

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

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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.

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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.

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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

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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.

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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 then 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

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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

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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)

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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.

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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>1,299,415</u>	<u>1,077,480</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	<u>1,630,045</u>	<u>496,275</u>	<u>-</u>	<u>2,126,320</u>

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 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.