

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**

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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.

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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

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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.

MENTAL HEALTH MATTERS WALES LTD

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

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.

MENTAL HEALTH MATTERS WALES LTD

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

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

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	52,497	10,726

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	56,602	18,685

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Grants	Advocacy Services	-	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
		1,760,171	1,938,818

	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
	102,064	15,672	325,102	80,374	236,959	1,760,171

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

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

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	<u>533,729</u>	<u>45,092</u>	<u>578,821</u>
DEPRECIATION			
At 1 April 2023	85,487	33,903	119,390
Charge for year	10,635	1,479	12,114
At 31 March 2024	<u>96,122</u>	<u>35,382</u>	<u>131,504</u>
NET BOOK VALUE			
At 31 March 2024	<u>437,607</u>	<u>9,710</u>	<u>447,317</u>
At 31 March 2023	<u>446,243</u>	<u>8,315</u>	<u>454,558</u>

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
	<u>185,629</u>	<u>439,239</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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