



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	10	2023		30	09	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, Carmar. 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				
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14				
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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 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.

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.

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)

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 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.

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)

Steve Donoghue

Full name(s)

Mr Steven Donoghue (Jun 24, 2025, 7:11am)
Steven Donoghue

Position (eg Secretary, Chair, etc)

Chairman

Date

05/03/2025



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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

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**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 (Jun 27, 2025,
~~05/09/2025~~)
Taxassist Accountants
8 Station Road
Llanelli
Carmar
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)

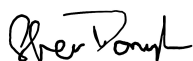
**LYNX WORKSHOP
BALANCE SHEET
AS AT 30 SEPTEMBER 2024**

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

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	1474.17	Total Restricted Income	120988.49	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	5845.01	Total Restricted Expenses	207818.50	213663.51
	-			
Net surplus / (deficit)	4370.84		-86830.01	-91200.85



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



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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.



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