UHB	5,202	-	(5,202)	-
	<u>19,155</u>	<u>-</u>	<u>(19,155)</u>	<u>-</u>
TOTAL FUNDS	<u>1,079,811</u>	<u>508,840</u>	<u>-</u>	<u>1,588,651</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,268,508	(1,020,956)	247,552
DBS income	47,080	(32,172)	14,908
General fund	324,421	(253,306)	71,115
Designated Capital Fund	1	(16,336)	(16,335)
Better Together Project	3,341	(13,586)	(10,245)
Integrated Care Fund	71,770	(65,644)	6,126
Therapeutic Support Service	494,127	(436,373)	57,754
Wellbeing Services	304,369	(209,083)	95,286
Covid Response	164,278	(121,599)	42,679
	<u>2,677,895</u>	<u>(2,169,055)</u>	<u>508,840</u>
TOTAL FUNDS	<u>2,677,895</u>	<u>(2,169,055)</u>	<u>508,840</u>

Transfers

The board made the decision to fund projects where funding had ceased out of core funds.

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

13. **MOVEMENT IN FUNDS - continued**

Funds

Unrestricted funds

Unrestricted funds can be deployed in any way the charity sees fit, apart from designated reserves which are set aside for use in the designated projects. During the year the Board took the decision to partially fund several projects from these reserves.

PRPR Service

Paid Relevant Persons Representative (PRPR) - The service is undertaken by advocate with extensive knowledge of the MCA and DoLS legislation.

Supervisory Bodies for Health Boards and Local Authorities refer to the PRPR Service when there is no family member available or the family member is deemed not appropriate to be the Relevant Persons Representative (RPR).

The PRPR represent and support the relevant person in all matters relating to the deprivation of liberty safeguards, including, if appropriate, triggering a review, using an organisation's complaints procedures on the person's behalf or making an application to the Court of Protection. The services is available across Wales.

Better Together Project

Better together offers intergenerational activity sessions for people living with memory loss difficulties/dementia through the setting up and holding small localised groups creating opportunities to share stories and experiences with the overall goal of having those attending making friendships, sharing experiences, gain an understanding of memory loss difficulties/dementia and realising others may face similar issues as themselves.

DBS Cymru

Disclosure and Barring Service the Disclosure and Barring Service (DBS) was established in 2012 and carries out the functions previously undertaken by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA). DBS Cymru help to prevent unsuitable people from working with vulnerable groups, including children. The service is available to companies and who may require a DBS check for their staff or required by self-employed individual to show those who purchase their services.

Community Services

Our Community Services team provided a number of "outreach" wellbeing hubs and services (walking groups, etc.) throughout the borough of Bridgend. The service is open access available to anyone living or working in the Bridgend Borough. The services focuses on promoting mental health and wellbeing of the population of Bridgend and a variety of activities are undertaken at the wellbeing hubs ranging from anxiety and depressions courses to arts and crafts. Wellbeing hubs are held in Porthcawl, Bridgend and Ogmore Vale.

Covid Response and Advocacy Services

The COVID response advocacy service is delivered by fully trained and qualified advocates and is funded by the Welsh Governments COVID-19 Response funding which is designed to support those affected by COVID-19 and the subsequent lockdowns which took place. The services only qualifying criteria is that the person requiring advocacy support due to the effects of COVID upon their mental health and wellbeing. The service is delivered across Bridgend, Neath Port Talbot and Swansea Local Authority footprints.

Wellbeing Serlves

The Wellbeing Retreat is an out of hour's service which is delivered four days a week from our office in Quarella Road. The service is referral only and referrals are provided by statutory service providers (health, local authority, probation, police, etc.) and third sector partners.

The service supports individuals referred who may have mental health related issues and also may be suffering from social distress caused by a variety of issues.

WAC Service

Wellbeing Hub based in St. David's Hospital in Cardiff providing support to those with cognitive impairment who are medically fit but unable to leave hospital due to a range of different issues

MENTAL HEALTH MATTERS WALES LTD

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

14. RELATED PARTY DISCLOSURES

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

15. ULTIMATE CONTROLLING PARTY

The charity is controlled by its Trustees.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

MENTAL HEALTH MATTERS WALES LIMITED

England & Wales - Charity number 1123842

Accounts

REGISTERED COMPANY NUMBER: 06468412 (England and Wales)
REGISTERED CHARITY NUMBER: 1123842

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2021

FOR

MENTAL HEALTH MATTERS WALES LTD**

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

MENTAL HEALTH MATTERS WALES LTD

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FOR THE YEAR ENDED 31 MARCH 2021**

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MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity's purpose as set out in the company's memorandum of association are to 'promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'.

Significant activities

Our main activities and who we try to help are described in the following pages. All our charitable activities focus on the promotion of the mental and emotional health and well-being of the public and are undertaken to further our charitable purposes for the public benefit.

The charity carries out these objectives by:

- Providing various services throughout Wales which supports adult wellbeing and supports those with mental health related issues/problems which include wellbeing hubs, telephone befriending & support and peer support groups which include eating disorders, self-harm and LGBTQI+
- Providing advocacy services across Wales for adults suffering mental health issues/problems, those who lack capacity, older people with mental health problems and/ or dementia and those eligible in relation to the Social Services and Wellbeing (Wales) Act 2014, and a commitment to raising awareness of advocacy.
- Providing counselling and training services (including workshops) for adults suffering mild to moderate mental health problems.
- Providing cognitive impairment services to support those who have cognitive impairment and their carers both within hospital settings and the community.

The Trustees confirm they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

OBJECTIVES AND ACTIVITIES

Who used and benefited from our services?

Our objects and funding limit the services we provide to those resident in Wales. Specific funding requirements limits those we can support, for example, our Friends of Coity Clinic Projects is only able to work within the in-patient mental health units at the Princess of Wales Hospital in Bridgend. The Independent Mental Capacity Advocacy (IMCA) Service is limited to accepting instruction from medical and social services sources and by very specific eligibility criteria, and the Independent Professional Advocacy (IPA) service is restricted to only those who meet the criteria within the Social Services and Wellbeing (Wales) Act 2014.

The IMCA service is delivered across the Hywel Dda and Swansea Bay University Health Board footprint areas; these footprints cover the local authority areas of Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire and Ceredigion. The IPA service is delivered across the Bridgend, Neath Port Talbot and Swansea Local Authority footprint.

We are also restricted in the provision of some services because of the geographical area specified by funders, for example, wellbeing centres, self-harm self-help project, eating disorder support and information service are restricted to the Bridgend County Borough footprint area. We are generally unrestricted in where we deliver training and education, unless this is specifically commissioned.

The impact of our work goes far beyond those we help directly, this may include reducing the distress experienced by their families and friends of people with mental or emotional health issues as well as reducing the impact upon front line and secondary mental health or related services.

The main areas of charitable activities are:

- Wellbeing drop-in centres
- Out of hours Wellbeing Retreat (crisis support)
- Independent Mental Capacity Advocacy
- Deprivation of Liberty (paid relevant persons representative)
- Counselling
- Information services
- Community Advocacy service (mental health)
- Independent Professional Advocacy
- Cognitive impairment/Dementia Wellbeing Activity Support
- Peer support groups
- Friends of Coity Clinic
- SHARE - Self-harm-self-help information and peer support groups
- SORTED - Eating disorder information and peer support groups
- LBGTQI+ information and peer support groups
- Training, education and public awareness
- Lobbying and campaigning
- Disclosure and Barring Service (DBS Cymru)

Volunteers

Volunteers always play an invaluable part in supporting MHM Wales to deliver its services, however; during 2020-2021 volunteer support has been an exceedingly invaluable role in ensuring the services, including the additional services delivered by MHM Wales, we are fully aware without volunteers we would not be able to deliver such a comprehensive range of services which help us to meet the diverse needs of people who access them. Volunteers are greatly appreciated by the Trustees (who are themselves volunteers) our staff and beneficiaries. We would like to recognise each individual who has given their time and experience freely during this financial reporting year.

In terms of the real value and contribution, it is impossible to cost the difference volunteers make to the delivery of our services.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

OBJECTIVES AND ACTIVITIES

The impact of Covid-19 on achieving our objectives

The Covid-19 pandemic, and the measures taken in response to it in the UK, meant we need to look at new ways of delivering our services during 2020-2021. We sought to ensure the safety and wellbeing of our staff, volunteers and others we work with during this time through a number of measures; which involved remote working utilising video conferencing software (Teams, WhatsApp, and ZOOM) and through providing telephone support. While we were able to complete all of our work for the year on time, some of our face to face services needed to be placed "on hold" to ensure the safety of both staff and those who access our services,

During 2020-2021 we seen a large increase in those requiring support and through Welsh Government COVID-19 response (short term funding), National Lottery and Health Board funding, we developed and delivered a wide range of services to help provide additional support services, these services included providing additional online peer support groups for self-harm support and eating disorder support, providing wellbeing activity support within the Ysbyty'r Seren "field hospital", a visiting service in Angelton clinic, online befriending support, and additional advocacy support services supporting those affected by COVID-19

As a result of the additional funding made available through different sources, we were able to not only sustain our essential work and achieve our objectives for the year, but were also able to deliver a wide variety of additional services to those needing support due to the COVID-19 pandemic and lockdowns which while keeping people safe and well.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Wellbeing Hubs including Friends of Coity Clinic

Due to the COVID-19 Pandemic we were unable to deliver our core Wellbeing hubs at Nolton Church hall in Bridgend, Halo Leisure Centre in Maesteg, Cefn Glas Community Centre and the YMCA in Porthcawl and instead needed to look at other ways to support those who would have usually attended these venues.. Our wellbeing staff quickly moved to providing telephone befriending support and also providing "virtual" wellbeing hubs online using the ZOOM video app. This meant many people were still able to meet up with friends and acquaintances reducing social isolation, anxiety and depression.

Our Wellbeing Hubs operate an "open door" policy which means no referral is required for someone to attend, the hubs are Service User led in that activities, etc. are dictated by attendees and not staff and can be accessed by anyone and provide a meeting place to enable social activities, networking, befriending, support, refreshments and information on mental health promotion and mental health issues, this information is also available for carers. This format continued with our online virtual hubs and we saw a large number of individuals attend our virtual hubs who had never attended a physical venue.

Due to the pandemic, we were unable to continue the Friends of Coity project which provides an independent listening service so patients can share their experiences of Coity Clinic. They can do this informally talking to the volunteers who will document the comments should the patient wish them to. These comments are then collated and passed on to the ward management. This reduced the isolation of patients and enables them to talk about their experiences on the ward to someone who is not a member of staff but who can help them to get their voice heard. The volunteers provide befriending to patients, engaging them in conversation and activities.

We hope to restart this service during the latter part of 2021.

Wellbeing Retreat

This was a new service which was opened on the 18 December 2020. The Retreat is an adult (18+) "out of hours" service. Its purpose is to provide a homely non-clinical environment which is safe, welcoming, and calm and relaxed to support those with mental health problems who are experiencing social distress, for example; anxiety, depression, loneliness, isolation, domestic, family, relationship issues, carer's responsibilities, stresses and other issues which may also be affecting their mental health and mental wellbeing.

Access to the Retreat is by appointment only through a referral process. Referral can only be accepted if they are received from professional health, social services or social care staff from either statutory services or third sector organisation. The Retreat does not currently accept self-referrals.

The Retreat's support delivery is non-clinical and focusses on a holistic person centred community-based and socially-inclusive approach. The service supports individuals to forge connections with other mental health and community groups/members to help aid their recovery and to improve their environmental, physical emotional needs. This is achieved by providing 1-2-1 support which engage individuals whilst focussing on not only on their immediate distress but also the causes.

Independent Mental Capacity Advocacy (IMCA)

We continue to deliver the IMCA service across the Health Board footprints of both Hywel Dda University Health Board and Swansea Bay University Health Board.

The IMCA service provides statutory advocacy under the Mental Capacity Act 2005 and provides support to those over 16 years of age who lack capacity (in closely defined areas) and are un-befriended (no family or friend who can speak on their behalf). The Health Boards' footprint areas cover the local authority areas of Carmarthenshire, Pembrokeshire, Ceredigion, Neath Port Talbot and Swansea. Due to Health Board Boundary changes in April 2019 we no longer provide the IMCA service in the Bridgend County Borough as this area now comes under Cwm Taff Morgannwg University Health Board.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Paid Relevant Person's Representative Service (PRPR)

MHM Wales Paid Relevant Person's Representatives are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation who support people who lack capacity throughout Mid Wales, South Wales, South East Wales and South West Wales.

The Paid Representative's role includes:

- Visiting the person deprived of their liberty on a regular basis.
- Supporting the person to understand their DoLS authorisation and how it affects them.
- Assisting the person to exercise their rights should they wish to do so.
- Ensuring any conditions attached to the authorisation are met and dealt with in a timely fashion.
- Call for a review of the authorisation where necessary, challenge the authorisation through local means where possible or ultimately support the individual to have access to the Court of Protection.

Our Paid Relevant Person's Representatives are independent from the care home or hospital as well as the Local Authority, Health Board and Supervisory Body / DoLS team.

Information

The organisation provides an information service for people who have mental health issues, carers and providers. The information worker provides information sessions at a range of different venues, including the wellbeing centres, supermarkets business venues and the psychiatric unit at the Princess of Wales hospital, and responds to individual requests for information.

The information worker continues to develop the website www.grapevines.info which provides information on mental health and wellbeing services within the Bridgend area and also updates our Facebook page (Facebook.com/mhmwales) which now has over 55,000 likes and followers.

SHARE - Self-harm Self-help Peer Support Group

The self-harm self-help peer support group is funded by the charities free reserves. The peer support group originated from the Big Lottery Fund "Community Voice" initiative which commenced on 1 April 2013. The aim of the original service was to increase the voice of citizens and especially those who are most marginalised in local policy and planning processes.

In Partnership with New Horizons Mental Health (based in Aberdare) we received Welsh Government funding to expand the service into Rhondda Cynon Taff up to the 31 March 2021.

Bridgend Community Mental Health Advocacy (CAS)

The Community Mental Health Advocacy Service and Mental health and Wellbeing Advocacy works with people living in the Bridgend County who experience mental health related issues to have their voice heard and acted upon when dealing with primary and secondary health and social care providers. CAS is funded through free reserves and CAS provides advocacy support to those which fall outside the remit of the Mental Health and Wellbeing Advocacy and also the Community Mental Health Advocacy service which is commissioned by the Health Board with another agency.

COVID-19 Advocacy support for Bridgend, Neath Port Talbot and Swansea.

During 2020 the Welsh Government provided funding in relation to their COVID-19 response grants and we were able to procure additional funding to provide an advocacy service covering Bridgend, Neath Port Talbot and Swansea. This advocacy service supports those who have been affected by the pandemic, during the period September 2020 to March 2021 the service supported over 70 individuals affected by the COVID-19 Pandemic.

SORTED - Eating Disorder Self-help Peer Support Group

SORTED is the name for the eating disorder self-help group run by MHM Wales in the Bridgend Borough which provides a Peer-2-Peer support to people with all types of eating disorders including their carers, families and friends.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Working in partnership with the Botanic Gardens in Carmarthenshire we received funding to deliver a SORTED support group at their venue and also developed a "RAG" group within Trinity St. David's University.

SORTED offers an opportunity to meet people who may be in a similar situation in a safe and confidential space. People support each other by sharing experiences, thoughts, successes and problems or by simply listening. These groups do not offer treatment, therapy or counselling and cannot diagnose or make medical referrals.

The peer support group is run by MHM Wales volunteers who use their skills, knowledge and expertise though offering support and information. We receive no funding and rely solely on donations and the generosity of the public to be able to continue delivering the group.

The peers support group has taken place over ZOOM video conferencing app over the 2020-2021 period due to the COVID-19 Pandemic.

LGBTQI+ Peer Support Group

Our LGBTQI+ peer support group has been running since November 2019 and was setup through collaboration between MHM Wales, ARC (Assisting Recovery in the Community) Wales PRIDE and South Wales Police.

The LBGQTI+ peer support group is jointly run by the collaborations staff members and has taken place over ZOOM video conferencing app over the 2020-2021 period due to the COVID-19 Pandemic.

Training

During 2020-2021 MHM Wales provided 90 free Mental Health First Aid places to those who live or work in the Bridgend, Neath Port Talbot and Swansea area

The Mental Health First Aid course content aims to help create stronger, more resilient individuals, communities, and workplaces by:

- Raising awareness of mental health issues in the community and the workplace.
- Teaching people how to spot the early signs of mental ill health & provide early intervention first aid for others.
- Teaching people to better take care of their own wellbeing.
- Helping organisations to effectively embed mental health first aid into their policies, procedures, and systems.

Talking Connections (Counselling service)

Our Talking Connections counselling service needed to look at different ways to be delivered due to the COVID-19 Pandemic meaning to face to face sessions could not take place, Our counsellors used a variety of different video conferencing software methods to ensure sessions could continue to take place to provide low cost (donation) counselling to those who are unable to access counselling through statutory services due to their waiting times or do not wish to receive counselling in the areas where they reside,

Counselling can help clients to express their feelings, to clarify their thoughts and to understand themselves better. It assists clients to identify choices and to make changes in their life so that they can manage them more effectively.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Wellbeing Activity Support (Cognitive Impairment)

Our Wellbeing Activity Support (Cognitive Support) delivered in St. David's hospital in Cardiff continued to be provided during the COVID-19 pandemic ensuring much needed therapeutic support to patients. Patients are those who no longer need active medical treatment but whose additional needs delayed them leaving hospital. The ward predominantly receives patients with dementia, cognitive impairment or other complex needs and to help support patients in maintaining as normal life as possible while waiting for transfer from hospital. Our Wellbeing Activity Support service provide a range of stimulating and engaging activities for patients to take part in.

Activities include regular music sessions where patients can sing and play instruments, take part in arts and crafts, exercise and tea parties to enhance their social interactions during their stay and encourage normal sleep patterns at night.

Independent Professional Advocacy (IPA)

The Social Services and Well-being (Wales) Act 2014 place a requirement on Local Authorities to commission Advocacy. The Act came into force in April 2016 and this changed the way local councils in Wales provide social care and support. The Act required Local Authorities to consider whether an individual may have a need for Independent Professional Advocacy (IPA) at every step of their journey through the social services system, including at their first point of contact.

The Part 10; Code of Practice on Advocacy ("the Code") states within Para 47:

"Local authorities must arrange for the provision of an Independent Professional Advocate when a person can only overcome the barrier(s) to participating fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available"

This service continued to be delivered during 2020-2021 through staff working remotely and through using telephone and video conferencing software to meet with those needing support. MHM Wales provide the mental health and general IPA service within Bridgend and the general/specialist in Swansea. We also begun delivery of an IPA service in Neath Port Talbot from May 2020.

Ysbyty'r Seren "field hospital"

Ysbyty'r Seren was setup as field hospital by Cwm Taf Morgannwg Health Board in response to the COVID-19 Pandemic and was used to support patients who were recovering from the effects of COVID-19 to free up critical care beds in the main hospitals. MHM Wales provided wellbeing support within Ysbyty'r Seren on a similar basis to that provided within St. David's in Cardiff, the staff also supported patients to keep contact with their loved ones who were unable to visit by utilising "tablets" to undertake video calls.

Angelton Visiting Service

This service was setup to ensure family could continue to visit their loved ones in Angelton Clinic in Glanrhyd Hospital in Bridgend. MHM Wales ensured all patients had access to one 30 minute visit per week from their loved ones through providing a safe space, with COVID regulations in place for patients to see their loved ones. The service was provide 6 days a week, which included enabling visits in the morning, evening, and Sundays to accommodate the patient's family's needs.

Befriending Service

The 'Moving On' Befriending & Mentoring service was launched in collaboration with MHM Wales and New Horizons and supported people aged 35+ living in the Rhondda, Cynon Taff local authority areas affected by mental health illness, emotional issues and/or learning disabilities.

The service was initially meant to provide localised Befriending Hubs however, Covid-19 dramatically changed the delivery of the project which involved quickly needing to adapt to support persons, who in normal times encounter declines in social networks due to retirement, bereavement, relationship breakdowns, ill health or caring for someone with memory loss/dementia to including those experiencing an increased sense of isolation and loneliness amplified by the COVID-19 global pandemic.

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The service quickly adapted to provide Telephone Befriending, Walking Groups (when permitted) and Wellbeing Zoom groups.

Disclosure and Barring Service (DBS Cymru)

DBS Cymru is the name of our umbrella service we provide on behalf the Disclosure and Barring Service (DBS) to facilitate standard and enhanced DBS checks for volunteers as well as businesses and the self-employed. Any surplus income generated by DBS Cymru helps to support the primary aims of MHM Wales by providing income to deliver existing services which no funding is received and allows the development and implementation of new services which help support our primary aims.

Having provided this service since 2018 we have seen a steady increase in applications being processed and for the 2019-2020 financial year period we processed 614 applications which was an increase of 56.5% on our previous year's total. DBS Cymru continued to service and maintain the steady existing loyal customer base as well as facilitating to a number of new clients we welcomed during the reporting period.

Volunteer Service

Volunteers provide support at the wellbeing centres, counselling service, SHARE, SORTED and our LGBTQI+ peer support groups as well as our Friends of Coity Clinic service and provide additional aspects to the work the community services team is able to provide. Our volunteers raise the quality and impact of services undertaken in these settings and volunteers come from a wide range of age groups and backgrounds and include people who have been beneficiaries of our services.

Volunteers play a vital part in delivering quality services. All volunteers bring different qualities and skills which in turn all allow MHM Wales to continue providing a high standard of support and various activities which would not be possible considering the overall costs (approximately £32,000) which would be involved if the organisation were to employ people to deliver these services and projects.

FINANCIAL REVIEW

Reserves policy

The Board has set out the charity's reserve policy to enable trustees to be in proper financial control of the organisation and meet its legal obligations. The reserve policy is a product of the charity's strategic planning, budgeting and risk management process. This policy is non static and is reviewed on an annual basis by the Board of Trustees.

The Board has set the reserves policy based on the following:-

- Contingency planning-critical costs
- Reserves to meet the medium term strategic plan
- Reserves to match any capital spend
- Any remaining reserves represents the 'true free reserves' of the charity

By reviewing the reserves policy annually the Board will review the organisation's financial circumstances and operational environment and ensure the level of reserves is monitored as part of the budget and financial reporting process.

FUTURE PLANS

The charity aims to continue to offer the full range of services it currently offers and expand its operations.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The executive committee is made up of the trustees. Members of the executive committee are elected at each Annual General Meeting from nominations received from the members, and serve for three years, after which period they may put themselves forward for re-appointment. Officer posts are elected annually.

The executive committee must consist of a minimum of three members, with no more than three members due for re-appointment in any one year. The Secretary is appointed by the executive committee and is currently the Chief Executive Officer (Richard Jones).

The executive committee meets regularly, every two months. A financial sub-committee is responsible for overseeing the financial operations of the charity. A personnel sub-committee oversees all matters relating to human resources and the development and review of policies. Both sub-committees report directly to the full board meetings.

The executive committee may make co-options during the year, but such persons must be elected at the next Annual General Meeting following to continue beyond it.

A trustee shall cease to hold office if they become disqualified, are absent from meetings for a qualifying period, notifies the trustees of their wish to resign, ceases to be a member, or fails to declare an interest in a contract of the charity.

Organisational structure

Senior management team:

Mr Richard Jones Chief Executive Officer
Mrs Michaela Moore Director

Day to day management of the organisation is delegated to the Chief Executive Officer as stated above. The adoption of aims and objectives or strategies to achieve them, and of policies and procedures are matters for the executive committee, as is the responsibility for ensuring compliance with various legal and regulatory obligations of the organisation and of the Trustees.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

At the time of writing this report we are at the beginning of a worldwide pandemic which has seen the Government of the UK place movement restriction upon the whole country. The effect of these restrictions will undoubtedly have an effect on the mental health and wellbeing of many people which will be affected by what is being called "the lockdown". We envisage demand for our services will increase greatly over the following year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06468412 (England and Wales)

Registered Charity number

1123842

MENTAL HEALTH MATTERS WALES LTD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Registered office

Union Offices
Quarella Road
Bridgend
Mid Glamorgan
CF31 1JW

Trustees

S A Hawas Quality Manager
R I Jamil Consultant
Ms P Nolan Family Support Worker
Ms D Patel Paralegal
R Young Lecturer
Ms P Connett-White Carer

Company Secretary

R Jones

Auditors

Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Mental Health Matters Wales Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

MENTAL HEALTH MATTERS WALES LTD

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

AUDITORS

The auditors, Bevan Buckland LLP, will be proposed for re-appointment at the forthcoming Annual General Meeting.

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

.....
R Young - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Opinion

We have audited the financial statements of Mental Health Matters Wales Ltd (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF MENTAL HEALTH MATTERS WALES LTD

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the Financial Statements, whether due to fraud or error, and then, design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

We discussed our audit independence complying with the Revised Ethical Standard 2019 with the engagement team members whilst planning the audit and continually monitored our independence throughout the process.

Identifying and assessing potential risks related to irregularities.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- enquiring of management, including obtaining and reviewing supporting documentation, concerning the company's policies and procedures relating to:
 - identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
 - internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- discussing among the engagement team how and where fraud might occur in the Financial Statements and any potential indicators of fraud. As part of this discussion, we identified potential for fraud in the following areas;
 - Revenue Recognition
- obtaining an understanding of the legal and regulatory frameworks that the company operates in, focusing on those laws and regulations that had a direct effect on the Financial Statements or that had a fundamental effect on the operations of the Group, The key laws and regulations we considered in this context included the UK Companies Act and relevant tax legislation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
MENTAL HEALTH MATTERS WALES LTD**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Alison Vickers (Senior Statutory Auditor)
for and on behalf of Bevan Buckland LLP
Chartered Accountants
And Statutory Auditors
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date:

MENTAL HEALTH MATTERS WALES LTD

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

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	3				
Advocacy Services		552,958	-	552,958	517,778
Befriending		23,507	-	23,507	24,979
Community Services Support		588,849	-	588,849	240,861
DBS Cymru		29,678	-	29,678	33,995
Other		11,778	-	11,778	2,757
Grants		3,766	-	3,766	-
Peer Support Group		9,679	-	9,679	7,267
COVID-19 Support		48,415	-	48,415	-
Investment income	2	718	-	718	3,312
Total		1,269,348	-	1,269,348	830,949
EXPENDITURE ON					
Charitable activities	4				
Advocacy Services		429,151	-	429,151	454,411
Befriending		36,784	-	36,784	2,414
Community Services Support		351,126	-	351,126	253,880
DBS Cymru		27,147	-	27,147	28,827
Other		89,379	-	89,379	42,067
Grants		4,502	-	4,502	6,500
Peer Support Group		6,496	-	6,496	1,458
COVID-19 Support		20,194	-	20,194	-
Total		964,779	-	964,779	789,557
NET INCOME		304,569	-	304,569	41,392
Transfers between funds	13	19,155	(19,155)	-	-
Net movement in funds		323,724	(19,155)	304,569	41,392
RECONCILIATION OF FUNDS					
Total funds brought forward		1,060,656	19,155	1,079,811	1,038,419
TOTAL FUNDS CARRIED FORWARD		1,384,380	-	1,384,380	1,079,811

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**BALANCE SHEET
31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	10	327,913	-	327,913	336,081
CURRENT ASSETS					
Debtors	11	141,731	-	141,731	77,197
Cash at bank and in hand		962,478	-	962,478	718,622
		<u>1,104,209</u>	<u>-</u>	<u>1,104,209</u>	<u>795,819</u>
CREDITORS					
Amounts falling due within one year	12	(47,742)	-	(47,742)	(52,089)
NET CURRENT ASSETS		<u>1,056,467</u>	<u>-</u>	<u>1,056,467</u>	<u>743,730</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,384,380</u>	<u>-</u>	<u>1,384,380</u>	<u>1,079,811</u>
NET ASSETS		<u>1,384,380</u>	<u>-</u>	<u>1,384,380</u>	<u>1,079,811</u>
FUNDS	13				
Unrestricted funds				1,384,380	1,060,656
Restricted funds				-	19,155
TOTAL FUNDS				<u>1,384,380</u>	<u>1,079,811</u>

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

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

.....
R Young - Trustee

MENTAL HEALTH MATTERS WALES LTD

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	243,138	84,931
Net cash provided by operating activities		<u>243,138</u>	<u>84,931</u>
Cash flows from investing activities			
Interest received		718	3,312
Net cash provided by investing activities		<u>718</u>	<u>3,312</u>
Change in cash and cash equivalents in the reporting period		<u>243,856</u>	<u>88,243</u>
Cash and cash equivalents at the beginning of the reporting period		<u>718,622</u>	<u>630,379</u>
Cash and cash equivalents at the end of the reporting period		<u><u>962,478</u></u>	<u><u>718,622</u></u>

The notes form part of these financial statements

MENTAL HEALTH MATTERS WALES LTD

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income for the reporting period (as per the Statement of Financial Activities)	304,569	41,392
Adjustments for:		
Depreciation charges	8,168	8,168
Interest received	(718)	(3,312)
(Increase)/decrease in debtors	(64,534)	24,738
(Decrease)/increase in creditors	(4,347)	13,945
Net cash provided by operations	<u>243,138</u>	<u>84,931</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.20 £	Cash flow £	At 31.3.21 £
Net cash			
Cash at bank and in hand	718,622	243,856	962,478
	<u>718,622</u>	<u>243,856</u>	<u>962,478</u>
Total	<u>718,622</u>	<u>243,856</u>	<u>962,478</u>

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

Income from advocacy and DBS services is recognised when the charity has entitlement to the monies, and it is probable that the income will be received and the amount can be measured reliably.

Income from donations and fundraising is recognised when the respective income is received.

Income from government and other grants, and as a result of service level agreements is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities, both costs directly attributable and indirect support costs.

Allocation and apportionment of costs

Costs have been allocated as far as possible between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly. Others have been apportioned based on the estimated usage of the resource.

Tangible fixed assets

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

Freehold property	- 2% on cost
Fixtures and fittings	- 15% on cost

Taxation

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

Fund accounting

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

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Fund accounting

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

Further explanation of the nature and purpose of each fund is included in the report of the trustees.

Fund accounting

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

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

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

Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the useful life of the asset. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Hire purchase and Leasing agreements

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is shorter.

MENTAL HEALTH MATTERS WALES LTD

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

1. ACCOUNTING POLICIES - continued

Fund accounting

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Employee benefits

The charity provides a range of benefits to employees, paid holiday arrangements and defined benefit and defined contribution pension plans.

Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

Functional and Presentational currency

The functional and presentational currency is £ sterling.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

2. INVESTMENT INCOME

	2021 £	2020 £
Deposit account interest	<u>718</u>	<u>3,312</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Grants £	Other £	PRPR £	SLA £	Donat- ions £	Total £
Advocacy Services	35,728	-	165,553	351,676	-	552,957
Community Services Support	12,112	13,797	-	549,559	13,381	588,849
Befriending	23,507	-	-	-	-	23,507
DBS Cymru	-	29,678	-	-	-	29,678
Other	-	225	-	-	11,553	11,778
Grants	3,766	-	-	-	-	3,766
Peer Support Group	8,751	-	-	-	928	9,679
Covid-19 Support	48,415	-	-	-	-	48,415
	<u>132,279</u>	<u>43,700</u>	<u>165,553</u>	<u>901,235</u>	<u>25,682</u>	<u>,268,629</u>

Grants received, included in the above, are as follows:

	2021 £	2020 £
Better Together Project	-	13,000
Job Retention Scheme	7,202	-
Covid-19 Response	79,986	-
ICF	12,833	-

MENTAL HEALTH MATTERS WALES LTD

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

3. INCOME FROM CHARITABLE ACTIVITIES - continued

Befriending: Moving on Project	23,507	11,979
National Lottery	8,751	-
	<u>132,279</u>	<u>24,979</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Advocacy Services	258,754	170,397	429,151
Befriending	35,232	1,552	36,784
Community Services Support	314,720	36,406	351,126
DBS Cymru	27,056	91	27,147
Other	42,059	47,320	89,379
Grants	4,268	234	4,502
Peer Support Group	5,882	614	6,496
COVID-19 Support	15,266	4,928	20,194
	<u>703,237</u>	<u>261,542</u>	<u>964,779</u>

5. SUPPORT COSTS

	Management £	Support costs £	Totals £
Advocacy Services	170,237	160	170,397
Befriending	1,552	-	1,552
Community Services Support	33,420	2,986	36,406
DBS Cymru	91	-	91
Other	34,293	13,027	47,320
Grants	234	-	234
Peer Support Group	614	-	614
COVID-19 Support	4,928	-	4,928
	<u>245,369</u>	<u>16,173</u>	<u>261,542</u>

6. NET INCOME/(EXPENDITURE)

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

	2021 £	2020 £
Auditors' remuneration	5,460	5,300
Auditors' remuneration for non audit work	3,005	2,920
Depreciation - owned assets	<u>8,168</u>	<u>8,168</u>

MENTAL HEALTH MATTERS WALES LTD

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

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

8. STAFF COSTS

	2021 £	2020 £
Wages and salaries	832,527	627,119
	<u>832,527</u>	<u>627,119</u>

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

	2021	2020
Direct employees	34	25
Administrative staff	4	4
	<u>38</u>	<u>29</u>

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

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Advocacy Services	517,778	-	517,778
Befriending	24,979	-	24,979
Community Services Support	240,861	-	240,861
DBS Cymru	33,995	-	33,995
Other	2,757	-	2,757
Peer Support Group	617	6,650	7,267
Investment income	3,312	-	3,312
Total	<u>824,299</u>	<u>6,650</u>	<u>830,949</u>
EXPENDITURE ON			
Charitable activities			
Advocacy Services	454,411	-	454,411
Befriending	2,414	-	2,414
Community Services Support	253,880	-	253,880
DBS Cymru	28,827	-	28,827
Other	42,067	-	42,067
Grants	6,500	-	6,500
Peer Support Group	10	1,448	1,458

MENTAL HEALTH MATTERS WALES LTD

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

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Total	788,109	1,448	789,557
NET INCOME	36,190	5,202	41,392
Transfers between funds	(2,608)	2,608	-
Net movement in funds	33,582	7,810	41,392
RECONCILIATION OF FUNDS			
Total funds brought forward	1,027,074	11,345	1,038,419
TOTAL FUNDS CARRIED FORWARD	1,060,656	19,155	1,079,811

10. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2020 and 31 March 2021	396,730	33,800	430,530
DEPRECIATION			
At 1 April 2020	61,233	33,216	94,449
Charge for year	7,935	233	8,168
At 31 March 2021	69,168	33,449	102,617
NET BOOK VALUE			
At 31 March 2021	327,562	351	327,913
At 31 March 2020	335,497	584	336,081

MENTAL HEALTH MATTERS WALES LTD

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

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	13,280	30,492
Other debtors	1,039	1,827
Grants receivable	124,357	41,925
Prepayments	3,055	2,953
	<u>141,731</u>	<u>77,197</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	12,834	18,258
Social security and other taxes	-	11,573
Accrued expenses	34,908	22,258
	<u>47,742</u>	<u>52,089</u>

13. MOVEMENT IN FUNDS

	At 1.4.20	Net movement	Transfers between funds	At 31.3.21
	£	in funds	£	£
Unrestricted funds				
PRPR/ Advocacy services	337,709	61,490	-	399,199
Core Funding	30,048	(35,312)	24,419	19,155
Cardiff & Vale UHB - Project 28	43,591	79,323	-	122,914
DBS income	5,767	2,531	-	8,298
General fund	-	76,450	(14,230)	62,220
Designated Capital Fund	336,081	(8,168)	-	327,913
Critical Costs	294,787	-	-	294,787
Better Together Project	10,769	(11,137)	368	-
Integrated Care Fund	1,904	725	2,281	4,910
Angelton Clinic - Visiting Project	-	1,977	-	1,977
Advocacy South Wales WG	-	(268)	268	-
ICF - Merthyr Better Together Online & Telephone	-	(1,879)	1,879	-
Therapeutic Support Service	-	66,746	-	66,746
Wellbeing Retreat	-	53,237	-	53,237
Covid Response	-	19,966	-	19,966
Covid Response - MHA Non Statutory	-	3,058	-	3,058
ICF Covid Capital Grant	-	(4,170)	4,170	-
	<u>1,060,656</u>	<u>304,569</u>	<u>19,155</u>	<u>1,384,380</u>
Restricted funds				
Community Cafe	8,737	-	(8,737)	-
Integrated Care Fund (ICF)	5,216	-	(5,216)	-
Cwm Taf Morgannwg UHB	5,202	-	(5,202)	-
	<u>19,155</u>	<u>-</u>	<u>(19,155)</u>	<u>-</u>
TOTAL FUNDS	<u>1,079,811</u>	<u>304,569</u>	<u>-</u>	<u>1,384,380</u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	517,230	(455,740)	61,490
Core Funding	154,956	(190,268)	(35,312)
Cardiff & Vale UHB - Project 28	185,483	(106,160)	79,323
DBS income	29,678	(27,147)	2,531
General fund	5,001	71,449	76,450
Designated Capital Fund	-	(8,168)	(8,168)
Better Together Project	-	(11,137)	(11,137)
Integrated Care Fund	36,340	(35,615)	725
Angelton Clinic - Visiting Project	9,918	(7,941)	1,977
Advocacy South Wales WG	23,052	(23,320)	(268)
ICF - Merthyr Better Together Online & Telephone	-	(1,879)	(1,879)
Therapeutic Support Service	140,606	(73,860)	66,746
Wellbeing Retreat	110,150	(56,913)	53,237
Covid Response	44,258	(24,292)	19,966
Covid Response - MHA Non Statutory	12,676	(9,618)	3,058
ICF Covid Capital Grant	-	(4,170)	(4,170)
	<u>1,269,348</u>	<u>(964,779)</u>	<u>304,569</u>
TOTAL FUNDS	<u><u>1,269,348</u></u>	<u><u>(964,779)</u></u>	<u><u>304,569</u></u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
PRPR/ Advocacy services	287,047	50,662	-	337,709
Core Funding	6,690	23,358	-	30,048
Cardiff & Vale UHB - Project 28	55,256	(11,665)	-	43,591
DBS income	599	5,168	-	5,767
General fund	23,398	(38,446)	15,048	-
Designated Capital Fund	344,249	(8,168)	-	336,081
Critical Costs	309,835	-	(15,048)	294,787
Better Together Project	-	10,769	-	10,769
Integrated Care Fund	-	4,512	(2,608)	1,904
	<u>1,027,074</u>	<u>36,190</u>	<u>(2,608)</u>	<u>1,060,656</u>
Restricted funds				
Community Cafe	8,737	-	-	8,737
Integrated Care Fund (ICF)	2,608	-	2,608	5,216
Cwm Taf Morgannwg UHB	-	5,202	-	5,202
	<u>11,345</u>	<u>5,202</u>	<u>2,608</u>	<u>19,155</u>
TOTAL FUNDS	<u>1,038,419</u>	<u>41,392</u>	<u>-</u>	<u>1,079,811</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	505,823	(455,161)	50,662
Core Funding	173,495	(150,137)	23,358
Cardiff & Vale UHB - Project 28	82,966	(94,631)	(11,665)
DBS income	33,995	(28,827)	5,168
General fund	3,041	(41,487)	(38,446)
Designated Capital Fund	-	(8,168)	(8,168)
Better Together Project	13,000	(2,231)	10,769
Integrated Care Fund	11,979	(7,467)	4,512
	<u>824,299</u>	<u>(788,109)</u>	<u>36,190</u>
Restricted funds			
Cwm Taf Morgannwg UHB	6,650	(1,448)	5,202
	<u>830,949</u>	<u>(789,557)</u>	<u>41,392</u>
TOTAL FUNDS	<u>830,949</u>	<u>(789,557)</u>	<u>41,392</u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
PRPR/ Advocacy services	287,047	112,152	-	399,199
Core Funding	6,690	(11,954)	24,419	19,155
Cardiff & Vale UHB - Project 28	55,256	67,658	-	122,914
DBS income	599	7,699	-	8,298
General fund	23,398	38,004	818	62,220
Designated Capital Fund	344,249	(16,336)	-	327,913
Critical Costs	309,835	-	(15,048)	294,787
Better Together Project	-	(368)	368	-
Integrated Care Fund	-	5,237	(327)	4,910
Angelton Clinic - Visiting Project	-	1,977	-	1,977
Advocacy South Wales WG	-	(268)	268	-
ICF - Merthyr Better Together Online & Telephone	-	(1,879)	1,879	-
Therapeutic Support Service	-	66,746	-	66,746
Wellbeing Retreat	-	53,237	-	53,237
Covid Response	-	19,966	-	19,966
Covid Response - MHA Non Statutory	-	3,058	-	3,058
ICF Covid Capital Grant	-	(4,170)	4,170	-
	<u>1,027,074</u>	<u>340,759</u>	<u>16,547</u>	<u>1,384,380</u>
Restricted funds				
Community Cafe	8,737	-	(8,737)	-
Integrated Care Fund (ICF)	2,608	-	(2,608)	-
Cwm Taf Morgannwg UHB	-	5,202	(5,202)	-
	<u>11,345</u>	<u>5,202</u>	<u>(16,547)</u>	<u>-</u>
TOTAL FUNDS	<u><u>1,038,419</u></u>	<u><u>345,961</u></u>	<u><u>-</u></u>	<u><u>1,384,380</u></u>

MENTAL HEALTH MATTERS WALES LTD

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

13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
PRPR/ Advocacy services	1,023,053	(910,901)	112,152
Core Funding	328,451	(340,405)	(11,954)
Cardiff & Vale UHB - Project 28	268,449	(200,791)	67,658
DBS income	63,673	(55,974)	7,699
General fund	8,042	29,962	38,004
Designated Capital Fund	-	(16,336)	(16,336)
Better Together Project	13,000	(13,368)	(368)
Integrated Care Fund	48,319	(43,082)	5,237
Angelton Clinic - Visiting Project	9,918	(7,941)	1,977
Advocacy South Wales WG	23,052	(23,320)	(268)
ICF - Merthyr Better Together Online & Telephone	-	(1,879)	(1,879)
Therapeutic Support Service	140,606	(73,860)	66,746
Wellbeing Retreat	110,150	(56,913)	53,237
Covid Response	44,258	(24,292)	19,966
Covid Response - MHA Non Statutory	12,676	(9,618)	3,058
ICF Covid Capital Grant	-	(4,170)	(4,170)
	<u>2,093,647</u>	<u>(1,752,888)</u>	<u>340,759</u>
Restricted funds			
Cwm Taf Morgannwg UHB	6,650	(1,448)	5,202
	<u>2,100,297</u>	<u>(1,754,336)</u>	<u>345,961</u>

Transfers

The board made the decision to fund projects where funding had ceased out of core funds.

Funds

Unrestricted funds

Unrestricted funds can be deployed in any way the charity sees fit, apart from designated reserves which are set aside for use in the designated projects. During the year the Board took the decision to partially fund several projects from these reserves.

Community Cafe

This project is run in conjunction with Bridgend Association Voluntary Organisation (BAVO) to deliver the Community Companion Cafés in a number of locations throughout the County Borough of Bridgend.

MENTAL HEALTH MATTERS WALES LTD

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

14. RELATED PARTY DISCLOSURES

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

15. ULTIMATE CONTROLLING PARTY

The charity is controlled by its Trustees.

MENTAL HEALTH MATTERS WALES LTD
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Investment income		
Deposit account interest	718	3,312
Charitable activities		
Grants	132,279	24,983
Other income	43,700	38,692
Donations	25,862	4,259
PRPR income	165,554	225,804
SLA	901,235	533,899
	1,268,630	827,637
Total incoming resources	1,269,348	830,949
EXPENDITURE		
Charitable activities		
Wages	672,715	484,341
Recruitment costs	1,380	1,230
Travel expenses	5,189	29,995
Volunteer costs	122	663
Training costs	2,468	5,104
DBS costs	21,363	22,910
	703,237	544,243
Support costs		
Management		
Wages	159,812	142,778
Telephone & Computer Costs	19,034	31,131
Postage and stationery	7,949	12,040
Sundries	1,181	3,299
Bad debts	-	10,000
Equipment	18,254	-
Room hire	4,924	3,525
Centre costs	12,692	3,735
General overheads	13,355	11,940
Depreciation of tangible and heritage assets	8,168	8,168
	245,369	226,616
Support costs		
Auditors' remuneration	5,460	5,300
Carried forward	5,460	5,300

This page does not form part of the statutory financial statements

MENTAL HEALTH MATTERS WALES LTD

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

	2021 £	2020 £
Support costs		
Brought forward	5,460	5,300
Auditors' remuneration for non audit work	3,005	2,920
Legal and Professional fees	7,708	10,478
	16,173	18,698
Total resources expended	964,779	789,557
Net income	304,569	41,392