



# Trustees' Annual Report for the period

From		Period start date			To		Period end date		
		Day	Month	Year			Day	Month	Year
		01	10	2021			30	09	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, Carmar. SA15 2TH

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)

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## 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 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.

LINKS continues to have a presence on CMH Forum and the Providers Forum.

LINKS continues to be represented on the Steering Group of the 3 Counties Community Covenant Committee.

## Section C Objectives and activities

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

Relief of persons with mental health problems by providing flexible training and work-related opportunities in a supportive community environment.

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 stitch 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, Coleg Sirgar, 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 40<sup>th</sup> 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



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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

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

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**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**

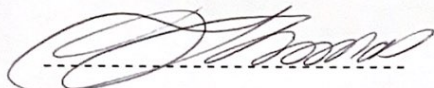
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In accordance with the engagement letter dated 25 September 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and 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 £
<b>Income</b>		<b>304,155</b>	<b>297,875</b>
Purchases		(13,414 )	(2,368 )
<b>Net Income</b>		<b>290,741</b>	<b>295,507</b>
Administrative expenses		(260,198 )	(207,527 )
<b>OPERATING PROFIT FOR THE FINANCIAL YEAR</b>		<b>30,543</b>	<b>87,980</b>

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

	2022		2021	
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible Assets		7,132		8,182
		<u>7,132</u>		<u>8,182</u>
<b>CURRENT ASSETS</b>				
Debtors	50		4,398	
Cash at bank and in hand	352,255		331,278	
	<u>352,305</u>		<u>335,676</u>	
<b>Creditors: Amounts Falling Due Within One Year</b>	<u>1</u>		<u>(14,963 )</u>	
<b>NET CURRENT ASSETS</b>		<u><b>352,306</b></u>		<u><b>320,713</b></u>
<b>TOTAL NET ASSETS</b>		<u><b>359,438</b></u>		<u><b>328,895</b></u>
 Profit and Loss Account		<u>359,438</u>		<u>328,895</u>
<b>CAPITAL AND RESERVES</b>		<u><b>359,438</b></u>		<u><b>328,895</b></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  
Director  
03/05/2023



Lynx Workshop 30.09.22  
Charity Number 1139855  
Income & Expenditure Account

Income & Expenditure Account				
Unrestricted Income		Restricted Income		Total
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	
<b>Total Unrestricted Income</b>	<b>25000.00</b>	<b>Total Restricted Income</b>	<b>279154.97</b>	<b>304154.97</b>
<b>Unrestricted Expenses</b>		<b>Restricted Expenses</b>		
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	
<b>Total Unrestricted Expenses</b>	<b>2063.02</b>	<b>Total Restricted Expenses</b>	<b>271549.35</b>	<b>273612.37</b>
<b>Net surplus / (deficit)</b>	<b>22936.98</b>		<b>7605.62</b>	<b>30542.60</b>



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
<b>Fixed Assets</b>			
Tangible Assets	2549.00	4583.00	7132.00
<b>Current Assets</b>			
Debtors & Prepayments	0.00	50.00	50.00
Cash at bank and in hand	23574.00	328681.00	352255.00
<b>Creditors</b>			
Amounts falling due within one year	0.00	1.00	1.00
<b>Total Assets Less Current Liabilities</b>	26123.00	333315.00	359438.00
<b>Accruals &amp; Deferred Income</b>	0.00	0.00	0.00
	26123.00	333315.00	359438.00
<b>Funds</b>			
Unrestricted Funds			26124.00
Restricted Funds			333314.00
<b>Total Funds</b>			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





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