

LYNX WORKSHOP

England & Wales · Charity number 1139855

Details

Other names	LINKS
Status	Registered
Legal form	Charitable company
Company number	07363827
Registered	2011-01-14
Register	View on the Charity Commission register

Contact

Address	Unit 4 96 Queen Victoria Road Llanelli SA15 2TH
Phone	01554757957
Email	office@links.uk.net
Website	www.links.uk.net

Activities

Objects: THE RELIEF OF PERSONS WITH MENTAL HEALTH DISORDERS BY PROVIDING TRAINING AND WORK RELATED OPPORTUNITIES IN A SUPPORTIVE COMMUNITY ENVIRONMENT. THE AREA OF BENEFIT WILL BE THE DISTRICTS OF LLANELLI AND AMMANFORD

Activities: Links provides supported learning opportunities for people with mental health issues. An example of courses we run are: Information Technology and accredited Learndirect courses, pottery, art, textiles, creative writing, digital photography, film making, cycling, waking and greencraft.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage
- **Who:** People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** THE DISTRICTS OF LLANELLI AND AMMANFORD
- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£187,745	£222,584	-	-
2024-09-30	£122,462	£213,663	-	-
2023-09-30	£174,476	£258,620	-	-
2022-09-30	£304,155	£273,612	-	-
2021-09-30	£297,874	£209,894	-	-
2020-09-30	£287,867	£211,604	-	-

Trustees

Name	Role	Appointed
Steve Donoghue	Chair	2018-07-01
Claire Genner		2019-03-01
Dr Sharon Burford		2024-06-12
JAYNE BELVA HOWARTH		
Matthew Thomas		2023-10-07
Nicola DeStefano		2017-04-25
Rev ELDON PHILLIPS		2026-05-14
Teresa Lupini		2018-10-01

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts

Company registration number: 07363827
Charity registration number: 1139855

**LYNX WORKSHOP
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2025**

Lynx Workshop Contents

	Page
Trustees' Report	1—11
Independent Examiner's Report	12
Statement of Financial Activities (including Income and Expenditure Account)	13
Comparative Statement of Financial Activities (including Income and Expenditure Account)	14
Balance Sheet	15—16
Notes to the Financial Statements	17—22
The following pages do not form part of the statutory accounts:	
Detailed Statement of Financial Activities (including Income and Expenditure Account)	23—24

The trustees present their report and the financial statements for the year ended 30 September 2025.

Objectives and Activities

Aims and Objectives

Mission Statement:

Links is an unique Llanelli Mental Health Charity, providing support and learning opportunities to those within our community who have or are experiencing mental ill-health.

Objective Statement: - Links aims to help people to build their self-confidence and self-esteem by offering a range of accredited and non-accredited supported creative learning opportunities as well as progressive, person-centred personal development plans.

Public Benefit

During the year, Links Mental Health Carmarthenshire undertook a range of activities aligned with its charitable objectives to support the mental health and emotional well-being of individuals across Carmarthenshire.

Key initiatives included:

- Provision of emotional support through one-to-one sessions, group workshops, and peer support networks.
- Mental health advocacy and signposting, helping individuals access appropriate health and social care services.
- Drop-in services and community hubs, offering safe, inclusive spaces to reduce isolation and encourage community connection.
- Collaboration with statutory and third-sector partners to ensure seamless service provision.
- Educational outreach and awareness campaigns aimed at reducing stigma, encouraging early intervention, and promoting positive mental health.

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives, and when planning and delivering its activities. All services are offered either free of charge or at minimal cost, and are targeted at those most in need, including individuals facing disadvantage, isolation, or mental health crises.

The trustees are satisfied that the activities of Links continue to contribute meaningfully to the public good, helping to improve mental health outcomes, enhance personal resilience, and strengthen community wellbeing across Carmarthenshire.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.



Report
1st October 2024 to 30th September 2025

Links Highlights

In October 2024, Links was invited to set up a showcase at the barn in Parc Y Scarlets ahead of a home game. It was a fantastic opportunity, and we continued to showcase at every home game for the remainder of the season.



Showcasing in the barn before a home game at Parc Y Scarlets



Towards the end of October, members came up with the idea of hosting a fancy dress fun day at Links. The event was open to everyone, including family members and carers. A special visit from Cochyn, the Scarlets mascot, made the day even more memorable.



Everyone was thrilled to meet Cochyn — even 'Russell!

November was a time to honour and remember the fallen. Links members crafted handmade wreaths for Poppies to Paddington and to be laid at Llanelli Town Hall. Staff and a veteran member attended ceremonies to lay the wreaths.



Throughout November, members were busy crafting items to sell at our Christmas fayre, organised in partnership with the Goodshed and scheduled for December.



Christmas trees, wreaths, brooches, and Christmas paper are just some of the items created.

Below are some of the creations made by Links members: -In December, staff and members took part in a Christmas Fayre at the Goodshed. Staff dressed festively for the occasion, and one member volunteered to play Father Christmas in the grotto. Links also had a stall at the event to sell the items created by members.



Christmas at the Goodshed



A Links Christmas dinner was held at the Selwyn Samuel, Llanelli. Over 50 attended the lunch and a great time had by all.



At the start of the New Year, we collaborated with Joe Wilson to plan a new sculpture project. This project was designed to involve everyone at Links, with the goal of raising awareness about mental health illness. Joe visited Links to meet with members, gather ideas, and discuss potential designs.

In February, we launched a weekly game session every Thursday. Members expressed interest in trying table tennis, so we visited Llanelli Leisure Centre. They have continued to participate in games, including pool, badminton, and darts.



Members at Llanelli Leisure Centre

A Lego building session was held at Links as part of the CWTSH (Community Wellbeing Training and Support Hub) partnership, which hosts drop-ins every Friday. Members had the chance to purchase a box of flower-themed Lego for £1. Everyone had a great time, working together to complete the challenging pieces and enjoying the activity as a group.



CWTSH Lego Building



In March, our Tuesday and Wednesday sessions were exceptionally busy. Members knitted squares to create a blanket for our cwctch room. Everyone pitched in to make enough squares, and other members carefully stitched the blanket together. The result was a beautiful, handcrafted blanket for everyone to enjoy.



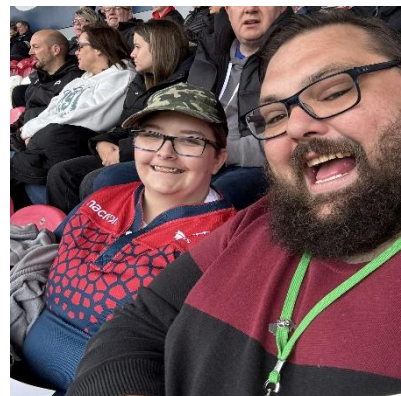
A great team effort by everyone involved!

Links took part in another event at the Goodshed, providing a great opportunity to showcase and sell members' work. Members and volunteers enjoyed being involved on the day, helping to set up the stall and engaging with the public.



Showcasing at the Goodshed

Towards the end of March, Links held a showcase at Parc Y Scarlets. Following the event, staff, volunteers, and members were treated to free tickets to watch the rugby match—a fantastic way to round off the day.



Parc Y Scarlets Showcase

During this reporting period, Links worked alongside the CWTSH project (Community Wellbeing Training and Support Hub) and held weekly drop-ins at Links which were facilitated by a Member Champion. A trip was also organised to the Royal Mint. 29 members attended the trip supported by staff. A great day had by all.



Links and CWTSH on a day out to the Royal Mint

As part of Asda's 60th birthday Links was presented with a community diamond award for the work that Links do for the Veterans in the community. Links Veterans accepted the award on behalf of Links Combined Forces



Links held a garden party to celebrate Victory in Europe Day, bringing the community together to commemorate the occasion and enjoy a day of socialising, refreshments, and shared memories.

Please click on the link below to view a short video of the event: -

<https://www.facebook.com/reel/1784003855510393>

To celebrate Mental Health Awareness Week, Links organised a day trip to Pembrey Country Park. The day included scenic walks through the forest, a visit to the beach, and a generous surprise when the members and staff were offered complimentary rides on the train. The day ended with a well-earned ice cream, making it a memorable day for everyone involved.



A day out at Pembrey Country Park



Links was awarded the Bronze Welsh Veterans Award in recognition of the valuable work it carries out in supporting the Armed Forces community.

[LINKS Llanelli - With tough competition in our category, we are... | Facebook](#)

Member Statements: -

- “Links is a fantastic place to go for support and to help you with any mental Disabilities that is through no fault of your own. they do a number of things to help occupy you even if it is just going and sitting amongst the others meeting new people I done this to start off and done my own thing on my computer but felt it got me out the house I now take part in things learn things and feel better for it at the end of the day as it as got me out of the 4 brick walls in my house which was affecting me without realising getting me down also all the staff just can not do enough for you if you feel you need a chat they are more than willing to help and support you in any which way they can . going to Links I have found it as also helped build my confidence up in the new year 2025 my aim is to get involved with Links doing Different things and try and find more time for going when feeling okay couldn't find better place to be and crowd to be around” - member D

- To all at Links thank you for always giving me such a lovely welcome, All good wishes for Christmas. - Member H
- To all the best staff at Links thank you for all that you have done for me wishing you all a merry Christmas lots of love. - Member M
- Happy Christmas would like to thank you for your support through out 2024 and i look forward to being part of Links in 2025, with the hard work and time you put in being there to support, best wishes . - Member D & K
- To all the staff thanks you for being there for all if us merry Christmas. - Member T
- Thank you xx you were the world to him. You changed his life for the better. xx he lived a life again rather than hide in his room, I will always remember that and you all. xx - message to Links from a Mother.
- “The community out there is missing out so much as the support here is amazing for all - thank you” - Member T
- “The staff are so special, and angels sent”- Member A
- “Forever grateful for Links thanks you for saving me and helping me get back in to employment” - Member C
- “The staff put themselves out the way to keep a eye on your every time thank you” Member G
- “Support from the staff and members have helped me with my daily living, without Links I would be lost” - Member A
- “Very Supportive when I had my father in hospital with Cancer of the neck.” - Member R
- “Many thanks to the staff for their encouragements particularly over the phone and throughout the day spent in Links.” – Member H
- “I am so happy coming to Links, and enjoy the activities that is given” – Member H
- “Staff extremely helpful, volunteers and members champions doing a great job, special thanks to Paul and Cath” – Member S
- “Glad your services get me out of the house and glad communication keeps me sane” - Member D
- “thanks to the staff for putting up with my phone calls every morning and my weeping, thanks for your love and support” - Member H

**Lynx Workshop
Trustees' Report (continued)
For The Year Ended 30 September 2025**

Financial Review

Reserves Policy

The charity maintains a reserves policy to ensure financial stability and to safeguard its ability to continue operating effectively in the event of unforeseen circumstances. The level of reserves is reviewed regularly to ensure it remains appropriate for the charity's needs.

Funds Materially in Deficit

There are no funds that are materially in deficit. All funds were actively monitored, and any variances addressed through appropriate financial controls.

Additional Note

The Management Committee meet regularly to set strategic direction and oversee performance. Day-to-day operations are delegated to a senior management team. The charity also works collaboratively with a range of external partners, including local authorities, other charities, and community organisations, to enhance service delivery and broaden its impact.

The Management Committee regularly review the major risks to which the charity is exposed, including financial, operational, reputational, and legal risks. A formal risk register is maintained and updated regularly. Appropriate systems and internal controls are in place to mitigate these risks, including robust financial procedures, safeguarding policies, and crisis management plans. The effectiveness of these measures is reviewed periodically to ensure they remain fit for purpose.

Links principal sources of income during the year included core funding from Hywel Dda and charitable foundations, contract funding for service delivery, and donations from individuals and community fundraising initiatives. Additional income was generated through targeted fundraising events across Carmarthenshire.

Expenditure during the year was focused on directly delivering services aligned with the charity's core aims improving mental health and wellbeing, reducing isolation, and providing accessible support to those in need. This included staffing costs, venue hire for NAAFI mornings and group activities, materials for educational, creative sessions, and administration necessary for safe and effective service delivery. All spending was carefully managed to ensure value for money and maximum impact for beneficiaries, in line with the charity's strategic priorities.

Structure, Governance and Management

Trustee Selection Methods

Links is governed by a Management Committee comprising of seven professional people from a wide variety of backgrounds. The Management Committee meet monthly to oversee the strategic direction and management of the charity. Executive Committee Members, (Trustees), are voted in every year at the Links AGM.

**Lynx Workshop
Trustees' Report (continued)
For The Year Ended 30 September 2025**

Reference and Administrative Details

Trustees

M Thomas
N Destefano
S Donoghue - Chairman
J B Howarth - Vice Chair
E Phillips (resigned 21/11/2024)
T Lupini
C Genner
S Burford

Charity Number

1139855

Company Number

07363827

Independent Examiner

Gwennan Thomas FCCA
Unity Accountancy
8 Station Road
Llanelli
Carms
SA15 1AL

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Stephen M Donoghue

Mr Stephen Donoghue (Jun 9, 2026,
10:00 AM)

S Donoghue

Trustee

09/06/2026

Lynx Workshop
Independent Examiner's Report to the Trustees of Lynx Workshop
For The Year Ended 30 September 2025

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2025.

Responsibilities and Basis of Report

As the charity trustees of the Company (and also its directors for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Gwennan Thomas FCCA
09/06/2026
8 Station Road
Llanelli
Carms
SA15 1AL

Lynx Workshop
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 30 September 2025

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	25,000	161,407	186,407	110,164
Other trading activities	4	-	1,338	1,338	12,298
		25,000	162,745	187,745	122,462
EXPENDITURE ON:					
Charitable activities:	7				
Mental Health Charity		(4,343)	(218,241)	(222,584)	(213,662)
NET EXPENDITURE		20,660	(55,499)	(34,839)	(91,200)
NET MOVEMENT IN FUNDS		20,660	(55,499)	(34,839)	(91,200)
RECONCILIATION OF FUNDS:					
Total funds brought forward		46,891	137,203	184,094	275,294
TOTAL FUNDS CARRIED FORWARD	15	67,551	81,704	149,255	184,094

The notes on pages 17 to 22 form part of these financial statements.

Lynx Workshop
Comparative Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 30 September 2025

		Unrestricted funds	Restricted funds	2024 Total funds
	Notes	£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	1,474	108,690	110,164
Other trading activities	4	-	12,298	12,298
		1,474	120,988	122,462
EXPENDITURE ON:				
Charitable activities:	7			
Mental Health Charity		(5,845)	(207,817)	(213,662)
NET EXPENDITURE		(4,371)	(86,829)	(91,200)
NET MOVEMENT IN FUNDS		(4,371)	(86,829)	(91,200)
RECONCILIATION OF FUNDS:				
Total funds brought forward		51,262	224,032	275,294
TOTAL FUNDS CARRIED FORWARD	15	46,891	137,203	184,094

The notes on pages 17 to 22 form part of these financial statements.

**Lynx Workshop
Balance Sheet
As At 30 September 2025**

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	11	4,825	7,265	12,090	9,724
		4,825	7,265	12,090	9,724
CURRENT ASSETS					
Debtors	12	-	27,891	27,891	24,358
Cash at bank and in hand		67,125	68,783	135,908	160,528
		67,125	96,674	163,799	184,886
Creditors: Amounts Falling Due Within One Year	13	-	(26,634)	(26,634)	(10,516)
NET CURRENT ASSETS (LIABILITIES)		67,125	70,040	137,165	174,370
TOTAL ASSETS LESS CURRENT LIABILITIES		71,950	77,305	149,255	184,094
NET ASSETS		71,950	77,305	149,255	184,094
FUNDS OF THE CHARITY					
Restricted Funds				81,704	137,203
Unrestricted Funds				67,551	46,891
TOTAL FUNDS	15			149,255	184,094

**Lynx Workshop
Balance Sheet (continued)
As At 30 September 2025**

For the year ending 30 September 2025 the charitable company was entitled to exemption from audit under section 479a of the Companies Act 2006 relating to subsidiary companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

On behalf of the board

Stephen M Donoghue

Mr Steven Donoghue (Jun 9, 2026,
1:06pm)

S Donoghue

Trustee

09/06/2026

The notes on pages 17 to 22 form part of these financial statements.

Lynx Workshop
Notes to the Financial Statements
For The Year Ended 30 September 2025

1. General Information

Lynx Workshop is a company limited by guarantee, incorporated in England & Wales, registered number 07363827 and registered charity number 1139855 . The registered office is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements 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 charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has an entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

2.3. Resources Expended

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	20% straight line
Fixtures & Fittings	20% reducing balance
Computer Equipment	20% straight line

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

Lynx Workshop
Notes to the Financial Statements (continued)
For The Year Ended 30 September 2025

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	-	12,657	12,657
Grants	25,000	148,750	173,750
	<u>25,000</u>	<u>161,407</u>	<u>186,407</u>

	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	1,474	13,945	15,419
Grants	-	94,745	94,745
	<u>1,474</u>	<u>108,690</u>	<u>110,164</u>

4. Income from Other Trading Activities

	2025	2024
	Restricted funds	Restricted funds
	£	£
Fundraising events	1,338	12,298
	<u>1,338</u>	<u>12,298</u>

5. Government Grants

Government grants recognised in the accounts were as follows:

Restricted Grant Income – Government and Public Sector Funding

Restricted grant income represents funding received from government and public-sector bodies for specified charitable activities and projects. During the year the charity recognised £96,249 of restricted grant income from Hywel Dda University Health Board, Carmarthenshire County Council and associated commissioned programmes administered through Carmarthenshire Micro-Commissioning Fund

	2025	2024
	£	£
Hywel Dda University Health Board	88,749	-
Carmarthenshire County Council	2,500	-
Carmarthenshire Micro-Commissioning Fund	5,000	-
	<u>96,249</u>	<u>-</u>

Lynx Workshop
Notes to the Financial Statements (continued)
For The Year Ended 30 September 2025

6. Net Income/(Expenditure)

The net expenditure is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	3,469	2,510

7. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note 8)	2025
	£	£	Total £
Mental Health Charity	13,210	209,374	222,584

	Activities undertaken directly	Support costs (see note 8)	2024
	£	£	Total £
Mental Health Charity	12,480	201,182	213,662

8. Support Costs

	2025
	Mental Health Charity £
Employee costs	152,101
Premises expenses	29,413
General administration	24,391
Depreciation	3,469
	209,374

Lynx Workshop
Notes to the Financial Statements (continued)
For The Year Ended 30 September 2025

	2024 Mental Health Charity £
Employee costs	143,591
Premises expenses	34,003
General administration	21,078
Depreciation	2,510
	201,182

9. Staff Costs

Staff costs were as follows:

	2025 £	2024 £
Wages and salaries	132,502	127,363
Social security costs	1,525	-
Other pension costs	9,629	9,756
	143,656	137,119

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 9 (2024:)

11. Tangible Assets

	Plant & Machinery £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
As at 1 October 2024	378	40,646	6,978	48,002
Additions	-	474	5,360	5,834
As at 30 September 2025	378	41,120	12,338	53,836
Depreciation				
As at 1 October 2024	227	36,488	1,563	38,278
Provided during the period	75	926	2,467	3,468
As at 30 September 2025	302	37,414	4,030	41,746

...CONTINUED

Lynx Workshop
Notes to the Financial Statements (continued)
For The Year Ended 30 September 2025

Net Book Value

As at 30 September 2025	76	3,706	8,308	12,090
As at 1 October 2024	151	4,158	5,415	9,724

12. Debtors

	2025		2024	
	£		£	
Due within one year				
Trade debtors		27,891		24,358

13. Creditors: Amounts Falling Due Within One Year

	2025		2024	
	£		£	
Trade creditors		15,198		(2)
Other creditors		11,436		10,518
		26,634		10,516

14. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £9,629 (2024: £9,756).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

15. Movement in Funds

	As at 1 October 2024	Income	Expenditure	As at 30 September 2025
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	46,891	25,000	(4,340)	67,551
Restricted funds				
Restricted fund	137,203	162,745	(218,244)	81,704
Total funds	184,094	187,745	(222,584)	149,255

Lynx Workshop
Notes to the Financial Statements (continued)
For The Year Ended 30 September 2025

	As at 1 October 2023 £	Income £	Expenditure £	As at 30 September 2024 £
Unrestricted funds				
General:				
General unrestricted fund	51,262	1,474	(5,845)	46,891
Restricted funds				
Restricted fund	224,032	120,988	(207,817)	137,203
Total funds	<u>275,294</u>	<u>122,462</u>	<u>(213,662)</u>	<u>184,094</u>

16. Transactions with Trustees

During the year the expenses reimbursed to the trustees or paid directly to third parties were as follows:

2025 £	2024 £

17. Related Party Disclosures

18. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

Lynx Workshop
Detailed Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 30 September 2025

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations from individuals	9,007	12,617
Donations from organisations	-	2,802
Social club income	3,650	-
Grants	77,500	-
Government Grants	96,250	94,745
	<u>186,407</u>	<u>110,164</u>
Other trading activities		
Fundraising events	1,338	12,298
	<u>1,338</u>	<u>12,298</u>
	<u>187,745</u>	<u>122,462</u>
EXPENDITURE ON:		
Charitable Activities:		
Mental Health Charity		
Purchases	(13,210)	(7,873)
Staging fundraising events	-	(4,607)
Wages and salaries	(132,502)	(127,363)
Employers NI	(1,525)	-
Employers pensions - defined contributions scheme	(9,629)	(9,756)
Sessional workers	(4,595)	(2,523)
Travel and training expenses	(3,850)	(3,949)
Rent, heat and light	(21,344)	(25,538)
Repairs and maintenance	(1,098)	(1,644)
Cleaning	(4,555)	(5,211)
Premises insurance	(2,416)	(1,610)
Advertising, stationery and office costs	(9,152)	(7,313)
Telephone and postage costs	(6,885)	(5,351)
Accountancy fees	(1,772)	(1,746)
Legal and professional fees	(4,791)	(4,270)
Professional subscriptions	(1,208)	(827)
Bank charges	(322)	(284)
		...CONTINUED

Lynx Workshop
Detailed Statement of Financial Activities (including Income and Expenditure Account) (continued)
For The Year Ended 30 September 2025

Charitable donations	(49)	(120)
Sundry expenses	(212)	(1,167)
Depreciation	(3,469)	(2,510)
	(222,584)	(213,662)
	(222,584)	(213,662)
NET EXPENDITURE	(34,839)	(91,200)



Issuer Unity Accountancy

Document generated Tue, 9th Jun 2026 11:29:56 BST

Document fingerprint f389ab34065aca26f9b461c66a5b80bb

Parties involved with this document

Document processed	Party + Fingerprint
Tue, 9th Jun 2026 13:06:09 BST	Mr Steven Donoghue - Signer (383d80d89d52bc1a94f4440911c8261e)

Audit history log

Date	Action
Tue, 9th Jun 2026 11:29:56 BST	Envelope generated by Gwennan Thomas (188.66.67.12)
Tue, 9th Jun 2026 11:29:57 BST	Document generated with fingerprint f389ab34065aca26f9b461c66a5b80bb (188.66.67.12)
Tue, 9th Jun 2026 11:29:57 BST	Document generated with fingerprint d294ab3d0be6caa893228af21c46b8ef (188.66.67.12)
Tue, 9th Jun 2026 11:34:06 BST	Sent the envelope to Mr Steven Donoghue for signing (188.66.67.12)
Tue, 9th Jun 2026 11:34:06 BST	Document emailed to party email
Tue, 9th Jun 2026 13:05:29 BST	Mr Steven Donoghue viewed the envelope (31.94.60.1)
Tue, 9th Jun 2026 13:06:09 BST	Mr Steven Donoghue signed the envelope (31.94.60.1)
Tue, 9th Jun 2026 13:06:09 BST	This envelope has been signed by all parties (31.94.60.1)
Tue, 9th Jun 2026 13:06:09 BST	Signed document confirmation emailed to party email (31.94.60.1)
Tue, 9th Jun 2026 13:06:09 BST	Signed document confirmation emails have been sent to all parties.
	Document URL: https://api.signable.app/shareable/envelope?t=ec67091a-8bea-4a4e-8de9-27a9f2926570 (31.94.60.1)

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2023		Day 30	Month 09	Year 2024

Section A Reference and administration details

Charity name Lynx Workshop

Other names charity is known by

Registered charity number (if any) 1139855

Charity's principal address The Palms

96 Queen Victoria Road

Llanelli, Carm. S.

Postcode

SA15 2TH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Steve Donoghue	Chairman		
2	Teresa Lupini			
3	Rev E Phillips			
4	Nicola De Stefano			
5	J B Howarth	Vice Chair		
6	Claire Genner			
7	Dr Sharon Burford		Appointed 12/06/2024	
8	Matthew Thomas		Appointed 07/10/2023	
9	Michael Thomas	Treasurer	Appointed 05/10/2023 Resigned 20/09/2024	
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association
How the charity is constituted (eg. trust, association, company)	Company
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Links is governed by a Management Committee comprising of seven professional people from a wide variety of backgrounds. The Management Committee meet monthly to oversee the strategic direction and management of the charity. Executive Committee Members, (Trustees), are voted in every year at the Links AGM.

The Management Committee meet regularly to set strategic direction and oversee performance. Day-to-day operations are delegated to a senior management team. The charity also works collaboratively with a range of external partners, including local authorities, other charities, and community organisations, to enhance service delivery and broaden its impact.

The Management Committee regularly review the major risks to which the charity is exposed, including financial, operational, reputational, and legal risks. A formal risk register is maintained and updated regularly. Appropriate systems and internal controls are in place to mitigate these risks, including robust financial procedures, safeguarding policies, and crisis management plans. The effectiveness of these measures is reviewed periodically to ensure they remain fit for purpose.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Mission Statement: - Links is a unique to Llanelli Mental Health Charity, providing support and learning opportunities to those within our community who have or are experiencing mental ill-health.

Objective Statement: - Links aims to help people to build their self-confidence and self-esteem by offering a range of accredited and non-accredited supported creative learning opportunities as well as progressive, person-centred personal development plans.

During the year, Links Mental Health Carmarthenshire undertook a range of activities aligned with its charitable objectives to support the mental health and emotional well-being of individuals across Carmarthenshire.

Key initiatives included:

- Provision of emotional support through one-to-one sessions, group workshops, and peer support networks.
- Mental health advocacy and signposting, helping individuals access appropriate health and social care services.
- Drop-in services and community hubs, offering safe, inclusive spaces to reduce isolation and encourage community connection.
- Collaboration with statutory and third-sector partners to ensure seamless service provision.
- Educational outreach and awareness campaigns aimed at reducing stigma, encouraging early intervention, and promoting positive mental health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives, and when planning and delivering its activities. All services are offered either free of charge or at minimal cost, and are targeted at those most in need, including individuals facing disadvantage, isolation, or mental health crises.

The trustees are satisfied that the activities of Links continue to contribute meaningfully to the public good, helping to improve mental health outcomes, enhance personal resilience, and strengthen community well-being across Carmarthenshire.

Additional details of objectives and activities (Optional information)

Links benefited from having 6 active volunteers and 10 member champions who between them provided 1034 hours of their time whilst supporting sessions.

Member Champions helped during sessions and, with support from staff, delivered cooking activities, ran a CWTSH drop-in at Links, undertook training to become PAT testers, and helped at community events.

The Member Champion Programme is designed to utilise members' existing skills while helping them build confidence and develop new ones.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

- Links supported a veteran in exhibiting his artwork at Ffwrnes Theatre. This opportunity arose after the veteran, with support from Age Cymru, shared his artwork at a previous breakfast club. As Links already had access to free wall space at the theatre to display members' work, they were able to offer a spot for the exhibition. A small launch event was held during the month, attended by the veteran's family, friends, and members of the community.
- Members participated in a course focused on managing anxiety and depression, facilitated by NHS staff. A total of 11 members attended, providing excellent feedback and expressing interest in having similar courses hosted at Links in the future.
- To mark Volunteers Week, Links took part in an event at the Goodshed. It was a wonderful opportunity for our staff and volunteers to come together and celebrate the incredible contributions of all those who generously give their time. The impact of our volunteers is immense—without them, we would not be able to achieve even half of what we do at Links.
- Links Director Jayne Howarth, in collaboration with the Phoenix Theatre Group, organised a murder mystery evening at the Diplomat Hotel in Llanelli. The event was a great success, raising an impressive £2,500 for Links.
- Links summer trip destination was chosen by member vote, with Saundersfoot coming out on top. The sun was shining, spirits were high, and everyone had a wonderful time. Some staff and members even enjoyed a paddle in the sea.
- Links Combined NAAFI mornings in September, the Army Engagement Team from Brecon Barracks visited to connect with staff and veterans. The visit sparked engaging conversations about past service experiences and how the Armed Forces have evolved over the years.
- members came up with the idea of hosting a fancy dress fun day at Links. The event was open to everyone, including family members and carers. A special visit from Cochyn, the Scarlets mascot, made the day even more memorable.
- Links members crafted handmade wreaths for Poppies to Paddington and to be laid at Llanelli Town Hall. Staff and a veteran member attended ceremonies to lay the wreaths.
- Staff and members took part in a Christmas Fayre at the Goodshed. Staff dressed festively for the occasion, and one member volunteered to play Father Christmas in the grotto. Links also had a stall at the event to sell the items created by members.
- Links collaborated with Joe Wilson to plan a new sculpture project. This project was designed to involve everyone at Links, with the goal of raising awareness about mental health illness. Joe visited Links to meet with members, gather ideas, and discuss potential designs.
- Links took part in another event at the Goodshed, providing a great opportunity to showcase and sell members' work. Members and volunteers enjoyed being involved on the day, helping to set up the stall and engaging with the public.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity maintains a reserves policy to ensure financial stability and to safeguard its ability to continue operating effectively in the event of unforeseen circumstances. The level of reserves is reviewed regularly to ensure it remains appropriate for the charity's needs.

Details of any funds materially in deficit

There are no funds that are materially in deficit. All funds were actively monitored, and any variances addressed through appropriate financial controls.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Links principal sources of income during the year included core funding from Hywel Dda and charitable foundations, contract funding for service delivery, and donations from individuals and community fundraising initiatives. Additional income was generated through targeted fundraising events across Carmarthenshire. Expenditure during the year was focused on directly delivering services aligned with the charity's core aims improving mental health and well-being, reducing isolation, and providing accessible support to those in need. This included staffing costs, venue hire for NAAFI mornings and group activities, materials for educational, creative sessions, and administration necessary for safe and effective service delivery. All spending was carefully managed to ensure value for money and maximum impact for beneficiaries, in line with the charity's strategic priorities.

Section F

Other optional information

--

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Steve Donoghue</i>	
Full name(s)	Mr Steven Donoghue (Jun 24, 2025, 7:11am) Steven Donoghue	
Position (eg Secretary, Chair, etc)	Chairman	
Date	05/03/2025	



Issuer Unity Accountancy

Document generated Mon, 23rd Jun 2025 18:33:11 BST

Document fingerprint f6382432aec62472f5a15f45a7672700

Parties involved with this document

Document processed	Party + Fingerprint
Tue, 24th Jun 2025 7:11:03 BST	Mr Steven Donoghue - Signer (4e4eaa7b18b3a837b2466f6985169f93)

Audit history log

Date	Action
Mon, 23rd Jun 2025 18:33:11 BST	Envelope generated by Danah Faustino (86.167.227.82)
Mon, 23rd Jun 2025 18:33:12 BST	Document generated with fingerprint eb9237d76b56281592970650db1d7917 (86.167.227.82)
Mon, 23rd Jun 2025 18:33:12 BST	Document generated with fingerprint 908790f1a0c27bee47e78f7a23ac11a7 (86.167.227.82)
Mon, 23rd Jun 2025 18:33:14 BST	Document generated with fingerprint f6382432aec62472f5a15f45a7672700 (86.167.227.82)
Mon, 23rd Jun 2025 18:38:04 BST	Sent the envelope to Mr Steven Donoghue for signing (86.167.227.82)
Mon, 23rd Jun 2025 18:38:04 BST	Document emailed to party email
Tue, 24th Jun 2025 7:09:12 BST	Mr Steven Donoghue viewed the envelope (81.155.89.35)
Tue, 24th Jun 2025 7:11:03 BST	Mr Steven Donoghue signed the envelope (81.155.89.35)
Tue, 24th Jun 2025 7:11:03 BST	This envelope has been signed by all parties (81.155.89.35)

Registered Company Number: 07363827
Registered Charity Number: 1139855

LYNX WORKSHOP

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Page
Company Information	1
Accountant's Report	2
Income and Expenditure Account	3
Balance Sheet	4

**LYNX WORKSHOP
COMPANY INFORMATION
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

Directors

Miss Nicola Destefano
Mr Steven Donoghue
Jayne Howarth
Reverend Eldon Phillips
Mrs Teresa Lupini
Miss Claire Genner
Mr Michael Thomas
Mr Matthew Thomas
Dr Sharon Burford

Company Number

07363827

Registered Office

The Palms
96 Queen Victoria Road
Llanelli
Carmarthenshire
SA15 2TH

Accountants

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

**LYNX WORKSHOP
ACCOUNTANT'S REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

In accordance with the engagement letter dated 25 September 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this 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 Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 September 2024 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

G T Thomas

George Thomas (Jun 27, 2025,
05/09/2025

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

**LYNX WORKSHOP
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

	Notes	2024 £	2023 £
Income		122,462	174,476
Purchases		(12,481)	(6,772)
Net Income		109,981	167,704
Administrative expenses		(201,182)	(251,848)
OPERATING LOSS FOR THE FINANCIAL YEAR		(91,201)	(84,144)

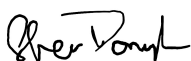
**LYNX WORKSHOP
BALANCE SHEET
AS AT 30 SEPTEMBER 2024**

	2024		2023	
	£	£	£	£
FIXED ASSETS				
Tangible Assets		9,724		5,675
		9,724		5,675
CURRENT ASSETS				
Debtors	24,358		22,157	
Cash at bank and in hand	160,528		260,652	
		184,886		282,809
Creditors: Amounts Falling Due Within One Year		(10,517)		(13,190)
NET CURRENT ASSETS		174,369		269,619
TOTAL NET ASSETS		184,093		275,294
NET ASSETS		184,093		275,294
Profit and Loss Account		184,093		275,294
CAPITAL AND RESERVES		184,093		275,294

Lynx Workshop 30.09.24
Charity Number 1139855
Income & Expenditure Account

Income & Expenditure Account

Unrestricted Income		Restricted Income		Total
LHB Grants		LHB Grants	86994.75	
Adferiad Grants		Adferiad Grants	7750.00	
CCC Grants		CCC Grants		
Armed Forces Covenant		Armed Forces Covenant	1328.00	
Fundraising		Fundraising	12298.41	
Donations		Donations	12617.33	
Lloyds Bank	1474.17	Lloyds Bank		
Total Unrestricted Income	<u>1474.17</u>	Total Restricted Income	<u>120988.49</u>	122462.66
Unrestricted Expenses		Restricted Expenses		
Purchases	372.60	Purchases	7500.81	
Fundraising		Fundraising	4607.00	
Wages & Salaries		Wages & Salaries	127363.45	
Travel & Training		Travel & Training	3949.09	
Pension		Pension	9755.53	
Sessional Workers		Sessional Workers	2522.76	
Cleaning		Cleaning	5211.47	
Rent, Heat & Light		Rent, Heat & Light	25537.59	
Repairs		Repairs	1644.30	
Insurance		Insurance	1610.36	
Subscriptions	35.00	Subscriptions	791.52	
Legal & Professional		Legal & Professional	4270.48	
Accountancy		Accountancy	1746.36	
Advertising, stationery & Office	3797.00	Advertising, stationery & Office	3516.10	
Telephone & Postage	83.19	Telephone & Postage	5267.45	
Charitable Donations		Charitable Donations	120.00	
Bank Charges		Bank Charges	284.17	
Sundries	1149.35	Sundries	17.51	
Depreciation	407.87	Depreciation	2102.55	
Total Unrestricted Expenses	<u>5845.01</u>	Total Restricted Expenses	<u>207818.50</u>	213663.51
Net surplus / (deficit)	<u><u>4370.84</u></u>		<u><u>-86830.01</u></u>	<u><u>-91200.85</u></u>

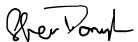


Mr Steve Donoghue (Jun 30, 2025,
Mr Steve Donoghue
Chairman
05/03/2025

Lynx Workshop 30.09.24
Charity Number 1139855
Balance Sheet

Balance Sheet

	Unrestricted Funds	Restricted Funds	Total Funds
Fixed Assets			
Tangible Assets	1631.00	8093.00	9724.00
Current Assets			
Debtors & Prepayments	0.00	24358.00	24358.00
Cash at bank and in hand	45259.00	115269.00	160528.00
Creditors			
Amounts falling due within one year	0.00	10517.00	10517.00
Total Assets Less Current Liabilities	46890.00	137203.00	184093.00
Accruals & Deferred Income	0.00	0.00	0.00
	46890.00	137203.00	184093.00
Funds			
Unrestricted Funds			46890.00
Restricted Funds			137203.00
Total Funds			184093.00
	Unrestricted Funds	Restricted Funds	Total
B/f funds	51961.00	223333.00	275294.00
Net income / outgoing	-5071.00	-86130.00	-91201.00
Total funds c/f	46890.00	137203.00	184093.00



Mr Steven Donoghue (Jun 30, 2025, 5:07pm)

Chairman
05/03/2025



Issuer Unity Accountancy

Document generated Fri, 27th Jun 2025 12:43:15 BST

Document fingerprint 0b019d58cc5d8f4ef24a15c0eeeeec4d4

Parties involved with this document

Document processed

Party + Fingerprint

Fri, 27th Jun 2025 12:47:54 BST	Gwennan Thomas - Signer (5ed7e83e9fd89b0843d1e64287e7c4d7)
Mon, 30th Jun 2025 17:07:03 BST	Mr Steven Donoghue - Signer (5f978446f118cc8941645a8d7bcb68f1)

Audit history log

Date	Action
Fri, 27th Jun 2025 12:43:15 BST	Envelope generated by Danah Faustino (86.167.227.82)
Fri, 27th Jun 2025 12:43:20 BST	Document generated with fingerprint 0b019d58cc5d8f4ef24a15c0eeeeec4d4 (86.167.227.82)
Fri, 27th Jun 2025 12:46:24 BST	Sent the envelope to Gwennan Thomas for signing (86.167.227.82)
Fri, 27th Jun 2025 12:47:08 BST	Document emailed to party email
Fri, 27th Jun 2025 12:47:16 BST	Gwennan Thomas opened the document email. (20.90.138.244)
Fri, 27th Jun 2025 12:47:16 BST	Gwennan Thomas opened the document email. (20.90.138.244)
Fri, 27th Jun 2025 12:47:16 BST	Gwennan Thomas viewed the envelope (20.90.138.244)
Fri, 27th Jun 2025 12:47:30 BST	Gwennan Thomas viewed the envelope (86.167.227.82)
Fri, 27th Jun 2025 12:47:54 BST	Gwennan Thomas signed the envelope (86.167.227.82)
Fri, 27th Jun 2025 12:47:54 BST	Sent the envelope to Mr Steven Donoghue for signing (86.167.227.82)
Fri, 27th Jun 2025 12:48:06 BST	Document emailed to party email
Mon, 30th Jun 2025 11:16:41 BST	Sent Mr Steven Donoghue a reminder to sign the document. (86.167.227.82)
Mon, 30th Jun 2025 11:16:42 BST	Document emailed to party email
Mon, 30th Jun 2025 17:06:37 BST	Mr Steven Donoghue viewed the envelope (81.155.89.35)
Mon, 30th Jun 2025 17:07:03 BST	Mr Steven Donoghue signed the envelope (81.155.89.35)
Mon, 30th Jun 2025 17:07:03 BST	This envelope has been signed by all parties (81.155.89.35)



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Lynx Workshop

On accounts for the year
ended

30/09/2024

Charity no
(if any)

1139855

Set out on pages

(remember to include the page numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

G T Thomas

Date:

26/06/2025

Gwennan Thomas (Jun 26, 2025, 6:35pm)

Name:

Gwennan Thomas

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:	8 Station Road
	Llanelli
	SA15 1AL

Section B**Disclosure**

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.



Issuer Unity Accountancy

Document generated Thu, 26th Jun 2025 18:34:42 BST

Document fingerprint abf45c5a326e05e247a51dc65ecd1265

Parties involved with this document

Document processed	Party + Fingerprint
Thu, 26th Jun 2025 18:35:55 BST	Gwennan Thomas - Signer (f8f0bc20ce4a1565d02f31063028c303)

Audit history log

Date	Action
Thu, 26th Jun 2025 18:34:42 BST	Envelope generated by Danah Faustino (86.167.227.82)
Thu, 26th Jun 2025 18:34:44 BST	Document generated with fingerprint abf45c5a326e05e247a51dc65ecd1265 (86.167.227.82)
Thu, 26th Jun 2025 18:35:29 BST	Sent the envelope to Gwennan Thomas for signing (86.167.227.82)
Thu, 26th Jun 2025 18:35:30 BST	Document emailed to party email
Thu, 26th Jun 2025 18:35:36 BST	Gwennan Thomas opened the document email. (20.90.138.244)
Thu, 26th Jun 2025 18:35:36 BST	Gwennan Thomas opened the document email. (20.90.138.244)
Thu, 26th Jun 2025 18:35:37 BST	Gwennan Thomas viewed the envelope (20.90.138.244)
Thu, 26th Jun 2025 18:35:42 BST	Gwennan Thomas viewed the envelope (86.167.227.82)
Thu, 26th Jun 2025 18:35:56 BST	Gwennan Thomas signed the envelope (86.167.227.82)
Thu, 26th Jun 2025 18:35:56 BST	This envelope has been signed by all parties (86.167.227.82)

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2022		Day 30	Month 09	Year 2023

Section A Reference and administration details

Charity name Lynx Workshop

Other names charity is known by

Links

Registered charity number (if any) 1139855

Charity's principal address The Palms

96 Queen Victoria Road

Llanelli, Carmns.

Postcode

SA15 2TH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Steve Donoghue	Chairman		
2	Teresa Lupini	Trustee		
3	Rev E Phillips	Trustee		
4	Nicola De Stefano	Trustee		
5	Jayne Howarth	Vice Chair		
6	Claire Genner	Trustee		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Michele Rees – General Manager

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association
How the charity is constituted (eg. trust, association, company)	Company
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>Links is governed by a Management Committee comprising of seven professional people from a wide variety of backgrounds. The Management Committee meet monthly to oversee the strategic direction and management of the charity. Executive Committee Members, (Trustees), are voted in every year at the Links AGM. Trustees are responsible for the financial scrutiny of the organisation and have the required skills to undertake this role. They also collectively make decisions, as and when required, as a direct result of management reports provided by the Manager, Assistant Manager, and member forums. Strategic and financial decisions are made by formal discussions/meetings with the General Manager. Ratification is then sought at board level and voted on where necessary.</p> <p>Links is a well-established organisation with a range of networks within the local and Carmarthenshire area. We have excellent working relationships with other mental health and supporting organisations, working either on a cross-referral basis, collaborative basis, or at a strategic level</p> <p>Risks and contingencies are as follows: -</p> <ul style="list-style-type: none"> • Funding is not secured – apply to a range of funding streams as a precaution. • Hard to engage with new members – increased publicity, engagement with partners, press coverage, and active online and ‘on the ground’ marketing campaign. • Recruitment of quality staff – professional recruitment planning and advertising through networks. • Difficulty in getting people to volunteer – explain the roles fully and offer flexible volunteering options with minimum commitment. Disseminate the benefits of volunteering and explain that all expenses will be covered. Actively seek new volunteers using a range of methods (e.g. Job Centre) • Project outcomes are not reached – ensure that monthly
--	---

monitoring and evaluation cycles are applied and the project is adjusted accordingly.

- Low attendance – monthly attendance reports are scrutinised and acted upon by all staff. Carry out welfare calls to non-attending members.
- Low visitor numbers to events and exhibitions – plan publicity for each exhibition well in advance, work with local communities in area to promote events.
- Staff sickness – cross training, external organisations to provide cover for sessional work
- Major incidents – major incident evacuation procedures are in place with emergency assembly points identified. Building insurance is in place and staff are First Aid trained. A Defibrillator is mounted nearby which was funded through a Links' members charity campaign.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Links is a mental health 'move on' project. We offer our members support with social issues in order that they can move on in their lives. Links aims to reduce isolation and help people to build their self-confidence and self-esteem by offering a range of accredited and non-accredited creative learning and volunteering or employment opportunities.

The short-term goal of our organisation is for our service users to gain in confidence, improve their self-esteem and feel safer in their community.

The long-term goal of our organisation is for our service users move on from the project with new skills and a level of confidence that restores their feeling of self-worth.

Mission Statement: - Links is a unique to Llanelli Mental Health Charity, providing support and learning opportunities to those within our community who have or are experiencing mental ill-health.

Objective Statement: - Links aims to help people to build their self-confidence and self-esteem by offering a range of accredited and non-accredited supported creative learning opportunities as well as progressive, person-centred personal development plans.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The core service function of our organisation continued to provide flexible and supported learning, training and employment opportunities to individuals who are experiencing or recovering from mental health illness. We facilitated this through well-managed timetabled courses that take place in a warm, friendly, and safe environment. We continued to support people to help them to move on in their lives and to return to mainstream education and employment both paid/unpaid.

We continued to develop the social enterprise project, so members could create artwork and organise exhibitions to display and sell their work within a range of community and public venues, harnessing their feeling of self-worth and achievement.

The community benefited from the project, as follows:-

1. Prevented people from becoming mentally unwell by reducing the chances of relapse;

By giving people a safe place to receive emotional and practical support and where they can learn creative skills to help express themselves.

2. Reduced loneliness and isolation of those affected by mental ill health;

Provided opportunities for people to make friends, socialise, relax and convene within a community setting within the centre and outside the centre.

3. Helped the community to become a friendlier place for people with mental ill health (including a greater understanding by friends and families.)

Provided information for the public, and for friends and families, from people with lived experience, creating public art exhibitions to promote mental health awareness and understanding and challenge stigma.

4. Members improved confidence and self-esteem and felt safer and more settled in their communities.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Links benefited from having 4 active volunteers. All volunteers receive induction, supervision, on-going training and attend dedicated volunteer meetings. Volunteers are recruited via CAVS or by word of mouth. All volunteers work alongside a member of staff which ensures good models of practice.

Links also benefited from 6 members taking up the role of 'member champion'. The members champions supported tutors in their sessions and with the support of staff delivered cooking and other craft making sessions. The member champion role is a programme that utilises members skills to help them gain confidence and develop new skills.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

During this reporting period, Links received referrals that came via self-referrals, Primary, Secondary and Third Sector.

During the reporting period Links held several events. A workshop was held by 'Top Stitch' where members had the opportunity to sew a Christmas tree or decoration. Members who had not used a sewing machine by attending the workshop gained confidence and a new skill for sewing.

To showcase Links services in the community, Links was given the opportunity to have a Christmas stall in Morrisons, Llanelli.

To celebrate Christmas members voted on the Harry Watkin as the venue to hold the Links Christmas party. 31 people attended the lunch, a great time had by all.

During February two trips were organised for the photography group. The first trip was to the Glynn Vivian gallery in Swansea. The second trip was a visit to the Good Shed in Llanelli. Plans were discussed on holding an exhibition at the Good Shed when the building is fully renovated. Members enjoyed hearing about the history of the building and work that was undertaken in its restoration.

Links Manager was invited to attend an event to accept a donation on behalf of Links. The Llanelli Town AFC Veterans raised money in memory of former Swansea City defender Mark Davies, who sadly passed away whilst playing in a cup game. Mark was very passionate about mental health and so Links was chosen to receive a donation in his memory of £600.

In March a trip was arranged to visit the BBC exhibition in Cardiff National Museum. 23 people attended the trip and a great day out had by all. The exhibition was interesting and members even had the opportunity to have a go at reading the news.

Another event held in March was the Links curry evening fundraiser. The evening was held in The Sultan and compared by one of Links Directors. A fantastic £250 was raised for Links from the event.

During April, Links held an exhibition at the Origin in Carmarthen. The Origin gallery kindly offered free window space for members work to be on display. The exhibition ran for 4 weeks. Members helped with the setting up and dismantling of the exhibition. It was a great way to recycle old jeans and turning them into something beautiful for all to enjoy.

In May Links was informed that the New Town Mayor for Llanelli had chosen Links as one of his chosen charities. Staff were invited to the Mayor's Parlour to meet the Mayor, Town councillors and the mayors' other chosen charities, Threshold DAS and Llanelli Centre for the Deaf. It was an enjoyable evening and a great networking opportunity.

To showcase Links service during world mental health week, Links held a stall at Morrisons, Llanelli. It was a great opportunity for member to showcase their work and talk about Links service to members of the public.

During this reporting period two members were awarded grants through the SANE creative awards scheme. Each member was awarded a grant to cover the cost of materials, specific projects, or training courses.

A tremendous achievement for both members who worked hard to submit their pieces of artwork.

In May a local theatre company 'Curtain Up' held a fundraising production in Ffwrnes theatre. Links was chosen as their charity to receive a massive £2500 donation. As a thank you the cast of curtain up was invited to visit the project.

May saw the celebration of a very special moment in British history: The Coronation of King Charles 3rd. Links organised a party for which Asda, Llanelli kindly donated decorations and refreshments. Staff and members

Section D

Achievements and performance

dressed up for the occasion and a fun time was had by all. The occasion was also marked by a surprise visit by Lee Waters AM which added to the day. At the start of this reporting period Local Authority and Hywel Dda the third sector health and social care underwent a recommissioning. Links submitted a tender application for 'Community Wellbeing' with Local Authority and in January submitted a tender application for 'Employment and Training'. Unfortunately, Links was unsuccessful with the Local Authority tender, but I am delighted to report that Links was successful with the Hywel Dda Tender. This was a great relief to Directors, Staff, and members, as being successful will ensure that Links can continue to provide a much-needed service to the community for the next 3 years. A member champion and volunteers' lunch was organised in recognition of the hard work and dedication shown by the team. A great time was had by all. This small gesture of thanks was really appreciated by the team. Links held its AGM in July with over 30 members in attendance. The meeting was held in the morning. A laughter therapy session was held in the afternoon for some much-needed light relief from the morning schedule. July also saw Links staff and members attend Llandoverly Bike Show and Llanelli Pride. New Saturday morning Breakfast Clubs for the Armed Forces community were set up in Pembrey and Carmarthen. In August Links held its annual summer trip. Members were given the opportunity to vote for their preferred location with Barry Island being the overwhelming favourite location. Altogether 35 members and their families attended, and a fun day was had by all. A video of the day was created by staff and members and shared on the Links social media. During August a member's paintings were recognised for the 'Visual Art Open 2023'. The exhibits were titled 'I'm so tired' and 'Young man in cap'. A further exhibition to showcase the members work is planned towards the end of 2024. September also saw Links staff and members enjoying a day out at Brynteg farm and wellbeing sanctuary. Members were given the opportunity to hold, walk and brush animals that lived on the farm. This was a really enjoyable event and was appreciated by members. More visits to the farm in the spring will be arranged.

Section E

Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of government cuts to our funding and to ensure that in the event of funding being ceased, the organisation will still be able to fulfil all of its financial and legal obligations when winding up.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Links received core funding from Hywel Dda Health Board. The Core funding was primarily designated for a Manager, Coordinator, tutor, sessional workers, administrator and a finance assistant.

Links Combined Forces received funding from Adferiad Recovery. The funding was primarily designated for a Project Coordinator and outreach work.

The creative enterprise project was funded by the National Community Fund.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Michael Thomas</i>	
Full name(s)	Michael Thomas (Jun 21, 2024, 11:46am) Michael Thomas	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	07/06/2024	



Issuer TaxAssist Accountants

Document generated Mon, 10th Jun 2024 10:30:12 UTC

Document fingerprint 589d3fe4c61c4e50c1865b30d21153db

Parties involved with this document

Document processed	Party + Fingerprint
Fri, 21st Jun 2024 11:46:29 UTC	Michael Thomas - Signer (a46d521fda3868c6a0c66c22446773d5)

Audit history log

Date	Action
Mon, 10th Jun 2024 10:30:12 UTC	Envelope generated by Danah Faustino217.33.55.1
Mon, 10th Jun 2024 10:30:29 UTC	Document generated with fingerprint fe248e0b775896a5358e22d98ad984a2217.33.55.1
Mon, 10th Jun 2024 10:30:32 UTC	Document generated with fingerprint 27c71e1041cc73c4d465da827198d0b1217.33.55.1
Mon, 10th Jun 2024 10:30:35 UTC	Document generated with fingerprint 589d3fe4c61c4e50c1865b30d21153db217.33.55.1
Mon, 10th Jun 2024 10:31:31 UTC	Michael Thomas has been assigned to this envelope217.33.55.1
Mon, 10th Jun 2024 10:34:51 UTC	Sent the envelope to Michael Thomas for signing217.33.55.1
Mon, 10th Jun 2024 10:34:51 UTC	Document emailed to party email18.175.50.25
Fri, 21st Jun 2024 11:44:11 UTC	Michael Thomas opened the document email.66.249.93.32
Fri, 21st Jun 2024 11:44:12 UTC	Michael Thomas opened the document email.66.249.93.34
Fri, 21st Jun 2024 11:44:21 UTC	Michael Thomas viewed the envelope83.146.63.229
Fri, 21st Jun 2024 11:46:29 UTC	Michael Thomas signed the envelope83.146.63.229
Fri, 21st Jun 2024 11:46:29 UTC	This envelope has been signed by all parties83.146.63.229
Fri, 21st Jun 2024 11:46:30 UTC	Michael Thomas viewed the envelope83.146.63.229

Registered Company Number: 07363827
Registered Charity Number: 1139855

LYNX WORKSHOP
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

LYNX WORKSHOP (REGISTERED NUMBER 07363827)

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023

Contents

	Page
Company Information	1
Accountant's Report	2
Profit and Loss Account	3
Balance Sheet	4

**LYNX WORKSHOP
COMPANY INFORMATION
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

Directors

Miss Claire Genner
Mr Steven Donoghue
Jayne Howarth
Reverend Eldon Phillips
Miss Nicola Destefano
Mrs Teresa Lupini

Company Number

07363827

Registered Office

The Palms
96 Queen Victoria Road
Llanelli
Carmarthenshire
SA15 2TH

Accountants

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

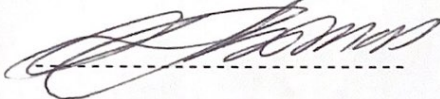
**LYNX WORKSHOP
ACCOUNTANT'S REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

In accordance with the engagement letter dated 25 September 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this 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 Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 September 2023 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.



10/05/2024

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

**LYNX WORKSHOP
PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

	2023	2022
	£	£
Income	174,476	304,155
Purchases	(6,772)	(13,414)
Net Income	167,704	290,741
Administrative expenses	(251,848)	(260,198)
OPERATING PROFIT FOR THE FINANCIAL YEAR	(84,144)	30,543

**LYNX WORKSHOP
BALANCE SHEET
AS AT 30 SEPTEMBER 2023**

	2023		2022	
	£	£	£	£
FIXED ASSETS				
Tangible Assets		5,675		7,132
		5,675		7,132
CURRENT ASSETS				
Debtors	22,157		50	
Cash at bank and in hand	260,652		352,255	
	282,809		352,305	
Creditors: Amounts Falling Due Within One Year	(13,190)		1	
NET CURRENT ASSETS		<u>269,619</u>		<u>352,306</u>
TOTAL NET ASSETS		<u>275,294</u>		<u>359,438</u>
Profit and Loss Account		275,294		359,438
CAPITAL AND RESERVES		<u>275,294</u>		<u>359,438</u>

Lynx Workshop 30.09.23
 Charity Number 1139855
 Income & Expenditure Account

Income & Expenditure Account			
Unrestricted Income		Restricted Income	Total
LHB Grants		LHB Grants	90280.21
Adferiad Grants		Adferiad Grants	31000.00
CCC Grants		CCC Grants	12312.82
Armed Forces Covenant		Armed Forces Covenant	6350.22
Fundraising		Fundraising	5058.08
Donations		Donations	2224.39
Lloyds Bank	27250.00	Lloyds Bank	0.00
Total Unrestricted Income	27250.00	Total Restricted Income	147225.72
			174475.72
Unrestricted Expenses		Restricted Expenses	
Purchases		Purchases	5435.83
Fundraising		Fundraising	1336.48
Wages & Salaries		Wages & Salaries	162513.70
Travel & Training		Travel & Training	6663.29
Pension		Pension	12465.40
Sessional Workers		Sessional Workers	4097.51
Cleaning	72.74	Cleaning	4466.18
Rent, Heat & Light		Rent, Heat & Light	23931.48
Repairs		Repairs	7415.21
Insurance		Insurance	2273.50
Subscriptions		Subscriptions	1363.71
Legal & Professional		Legal & Professional	7537.23
Accountancy		Accountancy	1765.74
Advertising, stationery & Office	531.73	Advertising, stationery & Office	11750.30
Telephone & Postage		Telephone & Postage	2373.47
Vharitable Donations		Charitable Donations	10.00
Bank Charges		Bank Charges	354.97
Sundries	297.98	Sundries	505.09
Depreciation	509.83	Depreciation	948.39
Total Unrestricted Expenses	1412.28	Total Restricted Expenses	257207.48
			258619.76
Net surplus / (deficit)	25837.72		-109981.76
			-84144.04

Michael Thomas
 Michael Thomas (21, 2024, 11:46am)
 Treasurer
 10/05/2024

Lynx Workshop 30.09.23
Charity Number 1139855
Balance Sheet

Balance Sheet

	Unrestricted Funds	Restricted Funds	Total Funds
Fixed Assets			
Tangible Assets	2039.00	3636.00	5675.00
Current Assets			
Debtors & Prepayments	0.00	22157.00	22157.00
Cash at bank and in hand	49922.00	210730.00	260652.00
Creditors			
Amounts falling due within one year	0.00	13190.00	13190.00
Total Assets Less Current Liabilities	51961.00	223333.00	275294.00
Accruals & Deferred Income	0.00	0.00	0.00
	51961.00	223333.00	275294.00
Funds			
Unrestricted Funds			51961.00
Restricted Funds			223333.00
Total Funds			275294.00
	Unrestricted Funds	Restricted Funds	Total
B/f funds	22937.00	7606.00	30543.00
Net income / outgoing	29024.00	215727.00	244751.00
Total funds c/f	51961.00	223333.00	275294.00

Michael Thomas

Michael Thomas (Printed on 21/10/2024, 11:46am)

Treasurer

10/05/2024



Issuer TaxAssist Accountants

Document generated Mon, 10th Jun 2024 10:30:12 UTC

Document fingerprint fe248e0b775896a5358e22d98ad984a2

Parties involved with this document

Document processed	Party + Fingerprint
Fri, 21st Jun 2024 11:46:29 UTC	Michael Thomas - Signer (a46d521fda3868c6a0c66c22446773d5)

Audit history log

Date	Action
Mon, 10th Jun 2024 10:30:12 UTC	Envelope generated by Danah Faustino217.33.55.1
Mon, 10th Jun 2024 10:30:29 UTC	Document generated with fingerprint fe248e0b775896a5358e22d98ad984a2217.33.55.1
Mon, 10th Jun 2024 10:30:32 UTC	Document generated with fingerprint 27c71e1041cc73c4d465da827198d0b1217.33.55.1
Mon, 10th Jun 2024 10:30:35 UTC	Document generated with fingerprint 589d3fe4c61c4e50c1865b30d21153db217.33.55.1
Mon, 10th Jun 2024 10:31:31 UTC	Michael Thomas has been assigned to this envelope217.33.55.1
Mon, 10th Jun 2024 10:34:51 UTC	Sent the envelope to Michael Thomas for signing217.33.55.1
Mon, 10th Jun 2024 10:34:51 UTC	Document emailed to party email18.175.50.25
Fri, 21st Jun 2024 11:44:11 UTC	Michael Thomas opened the document email.66.249.93.32
Fri, 21st Jun 2024 11:44:12 UTC	Michael Thomas opened the document email.66.249.93.34
Fri, 21st Jun 2024 11:44:21 UTC	Michael Thomas viewed the envelope83.146.63.229
Fri, 21st Jun 2024 11:46:29 UTC	Michael Thomas signed the envelope83.146.63.229
Fri, 21st Jun 2024 11:46:29 UTC	This envelope has been signed by all parties83.146.63.229
Fri, 21st Jun 2024 11:46:30 UTC	Michael Thomas viewed the envelope83.146.63.229



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Lynx Workshop

On accounts for the year
ended

30/09/2023

Charity no
(if any)

1139855

Set out on pages

(remember to include the page numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

G T Thomas

Date:

21/06/2024

Name:

Gwennan Thomas (Jun 21, 2024, 6:39 pm)

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:	8 Station Road
	Llanelli
	SA15 1AL

Section B**Disclosure**

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.



Issuer TaxAssist Accountants

Document generated Fri, 21st Jun 2024 16:29:31 UTC

Document fingerprint fa1d8ff35e843339ab2786820532861b

Parties involved with this document

Document processed	Party + Fingerprint
Fri, 21st Jun 2024 16:31:50 UTC	Gwennan Thomas - Signer (88166755a0bed6f13956e9e1342e85ee)

Audit history log

Date	Action
Fri, 21st Jun 2024 16:29:31 UTC	Envelope generated by Danah Faustino217.33.55.1
Fri, 21st Jun 2024 16:30:34 UTC	Document generated with fingerprint fa1d8ff35e843339ab2786820532861b217.33.55.1
Fri, 21st Jun 2024 16:30:45 UTC	Gwennan Thomas has been assigned to this envelope217.33.55.1
Fri, 21st Jun 2024 16:31:09 UTC	Sent the envelope to Gwennan Thomas for signing217.33.55.1
Fri, 21st Jun 2024 16:31:09 UTC	Document emailed to party email18.134.3.210
Fri, 21st Jun 2024 16:31:36 UTC	Gwennan Thomas viewed the envelope217.33.55.1
Fri, 21st Jun 2024 16:31:50 UTC	Gwennan Thomas signed the envelope217.33.55.1
Fri, 21st Jun 2024 16:31:50 UTC	This envelope has been signed by all parties217.33.55.1
Fri, 21st Jun 2024 16:31:50 UTC	Gwennan Thomas viewed the envelope217.33.55.1

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2021		Day 30	Month 09	Year 2022

Section A Reference and administration details

Charity name Lynx Workshop

Other names charity is known by

Registered charity number (if any) 1139855

Charity's principal address The Palms

96 Queen Victoria Road

Llanelli, Carmns.

Postcode

SA15 2TH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Steve Donoghue	Chairman		
2	Teresa Lupini			
3	Rev E Phillips			
4	Nicola De Stefano			
5	J B Howarth			
6	Rachel Williams		Resigned 23/12/2021	
7	Claire Genner			
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association
How the charity is constituted (eg. trust, association, company)	Company
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>LINKS receives referrals from a range of sources, CMHT, Hafal, GPs, Social Services Department, Prism, Coastal, Bryn Gofal Ward (Prince Phillip Hospital), Eiriol, The Wallich, Gwalia, Genesis, The Family and Community Team and by self-referral and as such has an on-going working relationship with these organisations. Meetings are regularly held to inform of changes.</p> <p>LINKS continues to have a presence on CMH Forum and the Providers Forum.</p> <p>LINKS continues to be represented on the Steering Group of the 3 Counties Community Covenant Committee.</p>
--	--

Section C Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>Relief of persons with mental health problems by providing flexible training and work-related opportunities in a supportive community environment.</p>
---	---

The charity benefits the public by providing supportive training and activities for people of working age with mental health problems who live in the Llanelli, Gwendraeth Valley and Ammanford areas.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

Links benefits from having 6 active volunteers. All volunteers receive induction, supervision, on-going training and attend dedicated volunteer meetings. Volunteers are recruited via CAVS or by word of mouth. All volunteers work alongside a member of staff which ensures good models of practice. During Covid lockdown, staff kept in touch with all volunteers.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Links volunteer and staff member organised a Macmillan coffee morning. Cakes were kindly donated by Asda, Llanelli, for the event.

Trips for Links veterans to visit the VC Gallery at Haverfordwest and the Brecon military museum.

A family fun day was held in October, where members and their families enjoyed a fun filled day of activities. Pumpkin decorating and a Halloween treasure hunt were just a couple of the activities that was on throughout the day. All pumpkins were kindly donated by Asda, Llanelli.

Also Halloween event held during October was a walk and disco in the community of Ammanford, Link's members and staff continued to publish a monthly newsletter and activity pack

Funding from the Moondance Foundation. The funding provided 12 tablets, 4 laptops, 2 smartboards and a salary to employ a digital lead.

Advocacy West Wales, started a drop-in surgery at Links.

Links new exhibition was launched at Barry Hospital during October.

Links attended the Remembrance Service at Llanelli, Town Hall

The Links games club started back on a Wednesday evening. Links volunteers run the session, where members come along and enjoy a tea or coffee whilst playing board games. A 'film night' has also been re-established

To showcase our project, Asda supermarket, Llanelli, were kind enough to grant us permission to set up a Christmas stall.

Members and staff attended a virtual 'singalong' held by the Llanelli Community Partnerships. Links Christmas party was chosen to be held at EJ's, Llanelli. The party was a tremendous success with over 40 people attending.

During the Christmas holidays, Links decided to open the project for two days. Links was approached by the Local Authority and the Community Mental Health team, requesting that Links' opening hours were reviewed due to added pressure on services. This will now become an annual commitment.

'Reconnecting Carmarthenshire' held a candle making workshop at Links.

The Links 'Combined Forces Project', a Saturday Veteran community breakfast club (NAAFI Morning) was set up. The club was set up as a direct reaction to feedback received from working veterans who were unable to attend our weekday events. I am delighted to report that the breakfast club has been a tremendous success with over 50 veterans attending each month

Arts Care Gofal held a 6-week art workshop at Links. A different artist would attend each week, giving members the opportunity to be creative whilst trying varying art techniques. Some of the techniques used were graffiti, textiles, ceramics, and print.

During February a six-week NHS wellbeing programme was held at Links. Due to the success of the first course, the course was extended so that other members could attend. Over the duration of both courses 12 members attended.

At the start of March, 'Slow Stich' held a stich and sew workshop at Links. The workshop was popular with members, as they had the opportunity to show their own skills. Examples of items made were; hats, Easter bunny bags and peg bags.

March Links held an exhibition at The Gate in St Clare's. The exhibition was a great success. A trip was organised to the exhibition and afterwards the trip carried onto Laugharne.

During March, a fundraising event was held on behalf of Links. The event was arranged by the nephew of a Links member that had recently passed away. The event was held at the Bryn and Trallwm club and was very well attended with over £1000 being raised.

Our local college, Colegsirgar, arranged for staff and members to attend pamper sessions at the hair and beauty department. The sessions were a real success with both staff and members

Links worked in partnership with a local project 'Coffee, Clecks, and Connecting' to set up a trip to the Royal Mint, Llantrisant.

Links' members have been proactive to raise money for the erection of a defibrillator on site at Links. The members were keen for everyone who uses the units on the R T Electrics site, and the local community to have access to the defibrillator.

A full week of activities was planned during Mental Health Awareness Week. The theme being 'loneliness'. Links planned a full week of events were planned to bring people together and to promote awareness of mental health.

Trips St Fagans

Queen's jubilee, a party was held in the Links community garden with a theme of red, white and blue. The day consisted of fun, music, and a visit from a beautiful corgi named Ffion. A member created a crotchet of a red, white, and blue, poppy brooch. The brooch was posted to the Queen, and a few weeks later a thank you letter from the Queen's Lady in Waiting was received on behalf of the Queen.

Links Director and the Phoenix Theatre Group organised a murder mystery fundraiser for Links. Staff and members got involved with the making of props for the event, and some members bought tickets to attend. In total £3,600 was raised with ticket sales, raffle, and an online auction which was run on behalf of Links by Stuart Constantine.

Links attending the 'Llanelli Pride' event to showcase the services that we provide. In the weeks leading up to the Pride event, members were busy making a Links banner for the march.

Links staff and a Combined Forces veteran attended the Llandovery bike show in July to showcase Links services.

A digital photography group visited the Wetlands Centre and took some wonderful wildlife photos.

Links veterans enjoyed a trip to the 'Battle of Britain' museum, Aberystwyth.

Links trip to the Arboretum in Staffordshire other veteran associations/organisations were invited along. Veterans from 'Boots on the ground' and 'Llanelli Veteran Association'

Links veterans built a memorial in the Links community garden, so that a memorial service could be held to mark the 40th anniversary of the Falklands conflict. The service was officiated by Links' Director,

During the annual summer excursion Links General manager met up with Marc, the 'Enterprise Lead' for the homeless charity Emmaus. The meeting came about after being 'electronically' introduced by Rachel of the Lloyds Bank Foundation

Section E Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of government cuts to our funding and to ensure that in the event of funding being ceased, the organisation will still be able to fulfil all of its financial and legal obligations when winding up.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Links has received core funding from the Local Authority (Carmarthenshire County Council), and Hywel Dda Health Board. The Core funding was primarily designated for a Manager, Coordinator, tutor, sessional workers, administrator and a finance assistant.


Links Combined Forces received funding from the Big Lottery. The Big Lottery funding was primarily designated for a Project Coordinator, Welfare Support Worker and a Counsellor. The funding also extended to outreach work.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Steven Donoghue (Jun 29, 2023, 9:03am) Steven Donoghue	
Position (eg Secretary, Chair, etc)	Chairman	
Date	03/05/2023	



Issuer TaxAssist Accountants

Document generated Wed, 28th Jun 2023 22:41:19 BST

Document fingerprint fef5c36f8840af8c01aedd2cd34418fb

Parties involved with this document

Document processed	Party + Fingerprint
Thu, 29th Jun 2023 9:03:30 BST	Mr Steven Donoghue - Signer (06c132a305002943f0a4bfd978a19a2b)

Audit history log

Date	Action
Thu, 29th Jun 2023 9:03:32 BST	Mr Steven Donoghue viewed the envelope. (194.74.241.212)
Thu, 29th Jun 2023 9:03:30 BST	The envelope has been signed by all parties. (194.74.241.212)
Thu, 29th Jun 2023 9:03:30 BST	Mr Steven Donoghue signed the envelope. (194.74.241.212)
Thu, 29th Jun 2023 9:02:26 BST	Mr Steven Donoghue viewed the envelope. (194.74.241.212)
Thu, 29th Jun 2023 9:02:16 BST	Mr Steven Donoghue opened the document email. (194.74.241.212)
Wed, 28th Jun 2023 22:48:18 BST	Document emailed to party email (3.10.207.120)
Wed, 28th Jun 2023 22:48:18 BST	Sent the envelope to Mr Steven Donoghue for signing (217.33.55.1)
Wed, 28th Jun 2023 22:42:28 BST	Mr Steven Donoghue has been assigned to this envelope (217.33.55.1)
Wed, 28th Jun 2023 22:41:50 BST	Document generated with fingerprint fef5c36f8840af8c01aedd2cd34418fb (217.33.55.1)
Wed, 28th Jun 2023 22:41:43 BST	Document generated with fingerprint bf1babe0985b17317c610a524cc3ee1e (217.33.55.1)
Wed, 28th Jun 2023 22:41:40 BST	Document generated with fingerprint 0fa4c0e05136cbf79395f7f7681b5b38 (217.33.55.1)
Wed, 28th Jun 2023 22:41:19 BST	Envelope generated by Danah Faustino (217.33.55.1)

Registered Company Number: 07363827 (England and Wales)
Registered Charity Number: 1139855

LYNX WORKSHOP
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2022

Contents

	Page
Company Information	1
Accountant's Report	2
Profit and Loss Account	3
Balance Sheet	4

**LYNX WORKSHOP
COMPANY INFORMATION
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Directors

Nicola Destefano
Mr Steven Donoghue
Jayne Howarth
Reverend Eldon Phillips
Teresa Lupini
Claire Genner
Rachel Williams Resigned 23/12/2021

Company Number

07363827

Registered Office

The Palms
96 Queen Victoria Road
Llanelli
Carmarthenshire
SA15 2TH

Accountants

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

**LYNX WORKSHOP
ACCOUNTANT'S REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

In accordance with the engagement letter dated 25 September 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this 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 Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 September 2022 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.



03/05/2023
Taxassist Accountants
8 Station Road
Llanelli
Carmarthen
SA15 1AL

**LYNX WORKSHOP
PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

	Notes	2022 £	2021 £
Income		304,155	297,875
Purchases		(13,414)	(2,368)
Net Income		290,741	295,507
Administrative expenses		(260,198)	(207,527)
OPERATING PROFIT FOR THE FINANCIAL YEAR		30,543	87,980

**LYNX WORKSHOP
BALANCE SHEET
AS AT 30 SEPTEMBER 2022**

	2022		2021	
	£	£	£	£
FIXED ASSETS				
Tangible Assets		7,132		8,182
		7,132		8,182
CURRENT ASSETS				
Debtors	50		4,398	
Cash at bank and in hand	352,255		331,278	
	352,305		335,676	
Creditors: Amounts Falling Due Within One Year	1		(14,963)	
NET CURRENT ASSETS		<u>352,306</u>		<u>320,713</u>
TOTAL NET ASSETS		<u>359,438</u>		<u>328,895</u>
Profit and Loss Account		359,438		328,895
CAPITAL AND RESERVES		<u>359,438</u>		<u>328,895</u>

Lynx Workshop is a Private Limited Company by guarantee without share capital use of 'Limited' exemption, incorporated in England & Wales, registered number 07363827. The registered office address is The Palms, 96 Queen Victoria Road, Llanelli, Carmarthenshire. SA15 2TH.

Directors' responsibilities:

- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the micro-entity provisions.

On behalf of the board



Mr Steven Donoghue, 29, 2023,
Director
03/05/2023

Lynx Workshop 30.09.22
 Charity Number 1139855
 Income & Expenditure Account

Income & Expenditure Account			
			Total
Unrestricted Income		Restricted Income	
Big Lottery		Big Lottery	154000.00
LHB Grants		LHB Grants	63227.64
Lloyds Bank	25000.00	Lloyds Bank	0.00
Llanelli Town Council		Llanelli Town Council	300.00
Armed Forces Covenant		Armed Forces Covenant	4617.00
CCC Grants		CCC Grants	17320.38
Adferiad Grants		Adferiad Grants	23250.00
Donations		Donations	8126.55
Fundraising		Fundraising	8313.40
Total Unrestricted Income	<u>25000.00</u>	Total Restricted Income	<u>279154.97</u>
			304154.97
Unrestricted Expenses		Restricted Expenses	
Purchases		Purchases	8357.59
Fundraising		Fundraising	5056.45
Wages & Salaries		Wages & Salaries	176367.20
Travel & Training		Travel & Training	7407.97
Pension		Pension	13494.35
Sessional Workers		Sessional Workers	2100.52
Cleaning	319.59	Cleaning	4251.28
Rent, Heat & Light		Rent, Heat & Light	23183.17
Repairs	50.20	Repairs	2105.61
Insurance		Insurance	2741.27
Subscriptions		Subscriptions	474.08
Legal & Professional		Legal & Professional	5002.68
Accountancy		Accountancy	1549.80
Advertising, stationery & Office	361.77	Advertising, stationery & Office	13371.97
Telephone & Postage		Telephone & Postage	2918.52
Vharitable Donations		Charitable Donations	1250.00
Bank Charges		Bank Charges	191.33
Sundries	694.17	Sundries	518.15
Depreciation	637.29	Depreciation	1207.41
Total Unrestricted Expenses	<u>2063.02</u>	Total Restricted Expenses	<u>271549.35</u>
			273612.37
Net surplus / (deficit)	<u><u>22936.98</u></u>		<u><u>7605.62</u></u>
			<u><u>30542.60</u></u>



Mr Steven Donoghue
 Trustee
 03/05/2023

Lynx Workshop 30.09.22
 Charity Number 1139855
 Balance Sheet

Balance Sheet

	Unrestricted Funds	Restricted Funds	Total Funds
Fixed Assets			
Tangible Assets	2549.00	4583.00	7132.00
Current Assets			
Debtors & Prepayments	0.00	50.00	50.00
Cash at bank and in hand	23574.00	328681.00	352255.00
Creditors			
Amounts falling due within one year	0.00	1.00	1.00
Total Assets Less Current Liabilities	26123.00	333315.00	359438.00
Accruals & Deferred Income	0.00	0.00	0.00
	26123.00	333315.00	359438.00

Funds	
Unrestricted Funds	26124.00
Restricted Funds	333314.00
Total Funds	359438.00

	Unrestricted Funds	Restricted Funds	Total
B/f funds	3187.00	325708.00	328895.00
Net income / outgoing	22937.00	7606.00	30543.00
Total funds c/f	26124.00	333314.00	359438.00



Mr Steven Donoghue (Jun 29, 2023, 9:03am)

Trustee

03/05/2023



Issuer TaxAssist Accountants

Document generated Wed, 28th Jun 2023 22:41:19 BST

Document fingerprint 0fa4c0e05136cbf79395f7f7681b5b38

Parties involved with this document

Document processed	Party + Fingerprint
Thu, 29th Jun 2023 9:03:30 BST	Mr Steven Donoghue - Signer (06c132a305002943f0a4bfd978a19a2b)

Audit history log

Date	Action
Thu, 29th Jun 2023 9:03:30 BST	The envelope has been signed by all parties. (194.74.241.212)
Thu, 29th Jun 2023 9:03:30 BST	Mr Steven Donoghue signed the envelope. (194.74.241.212)
Thu, 29th Jun 2023 9:02:26 BST	Mr Steven Donoghue viewed the envelope. (194.74.241.212)
Thu, 29th Jun 2023 9:02:16 BST	Mr Steven Donoghue opened the document email. (194.74.241.212)
Wed, 28th Jun 2023 22:48:18 BST	Document emailed to party email (3.10.207.120)
Wed, 28th Jun 2023 22:48:18 BST	Sent the envelope to Mr Steven Donoghue for signing (217.33.55.1)
Wed, 28th Jun 2023 22:42:28 BST	Mr Steven Donoghue has been assigned to this envelope (217.33.55.1)
Wed, 28th Jun 2023 22:41:50 BST	Document generated with fingerprint fef5c36f8840af8c01aedd2cd34418fb (217.33.55.1)
Wed, 28th Jun 2023 22:41:43 BST	Document generated with fingerprint bf1babe0985b17317c610a524cc3ee1e (217.33.55.1)
Wed, 28th Jun 2023 22:41:40 BST	Document generated with fingerprint 0fa4c0e05136cbf79395f7f7681b5b38 (217.33.55.1)
Wed, 28th Jun 2023 22:41:19 BST	Envelope generated by Danah Faustino (217.33.55.1)

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2020		Day 30	Month 09	Year 2021

Section A Reference and administration details

Charity name Lynx Workshop

Other names charity is known by

Registered charity number (if any) 1139855

Charity's principal address The Palms

96 Queen Victoria Road

Llanelli, Carmarthenshire

Postcode

SA15 2TH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Steve Donoghue	Chairman		
2	Teresa Lupini			
3	Rev E Phillips			
4	Nicola De Stefano			
5	J B Howarth			
6	Rachel Williams			
7	Claire Genner			
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Memorandum & Articles of Association
How the charity is constituted (eg. trust, association, company)	Company
Trustee selection methods (eg. appointed by, elected by)	Appointed by the board

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>LINKS receives referrals from a range of sources, CMHT, Hafal, GPs, Social Services Department, Prism, Coastal, Bryn Gofal Ward (Prince Phillip Hospital), Eiriol, The Wallich, Gwalia, Genesis, The Family and Community Team and by self-referral and as such has an on-going working relationship with these organisations. Meetings are regularly held to inform of changes.</p> <p>LINKS continues to have a presence on CMH Forum and the Providers Forum.</p> <p>LINKS continues to be represented on the Steering Group of the 3 Counties Community Covenant Committee.</p>
--	--

Section C Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>Relief of persons with mental health problems by providing flexible training and work-related opportunities in a supportive community environment.</p>
---	---

The charity benefits the public by providing supportive training and activities for people of working age with mental health problems who live in the Llanelli, Gwendraeth Valley and Ammanford areas.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

Links benefits from having 6 active volunteers. All volunteers receive induction, supervision, on-going training and attend dedicated volunteer meetings. Volunteers are recruited via CAVS or by word of mouth. All volunteers work alongside a member of staff which ensures good models of practice. During Covid lockdown, staff kept in touch with all volunteers.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Links continued to work with people of working age (18-65 years old) who are recovering from mental health issues and who live in the Llanelli and Carmarthenshire area. Links has considerable experience of supporting people and helping them to move on in their lives and to return to mainstream education and employment both paid/unpaid. Some members continue to receive support from NHS/local authority social services whilst others have disengaged with statutory services but require the support and development service that Links offers. For some people, Links is their only regular contact with the rest of the community.

For part of the year we were in continued lock down due to Covid and then moved on to reduced contact where we were able to have a limited number of members to classes on a booking basis. These were namely Arts, Crafts, IT, wellbeing walks, photography and figure painting.

We continued to run the service working from home when required to do so, staying in contact and supporting members by phone, zoom sessions and social media. There were also online sessions and small outdoor sessions.

Section E

Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of government cuts to our funding and to ensure that in the event of funding being ceased, the organisation will still be able to fulfil all of its financial and legal obligations when winding up.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Links has received core funding from the Local Authority (Carmarthenshire County Council), and Hywel Dda Health Board. The Core funding was primarily designated for a Manager, Coordinator, tutor, sessional workers, administrator and a finance assistant.

Links Combined Forces received funding from the Big Lottery. The Big Lottery funding was primarily designated for a Project Coordinator, Welfare Support Worker and a Counsellor. The funding also extended to outreach work.

Section F


Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Steven Donoghue (Jun 21, 2022, Steven Donoghue	
Position (eg Secretary, Chair, etc)	Chairman	
Date	31/03/2022	



Issuer TaxAssist Accountants

Document generated Tue, 21st Jun 2022 14:15:19 BST

Document fingerprint f8c638f445b20c45788315643c434995

Parties involved with this document

Document processed	Party + Fingerprint
Tue, 21st Jun 2022 15:08:16 BST	Mr Steven Donoghue - Signer (50d93ee334358609b43075638df7dd27)

Audit history log

Date	Action
Tue, 21st Jun 2022 15:08:19 BST	Mr Steven Donoghue viewed the envelope. (35.179.60.205)
Tue, 21st Jun 2022 15:08:16 BST	The envelope has been signed by all parties. (35.179.60.205)
Tue, 21st Jun 2022 15:08:16 BST	Mr Steven Donoghue signed the envelope. (35.179.60.205)
Tue, 21st Jun 2022 15:07:24 BST	Mr Steven Donoghue viewed the envelope. (35.179.60.205)
Tue, 21st Jun 2022 15:07:09 BST	Mr Steven Donoghue opened the document email. (194.74.241.212)
Tue, 21st Jun 2022 14:19:48 BST	Document emailed to party email (18.170.34.144)
Tue, 21st Jun 2022 14:19:48 BST	Sent the envelope to Mr Steven Donoghue for signing. (217.33.55.1)
Tue, 21st Jun 2022 14:17:06 BST	Mr Steven Donoghue has been assigned to this envelope (217.33.55.1)
Tue, 21st Jun 2022 14:15:48 BST	Document generated with fingerprint f8c638f445b20c45788315643c434995 (217.33.55.1)
Tue, 21st Jun 2022 14:15:19 BST	Envelope generated by Gary Curwood (217.33.55.1)

Registered Company Number: 07363827 (England and Wales)
Registered Charity Number: 1139855

LYNX WORKSHOP
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021

LYNX WORKSHOP
Company Information
For The Year Ended 30 September 2021

Directors

Nicola Destefano
Mr Steven Donoghue
Jayne Howarth
Rev Eldon Phillips
Rachel Williams
Teresa Lupini
Claire Genner

Company Number

07363827

Registered Office

Unit 4, The Palms
96 Queen Victoria Road
Llanelli
Carmarthenshire
SA15 2TH

Accountants

Taxassist Accountants
8 Station Road
Llanelli
Carms
SA15 1AL

LYNX WORKSHOP (REGISTERED NUMBER: 07363827)

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Page
Accountants report	1
Profit and loss account	2
Balance Sheet	3

**Lynx Workshop
Accountant's Report
For The Year Ended 30 September 2021**

In accordance with the engagement letter dated 25 September 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this 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 Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 September 2021 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.



31/03/2022
Taxassist Accountants
8 Station Road
Llanelli
Carmarthen
SA15 1AL

**Lynx Workshop
Profit and Loss Account
For The Year Ended 30 September 2021**

	2021	2020
	£	£
Income	297,875	287,867
Purchases	<u>(2,368)</u>	<u>(674)</u>
Net Income	295,507	287,193
Administrative expenses	<u>(207,527)</u>	<u>(210,930)</u>
OPERATING PROFIT FOR THE FINANCIAL YEAR	87,980	76,263

**Lynx Workshop
Balance Sheet
As at 30 September 2021**

	2021	2020
	£	£
FIXED ASSETS		
Tangible Assets	8,182	6,684
	8,182	6,684
CURRENT ASSETS		
Debtors	4,398	20,549
Cash at bank and in hand	<u>331,278</u>	<u>226,903</u>
	335,676	247,452
Creditors: Amounts Falling Due Within One Year	<u>(14,963)</u>	<u>(13,221)</u>
NET CURRENT ASSETS	<u>320,713</u>	<u>234,231</u>
TOTAL NET ASSETS	<u>328,895</u>	<u>240,915</u>
Profit and Loss Account	328,895	240,915
CAPITAL AND RESERVES	<u>328,895</u>	<u>240,915</u>

Lynx Workshop is a Private Limited Company by guarantee without share capital use of 'Limited' exemption, incorporated in England & Wales, registered number 07363827. The registered office address is Unit 4, The Palms, 96 Queen Victoria Road, Llanelli, Carmarthenshire. SA15 2TH.

Directors' responsibilities:

- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the micro-entity provisions.


On behalf of the board



Mr Steven Donoghue (Mar 30, 2022,
10:32am)
Mr Steven Donoghue
Director
31/03/2022

Lynx Workshop 30.09.21
Charity Number 1139855
Income & Expenditure Account

Income & Expenditure Account			
Unrestricted Income		Restricted Income	Total
Big Lottery		Big Lottery	150000.00
LHB Grants		LHB Grants	63227.64
Armed Forces Covenant		Armed Forces Covenant	37900.00
CCC Grants		CCC Grants	29964.00
Moondance Foundation		Moondance Foundation	14200.00
Donations		Donations	2582.60
Fundraising		Fundraising	0.00
Total Unrestricted Income	<u>0.00</u>	Total Restricted Income	<u>297874.24</u>
			297874.24
Unrestricted Expenses		Restricted Expenses	
Purchases		Purchases	2367.68
Wages & Salaries		Wages & Salaries	140327.80
Travel & Training		Travel & Training	1814.44
Pension		Pension	10359.22
Sessional Workers		Sessional Workers	2056.52
Cleaning		Cleaning	5245.79
Rent, Heat & Light		Rent, Heat & Light	18084.98
Repairs		Repairs	2370.71
Insurance		Insurance	600.87
Subscriptions		Subscriptions	839.79
Legal & Professional		Legal & Professional	4219.96
Accountancy		Accountancy	1512.00
Advertising, stationery & Office		Advertising, stationery & Office	12600.96
Telephone & Postage		Telephone & Postage	3916.94
Sundries		Sundries	1457.65
Depreciation	796.61	Depreciation	1321.90
Total Unrestricted Expenses	<u>796.61</u>	Total Restricted Expenses	<u>209097.21</u>
			209893.82
Net surplus / (deficit)	<u><u>-796.61</u></u>		<u><u>88777.03</u></u>
			<u><u>87980.42</u></u>




Mr Steve Donoghue
Trustee
31/03/2022

Lynx Workshop 30.09.21
 Charity Number 1139855
 Balance Sheet

Balance Sheet

	Unrestricted Funds	Restricted Funds	Total Funds
Fixed Assets			
Tangible Assets	3187.00	4995.00	8182.00
Current Assets			
Debtors & Prepayments	0.00	4398.00	4398.00
Cash at bank and in hand	0.00	331278.00	331278.00
Creditors			
Amounts falling due within one year	0.00	-14359.00	-14359.00
Total Assets Less Current Liabilities	3187.00	326312.00	329499.00
Accruals & Deferred Income	0.00	604.00	604.00
	3187.00	325708.00	328895.00
Funds			
Unrestricted Funds			3187.00
Restricted Funds			325708.00
Total Funds			328895.00
	Unrestricted Funds	Restricted Funds	Total
B/f funds	3984.00	236931.00	240915.00
Net income / outgoing	-797.00	88777.00	87980.00
Total funds c/f	3187.00	325708.00	328895.00



Mr Steven Donoghue (Mar 30, 2022, 10:32am)
Trustee
 31/03/2022



Issuer TaxAssist Accountants

Document generated Tue, 29th Mar 2022 10:23:37 BST

Document fingerprint 0d8234ba14563e8a62bc6cf30d5380ea

Parties involved with this document

Document processed	Party + Fingerprint
Wed, 30th Mar 2022 10:32:26 BST	Mr Steven Donoghue - Signer (ccb3aacf8b8bb2bf1182b36afc13cded)

Audit history log

Date	Action
Wed, 30th Mar 2022 10:32:26 BST	The envelope has been signed by all parties. (194.74.241.212)
Wed, 30th Mar 2022 10:32:26 BST	Mr Steven Donoghue signed the envelope. (194.74.241.212)
Wed, 30th Mar 2022 10:31:13 BST	Mr Steven Donoghue viewed the envelope. (194.74.241.212)
Wed, 30th Mar 2022 10:30:40 BST	Mr Steven Donoghue viewed the envelope. (194.74.241.212)
Wed, 30th Mar 2022 10:30:24 BST	Mr Steven Donoghue opened the document email. (194.74.241.212)
Tue, 29th Mar 2022 10:33:05 BST	Document emailed to party email (13.40.229.176)
Tue, 29th Mar 2022 10:33:05 BST	Sent the envelope to Mr Steven Donoghue for signing. (217.33.55.1)
Tue, 29th Mar 2022 10:27:56 BST	Mr Steven Donoghue has been assigned to this envelope (217.33.55.1)
Tue, 29th Mar 2022 10:25:53 BST	Document generated with fingerprint a2eeac1f96f1227501855dd9bf93c405 (217.33.55.1)
Tue, 29th Mar 2022 10:25:49 BST	Document generated with fingerprint 0d8234ba14563e8a62bc6cf30d5380ea (217.33.55.1)
Tue, 29th Mar 2022 10:23:38 BST	Envelope generated by Gary Curwood (217.33.55.1)



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Lynx Workshop

On accounts for the year
ended

30/09/2021

Charity no
(if any)

1139855

Set out on pages

(remember to include the page numbers of additional pages)

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

31/03/2022

Name:

Gwennan Thomas

Relevant professional qualification(s) or body (if any):

FCCA

Address: 8 Station Road

Llanelli

SA15 1AL

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.

LYNX WORKSHOP

England & Wales - Charity number 1139855

Accounts



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Lynx Workshop

On accounts for the year
ended

30/09/2020

Charity no
(if any)

1139855

Set out on pages

(remember to include the page numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

11/06/2021

Name:

Gwennan Thomas

Relevant professional
qualification(s) or body
(if any):

FCCA

Address: 8 Station Road

Llanelli

SA15 1AL

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.