

CARDIFF AND VALE ACTION FOR MENTAL HEALTH

England & Wales · Charity number 1148312

Details

Other names CAVAMH

Status Registered

Legal form Charitable company

Company number [08000094](#)

Registered 2012-07-26

Register [View on the Charity Commission register](#)

Contact

Address Cavamh
69B Splott Road
Cardiff
CF24 2BW

Phone 02920222000

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Website www.cavamh.org.uk

Activities

Objects: TO PROMOTE ANY CHARITABLE PURPOSES FOR THE BENEFIT OF THOSE PEOPLE EXPERIENCING MENTAL HEALTH PROBLEMS WITHIN THE LOCALE, AND ASSISTING THE WORK OF VOLUNTARY ORGANISATIONS, MENTAL HEALTH SERVICE USERS AND CARERS.

Activities: Mental Health Development Service for Cardiff and the Vale of Glamorgan, working with third sector groups with an interest in mental health, mental health service users and carers.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Cardiff
- Vale Of Glamorgan

Finances

Period end	Income	Expenditure	Assets	Employees
2024-03-31	£102,730	£90,322	-	-
2023-03-31	£158,337	£207,736	-	-
2022-03-31	£234,989	£221,656	-	-
2021-03-31	£223,314	£185,310	-	-
2020-03-31	£190,895	£187,110	-	-

Trustees

Name	Role	Appointed
MR Jeremy Rees	Chair	2016-12-14
Kayley Hyman		2021-01-20
Ken Barker		2021-12-15
SUSAN JONES		2012-07-04
Sarah Scire		2018-12-05

Accounts

REGISTERED COMPANY NUMBER: 08000094
REGISTERED CHARITY NUMBER: 1148312

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
Cardiff and Vale Action for Mental
Health

**Cardiff and Vale Action for Mental
Health**

**Contents of the Financial Statements
for the Year Ended 31 March 2024**

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**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

Cardiff and Vale Action for Mental Health

Involving People - Improving Mental Health Services

Charitable Objectives

The charity's objectives are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale and assisting the work of voluntary organisations, mental health service users and carers acting in the mental health sector.

Our Vision

Mental health services in Cardiff and the Vale of Glamorgan recognise people's strengths and are truly responsive to their needs.

Our Mission

To bring together voluntary and community groups, individuals with lived experience and carers in order to improve and shape mental health services.

Our Values

Person-centredness; Inclusion; Equality; Empowerment; Hope and Positivity; Independence; Collaboration.

Strategic aims

The charity has 4 strategic aims. These are:

- i To continue to deliver against our service pillars for the benefit of our constituency groups - voice, information and training, development, wellbeing
- ii Focus on development and innovation
- iii Build an effective organisation, with stakeholder involvement.
- iv Fund the Mission.

Public benefit

We review our aims, objectives and activities each year with our stakeholders - looking at the outcomes of our work against objectives in the previous year and setting objectives for the year ahead. In doing this, we take account the guidance contained in the Charity Commission's general guidance on public benefit, thus ensuring that our work continues in its purpose in assisting voluntary organisations, mental health service users and carers.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

Achievement and performance

Charitable activities

Services

The organisation operates in three interlinked areas:

- A mental health development service to voluntary organisations (including lived experience and carer groups) with an interest in mental health, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention through Cardiff & Vale Mental Health Forum.
- Projects, such as Co-production Training - working in partnership with Cardiff and Vale local authorities and with peer trainers to provide training to social workers; Peer led Evaluation of lived experience of the Mental Health Act Assessment process in the Vale of Glamorgan.
- Winter Wellbeing Project- providing information, training and a Small Grants Fund to support the development of peer led well being groups and wellbeing opportunities.

We decide our priorities and annual workplans through annual review & evaluation via Cardiff and Vale Mental Health Forum - open to all stakeholders and members. We also manage other projects in line with our objects.

A summary of the work of cavamh is outlined below.

Supporting development and building an effective voice through networking

We have provided services to over 550 members and 115 voluntary organisations with an interest in mental health, through networks and online events, information, and training, facilitating joint working and stakeholder voices in policy development, and liaising with a number of statutory sector and other organisations.

The opportunity for networking remains key for engagement, dialogue and action through the Mental Health Forum (MHF), and its interest groups, covering for example, diverse & minority ethnic communities, young people, substance use, nature and mental health and areas of work such as counselling services. Meetings, workshops, training, and events, online and face to face, have enabled members to share information and good practice, debate and collate the voice of the sector and develop shared action, particularly in the light of the continuing covid impact on mental health and the cost-of-living crisis. 51 new group members joined the Forum over the year and we connected regularly with over 500 members through over 417 interactions and over 28 network meetings.

In addition to regular forums and working groups, we co-organised a Substance Use and Mental Health Partnership Event with the Substance use Areas Planning Board, and celebrated World Mental Health Day in 2 locations across Cardiff and the Vale of Glamorgan, attended by 36 agencies and groups with stands and stalls. This proved an opportunity to reconnect, reflect, regroup, and identify key needs, gaps and areas for development, feeding into the Forum Action Plan and into Health Board and local authority planning.

We have continued to co-facilitate Mental Health Action Wales - in partnership with colleagues in West Wales Action for Mental Health (WWAMH), to enable local and regional groups to connect and contribute at the Wales wide level and continue to contribute locally to other networks such as the Minority Ethnic Communities Health Fair and the Children and Young People's Mental Health and Wellbeing 3rd Sector Group

Winter Wellbeing Initiatives:

Peer led Groups Small Grants Fund

The beginning of this year saw the end of our initiative supporting peer led groups in development and wellbeing initiatives and the final administration of the Small Grants Fund. We aim in the forthcoming year to establish a new Small Groups Development project with funding for a Small Groups Development Officer and a new Small Grant Fund to support small and emerging groups supporting mental health and wellbeing.

Information

We connect with people through a range of communications methods - newsletter, e-bulletin, notice board padlet, social media, phone and online - as well as face to face - to enable people and groups to communicate their experiences and views, develop initiatives together and have a voice. This continues to be especially important, in enabling connections with different groups in different ways.

Within the Mental Health Forum, targeted information is shared across eight areas of interest within the membership, such as older people, education and training, and interests such as housing, dual diagnosis, carers, alongside regular e-bulletins and newsletters.

We continued to share info, ideas, developments and activities through our weekly e-bulletins, - available to MHF members and interest groups, and on our website, and through focused service info booklets.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

Through our new website, we set up new articles and pages, established the new online Information board,(padlet) and maintained the online local Mental Health Service Directories.

The Directions Guide to Older People's Mental Health Services was updated, reprinted and distributed via Nexus with a Small Grant from the Regional Partnership Board and continues to be distributed. It remains very popular.

Training

With the support of some additional funding, and through training delivered pro gratis by cavamh and some of our Forum members, Samaritans and Gamcare, and with the invaluable support of our member, John, cavamh co-ordinated 10 training courses, free to the MHF members and stakeholders and attended by 65 people.

These courses sought to meet training needs expressed by members and arising through joint planning initiatives such as the Crisis Care Concordat and Suicide and Self Harm Action Plan - and to meet the additional benefits of joint training in promoting understanding between services and staff, along with shared values, principles, ethos, and information. Training in suicide and self harm prevention remains a high need amongst our members.

Co-Production Training: At the beginning of the year we rolled out final delivery of our Co-production training to Cardiff Council with the support of peer trainers. Developed initially by Claire Davies and with the support of Edwin Yhap, this was rolled out to Cardiff Council.

Unmet Needs -Within the Mental Health Forum we are continuing to collate and develop our responses about unmet needs to influence the development and delivery of services, feeding into the national analysis of needs via Mental Health Action Wales and locally with the Regional Partnership Board and via Mental Health Services for Older people. There has been no joint planning via the Mental Health Clinical Board in relation to Adult Services.

Policy Development

We have continued to co-ordinate Network responses to a range of consultations and await the Welsh government Consultation on the Mental health and Wellbeing Services Strategy and the Strategy regarding suicide and self-harm prevention.

Mental Health Awareness

We contributed to the ongoing planning of the Minority Ethnic Health Fair, supporting in terms of mental health topics, links, presentations and partnerships; we have also continued to build mental health awareness through tweets and info online.

Funding

Cavamh has continued to receive funding over this period from Cardiff and Vale University Health Board for our voluntary sector mental health development service.

Cardiff and Vale Councils funded us to provide co-production workshops and training to social work staff , which ended July 2023.

Following the update and reprint the Directions Handbook for older people with mental health lived experience and carers in 2022/23 we were able to print additional copies on demand in early 2023.

We have also been able to use our funds to continue to develop our new website, and maintain updates on our Mental health Services directory, aiming to provide a platform for members and a resource for stakeholders and the public

Financial review

Results

The charity reported total income for the year of £102,730 (2023: £158,337). Of this income £13,077 related to restricted activities.

The net surplus for the year was £12,408 (2023 deficit £49,399) which has increased total reserves to £153,945 (2023: £141,537). Of this balance £8,307 relates to funds held in relation to restricted income.

All reserves are related to net current assets.

Investment policy

The trustees invest any surplus monies into a deposit account.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

Financial review

Reserves policy

The reserves policy of cavamh recognises the need to hold reserves to ensure funds are available to promote the benefit of those people experiencing mental health problems should the income levels fall. A minimum level of reserves needs to be retained to ensure the trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Charity receives Local Authority and Health Board Grants and contract income and other income from trust funds.

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets and designated funds amounted to £136,207 (2023: £125,377). Internal analysis shows that this amount is necessary to enable the organisation to meet its legal requirements, maintain its infrastructure and ensure smooth wind up of services should this prove necessary and expenditure has been committed to this effect.

Cavamh intends to spend surplus on activities in the next financial year.

During the year ended 31st March 2024 restricted fund income represented 13% of total income.

Throughout a year of change and flux, developing and improving the service for the benefit of those people with lived experience of mental health in Cardiff and the Vale has continued to be the overriding aim of the trustees, particularly crucial as the impact of covid and the cost of living crisis continue to impact on mental health and wellbeing.

Future plans

Over the last year cavamh's work has focused on our voluntary sector development service, and associated projects, as we explored and implemented new charitable funding opportunities and liaisons and we will continue this into 2025/26.

However, the cavamh Board regret that at the date of approving the financial statements for 31 March 2024, cavamh was recently informed that the main source of funding will not be continuing, making the Charity financially unviable. In the light of this the Board have made the very difficult and sad decision to close the organisation during the financial year 2025/26, once the charity has fulfilled its duties.

Cavamh will keep all its members updated of this process and would like to take this opportunity to thank all staff and members for their support and commitment to cavamh.

Structure, governance and management

Governing document

The Charity is governed by its articles and was incorporated on 21st March 2012 when company limited by guarantee and charitable status were obtained. (Charity number 1148312, Company number 8000094).

About the organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project (CVMHDP) has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to Cardiff and Vale Action for Mental Health, (cavamh), the objects and structure on 13th December 2012 and cavamh became operational with a transfer of undertakings from CVMHDP on 1st April 2013.

The aims of the organisation and its area of benefit are set out in its articles of association. A policy for the election of Directors was adopted by the membership on December 13th 2012.

Organisational structure

The Charity is controlled by the Board of Directors who are all voluntary members. The day to day administration is delegated to the Director and support staff. The Director reports to the Board of Trustees throughout the year at their regular meetings.

Financial controls

Control over the client affairs is affected by an inspection by both the Board of Directors and the Independent Examiner.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

Structure, governance and management

Appointment, induction and training of new Board members

The board of directors (also known as the Executive Committee) of the Charity is made up of the following:

- Up to nine individuals who are representatives of members of the Charity (the "**Member Representatives**"); and
- Up to three individuals who are appointed by the other directors (the "**Co-opted Directors**").

There must be at least four directors at all times and the Co-Opted Directors must not comprise more than one third of the total number of directors.

The Charity desires that the Member Representatives represent as broad a range of the members of the Charity (the "**Members**") as possible, to ensure that the full breadth of views are represented at the director level. The Charity has therefore adopted the following process for electing the Member Representatives.

Categories

The following are the nine categories of members (the "**Categories**" and each a "**Category**") that it is believed should be represented at board level:

- . a service user group in Cardiff
- . a service user group in the Vale of Glamorgan
- . a service user group in either Cardiff and the Vale of Glamorgan or a wider area.
- a carer group in Cardiff
- . a carer group in the Vale of Glamorgan
- . a carer group in either Cardiff and the Vale of Glamorgan or a wider area
- . a voluntary organisation working in Cardiff
- . a voluntary organisation working in the Vale of Glamorgan
- . a voluntary organisation working in Cardiff and the Vale of Glamorgan and/or working in a wider area

Appointment, induction and training of new Board members

Nominees shall only be invited for a Category where the existing director is retiring by rotation in accordance with the articles of association of the Category.

1. If the number of Nominees is less than or equal to the number available Categories, then all the Nominees will be proposed as directors of the Charity at the next AGM and the remainder of this process shall be disregarded.
2. If a Nominee is the only Nominee who represents a Member in a single Category, then that Nominee shall be proposed as a director of the Charity at the next AGM.
3. If there is more than one Nominee who represents Members in a single Category, then those Nominees shall be submitted for election to the Members prior to the AGM.
4. The election shall be carried out at least 1 month prior to the Charity's AGM and shall be carried out in such a way that the directors reasonably determine.
5. The Nominee in each Category who receives the most votes in the Election, shall be proposed as a director of the Charity at the next AGM.
6. If there is at least one Category with no Nominees, then the Nominees with the most number of votes from other Categories and who have not otherwise qualified to be proposed as directors, will be proposed at the next AGM of the Charity, provided that no more than nine Nominees will be proposed.

The AGM is advertised publicly, via the cavamh membership and to all associated networks. Induction and continued training is provided by cavamh.

Related parties

There are no related party transactions.

Risk management

CAVAMH reviews risks on a regular basis. Trustees recognise that the principal risk for the Charity is loss of funding. To mitigate this the trustees have developed a risk assessment/management process which makes the best use of available assets, including people, and have a reserves policy to build up the available reserves to a level which would enable the primary objectives to carry on whilst alternative sources of funding are found. The Charity has an exit strategy and a POVAC policy and regularly reviews procedures.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2024**

Reference and administrative details

Registered Company number

08000094 (Not specified/Other)

Registered Charity number

1148312

Registered office

69b Splott Road
Cardiff
CF24 2BW

Trustees

Mrs S Jones
Mr J G Rees
Ms S Scire
Ms K Natarajan
Ms K Hyman
Mr K Barker

Director

Linda Newton

Independent Examiner

Victoria Carter
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Bankers

Unity Trust Bank
Nine Brindleyplace
4 Oozells Square
Birmingham
B1 2HB

CCLA
Senator House
85 Queen Victoria Street
London EC4V 4ET

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

19/12/2024

Approved by order of the board of trustees on and signed on its behalf by:



.....
Mr J G Rees - Trustee

**Independent Examiner's Report to the Trustees of
Cardiff and Vale Action for Mental
Health**

Independent examiner's report to the trustees of Cardiff and Vale Action for Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's 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.

Victoria Carter
The Institute of Chartered Accountants in England and Wales

Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Date:

**Cardiff and Vale Action for Mental
Health**

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024**

		Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
	Notes				
Income and endowments from					
Charitable activities	3				
Core activities		86,500	13,077	99,577	157,205
Investment income	2	3,153	-	3,153	1,132
Total		<u>89,653</u>	<u>13,077</u>	<u>102,730</u>	<u>158,337</u>
Expenditure on					
Charitable activities					
Core activities		75,600	12,056	87,656	205,109
Other		2,138	528	2,666	2,627
Total		<u>77,738</u>	<u>12,584</u>	<u>90,322</u>	<u>207,736</u>
NET INCOME/(EXPENDITURE)		11,915	493	12,408	(49,399)
Transfers between funds	12	(338)	338	-	-
Net movement in funds		<u>11,577</u>	<u>831</u>	<u>12,408</u>	<u>(49,399)</u>
Reconciliation of funds					
Total funds brought forward		134,061	7,476	141,537	190,936
Total funds carried forward		<u><u>145,638</u></u>	<u><u>8,307</u></u>	<u><u>153,945</u></u>	<u><u>141,537</u></u>

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Balance Sheet
31 March 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Fixed assets					
Intangible assets	8	4,020	-	4,020	5,628
Tangible assets	9	4,030	1,381	5,411	3,056
		<u>8,050</u>	<u>1,381</u>	<u>9,431</u>	<u>8,684</u>
Current assets					
Debtors	10	4,359	-	4,359	23,227
Cash at bank		138,470	7,645	146,115	122,534
		<u>142,829</u>	<u>7,645</u>	<u>150,474</u>	<u>145,761</u>
Creditors					
Amounts falling due within one year	11	(5,241)	(719)	(5,960)	(12,908)
Net current assets		<u>137,588</u>	<u>6,926</u>	<u>144,514</u>	<u>132,853</u>
Total assets less current liabilities		<u>145,638</u>	<u>8,307</u>	<u>153,945</u>	<u>141,537</u>
NET ASSETS		<u>145,638</u>	<u>8,307</u>	<u>153,945</u>	<u>141,537</u>
Funds	12				
Unrestricted funds				145,638	134,061
Restricted funds				8,307	7,476
Total funds				<u>153,945</u>	<u>141,537</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

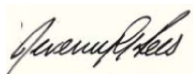
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 19/12/2024 and were signed on its behalf by:



Mr J G Rees - Trustee

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements
for the Year Ended 31 March 2024**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Going concern

The trustees have reviewed and considered all relevant information including the annual budget and future cash flows in making their going concern assessment. At the date the financial statements were prepared, cavamh was recently informed that our main source of funding will not be continuing, making the Charity financially unviable. In the light of this the Board have made the decision to close the organisation during the financial year 2025/26.

On this basis, the financial statements have not been prepared on a going concern basis. A review of the balance sheet as at 31 March 2024 was completed and a write down of assets or liabilities was completed in line with the charities objectives for closure during 2025/26.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions.

Investment income is recognised on a receivable basis.

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Intangible assets

Amortisation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Software - 20% on a straight line basis

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment - 25% on reducing balance

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

1. Accounting policies - continued

Tangible fixed assets

- Fixtures and fittings - 25% on reducing balance
- Computer equipment - 25% on reducing balance

Individual fixed assets costing £200 or more are initially recorded at cost.

Taxation

All of the charity's income is primary purpose it is therefore exempt from corporation tax.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity makes contributions into the private pension schemes of its employees. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of each scheme. Any apportionment of pensions between activities and funds is based on the terms of allowed expenditure for each project and then on the split of associated wages costs.

2. Investment income

	2024	2023
	£	£
Deposit account interest	3,153	1,132
	<u>3,153</u>	<u>1,132</u>

3. Income from charitable activities

		2024	2023
	Activity	£	£
Sefyll	Core activities	-	14,045
Nexus	Core activities	-	14,046
CAVAMH Project	Core activities	86,500	86,500
Winter Wellbeing	Core activities	-	10,586
Co-Pro Project	Core activities	-	16,899
Service user remuneration	Core activities	-	11,029
Directions/Dewis update	Core activities	-	2,500
Zurich (Join the Dots)	Core activities	-	1,600
Peer Research	Core activities	13,077	-
		<u>99,577</u>	<u>157,205</u>

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	1,058	1,020
Surplus on disposal of fixed assets	(84)	-
Computer software amortisation	1,608	1,608
Independent Examiners fee	5,738	2,759
Operating leases	<u>3,090</u>	<u>6,656</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

Trustees' received reimbursed expenses totalling £Nil for the year (2023: £Nil).

6. Staff costs

	2024	2023
	£	£
Wages and salaries	56,843	129,247
Social security costs	-	9,088
Other pension costs	3,584	4,922
	<u>60,427</u>	<u>143,257</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Charitable activities	3	6
Administration	1	2
	<u>4</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

7. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from Charitable activities			
Core activities	86,500	70,705	157,205
Investment income	1,132	-	1,132
Total	<u>87,632</u>	<u>70,705</u>	<u>158,337</u>
Expenditure on Charitable activities			
Core activities	117,846	87,263	205,109
Other	2,183	444	2,627
Total	<u>120,029</u>	<u>87,707</u>	<u>207,736</u>
NET INCOME/(EXPENDITURE)	(32,397)	(17,002)	(49,399)
Transfers between funds	(9,217)	9,217	-
Net movement in funds	(41,614)	(7,785)	(49,399)
Reconciliation of funds			
Total funds brought forward	175,675	15,261	190,936
Total funds carried forward	<u>134,061</u>	<u>7,476</u>	<u>141,537</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

8. Intangible fixed assets

	Computer software £
Cost	
At 1 April 2023 and 31 March 2024	8,040
Amortisation	
At 1 April 2023	2,412
Charge for year	1,608
At 31 March 2024	4,020
Net book value	
At 31 March 2024	4,020
At 31 March 2023	5,628

9. Tangible fixed assets

	Office equipment £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1 April 2023	77	145	6,305	6,527
Additions	-	-	3,808	3,808
Disposals	-	-	(1,035)	(1,035)
At 31 March 2024	77	145	9,078	9,300
Depreciation				
At 1 April 2023	77	145	3,249	3,471
Charge for year	-	-	1,058	1,058
Eliminated on disposal	-	-	(640)	(640)
At 31 March 2024	77	145	3,667	3,889
Net book value				
At 31 March 2024	-	-	5,411	5,411
At 31 March 2023	-	-	3,056	3,056

10. Debtors: amounts falling due within one year

	2024 £	2023 £
Grant debtors	4,359	20,490
Prepayments and accrued income	-	2,737
	4,359	23,227

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

11. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	-	6,680
Social security and other taxes	868	1,396
Accruals and deferred income	5,092	4,832
	<u>5,960</u>	<u>12,908</u>
Deferred income brought forward	2,500	-
Amounts released to incoming resources	(2,500)	-
Amounts deferred in the year	-	2,500
	<u>-</u>	<u>2,500</u>
Deferred income carried forward	-	2,500

Any income received during the financial year that is applicable to periods post year end have been deferred in line with the funding terms.

12. Movement in funds

	At 1.4.23	Net movement	Transfers	At
	£	in funds	between	31.3.24
		£	funds	£
			£	
Unrestricted funds				
General fund	134,061	11,915	(338)	145,638
Restricted funds				
Directions	320	(290)	(30)	-
Zurich (Join the Dots)	1,663	-	-	1,663
Dementia Friendly Communities small funds grant	4,016	(1,242)	-	2,774
Moondance	671	(527)	(144)	-
ICF Small Grants Capital Fund	806	(202)	-	604
Peer Research	-	3,266	-	3,266
Co-Pro Project	-	(512)	512	-
	<u>7,476</u>	<u>493</u>	<u>338</u>	<u>8,307</u>
TOTAL FUNDS	<u>141,537</u>	<u>12,408</u>	<u>-</u>	<u>153,945</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	89,653	(77,738)	11,915
Restricted funds			
Directions	-	(290)	(290)
Dementia Friendly Communities small funds grant	-	(1,242)	(1,242)
Moondance	-	(527)	(527)
ICF Small Grants Capital Fund	-	(202)	(202)
Peer Research	13,077	(9,811)	3,266
Co-Pro Project	-	(512)	(512)
	<u>13,077</u>	<u>(12,584)</u>	<u>493</u>
TOTAL FUNDS	<u>102,730</u>	<u>(90,322)</u>	<u>12,408</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

12. Movement in funds - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	175,675	(32,397)	(9,217)	134,061
Restricted funds				
Sefyll	-	(3,592)	3,592	-
Nexus	-	(3,958)	3,958	-
Directions	-	320	-	320
Zurich (Join the Dots)	9,324	(7,661)	-	1,663
Dementia Friendly Communities small funds grant	4,016	-	-	4,016
Moondance	847	(176)	-	671
ICF Small Grants Capital Fund	1,074	(268)	-	806
Co-Pro Project	-	(506)	506	-
Winter Wellebing	-	(1,161)	1,161	-
	<u>15,261</u>	<u>(17,002)</u>	<u>9,217</u>	<u>7,476</u>
TOTAL FUNDS	<u>190,936</u>	<u>(49,399)</u>	<u>-</u>	<u>141,537</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	87,632	(120,029)	(32,397)
Restricted funds			
Sefyll	25,074	(28,666)	(3,592)
Nexus	14,047	(18,005)	(3,958)
Directions	2,500	(2,180)	320
Zurich (Join the Dots)	1,600	(9,261)	(7,661)
Moondance	-	(176)	(176)
ICF Small Grants Capital Fund	-	(268)	(268)
Co-Pro Project	16,898	(17,404)	(506)
Winter Wellebing	10,586	(11,747)	(1,161)
	<u>70,705</u>	<u>(87,707)</u>	<u>(17,002)</u>
TOTAL FUNDS	<u>158,337</u>	<u>(207,736)</u>	<u>(49,399)</u>

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Sefyll - the adult service user involvement development project- The purpose of the project is to work with people who use mental health services and mental health service providers to ensure that service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Nexus - the Older People's Carer and Service User Involvement Development Project. The purpose of the Project is to work with carers and people using services, planners and providers, to ensure that carer and service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Join the Dots - supporting young people to have a voice in mental health services, funded by funded by Zurich and Cardiff and Vale UHB (Regional Partnership Board).

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

12. Movement in funds - continued

Directions supporting a directory and handbook funded by ICF, Cardiff and Vale Councils, Cardiff and Vale UHB.

Dementia Friendly Communities Small Grants Fund (DFC) - A Small Grants Fund for voluntary sector groups operating dementia friendly community initiatives in Cardiff and the Vale of Glamorgan, managed by cavamh on behalf of Cardiff and Vale Integrated Health and Social Care Partnership, with funding from the Welsh Government Integrated Care Fund.

ICF Small Grants Capital Fund - funding provided for the purpose of acquiring computer equipment for charity use. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Moondance - Funding to assist with adaptations to the working environment following the COVID pandemic. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Peer Research - 'Mental Health Act Assessment Evaluation, Vale of Glamorgan'. Funding provided by Vale of Glamorgan Council to evaluate lived experience of Mental Health Act Assessment in the Vale of Glamorgan. This funding continued into financial year 2024-25.'

Transfers between funds

Transfers have been made from Directons and Moon Dance restricted funds account for the administrative costs allocated for these funds.

A transfer has been made to the Co-Pro restricted fund to account for the charity using general unrestricted funds to cover the final costs of the project.

13. Employee benefit obligations

The charity pays 8% (6% employer, 2% employee contribution) of salaries to employee's pension of their choice if the member of staff has been required to join the charities pension scheme. Contributions paid this financial year by the charity amounted to £3,584 (2023: £4,922).

14. Related party disclosures

There were no related party transactions for the year ended 31 March 2024.

15. Member's liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The Charity is a company registered in England & Wales with it's registered office as disclosed in the Trustee's report.

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
Cardiff and Vale Action for Mental
Health

**Cardiff and Vale Action for Mental
Health**

**Contents of the Financial Statements
for the Year Ended 31 March 2023**

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**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

Our Vision

Involving People - Improving Mental Health Services

Mental health services are recovery focused, integrated and truly responsive to the people who need them.

Our Mission -

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them.

Charitable Objects

The charity's objects are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale and assisting the work of voluntary organisations, mental health service users and carers acting in the mental health sector.

Our values stress the importance of working together collaboratively with peers and partners to achieve shared collectively owned outcomes, with the aim that services are recovery focused, collaboratively designed and delivered, responsive, evaluated, and inclusive of the people who need the support.

Strategic Aims

The charity has 4 strategic aims. These are:

- i To build on our strengths to deliver against our core service. (Voice, Information & Training, Development and Wellbeing) for the benefit of our constituency groups.
- ii Introduce innovation in service user and carer involvement.
- iii Build an effective sustainable organisation, with stakeholder involvement.
- iv Fund the Mission.

Public benefit

We review our aims, objectives and activities each year with our stakeholders - looking at the outcomes of our work against objectives in the previous year and setting objectives for the year ahead. In doing this, we take account the guidance contained in the Charity Commission's general guidance on public benefit, thus ensuring that our work continues in its purpose in assisting voluntary organisations, mental health service users and carers.

**Report of the Trustees
for the Year Ended 31 March 2023**

Achievement and performance

Charitable activities

Services

The organisation operates in three interlinked areas: -

- . A mental health development service to third sector organisations (including service user and carer groups) with an interest in mental health, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention through Cardiff & Vale Mental Health Forum,
- . Sefyll, the involvement development service for people with experience of using adult mental health services, and
- . Nexus, the Older People's Mental Health Carer and User Involvement Development Service for people, both service users and carers, with experience of Older People's Mental Health Services, - operating to September 2022.
- . Join the Dots - working with young people and groups supporting young people- to have a voice in how services are planned and delivered.
- . Co-production Training - working in partnership with Cardiff and Vale local authorities and with peer trainers to provide training to social workers.
- . Winter Wellbeing Project- providing information, training and a Small Grants Fund to support the development of peer led well being groups and wellbeing opportunities.

We decide our priorities and annual workplans through annual review & evaluation, via Cardiff and Vale Mental Health Forum or the advisory planning group of Sefyll and Nexus, - open to all stakeholders.

We also manage other projects in line with our articles.

A summary of the work of cavamh is outlined below.

This year was another year of change, as we and our stakeholders adapted to the post covid environment and new challenges as services changed, ceased and developed.

Supporting development and building an effective voice through networking

We have provided services to over 400 members and 100 third sector groups with an interest in mental health, through networks and online events, information, and training, facilitating joint working and stakeholder voices in policy development, and liaising with a number of statutory sector and other organisations.

The opportunity for networking remains key for engagement, dialogue and action through the Mental Health Forum (MHF), and its interest groups, covering for example, BME communities, young people, and areas of work such as counselling services. Meetings, workshops, training, and events, online and face to face, have enabled members to share information and good practice, debate and collate the voice of the sector and develop shared action, particularly in the light of the continuing covid impact on mental health and the cost-of-living crisis. 29 plus new members joined the Forum over the year and we connected regularly with over 434 members through over 260 interactions and over 40 network meetings.

In addition to regular forums and working groups, we celebrated our first face to face event for World Mental Health Day since covid. Attended by 23 agencies and groups with stands and stalls, this proved an opportunity to reconnect, reflect, regroup, and identify key needs, gaps and areas for development, feeding into the Forum Action Plan and into Health Board and local authority planning.

We have continued to co-facilitate Mental Health Action Wales - in partnership with colleagues in West Wales Action for Mental Health (WWAMH), to enable local groups to connect and contribute at the Wales wide level and continue to contribute to locally to other networks such as the Minority Ethnic Communities Health Fair and the Children and Young People's Mental Health and Wellbeing 3rd Sector Group.

Winter Wellbeing Initiatives:

Peer led Groups Small Grants Fund

Through Regional Partnership Board funding, we have also set up and provided development and resource support to new and emerging self-help groups through development of a Small Grant Fund, and provided community based creative wellbeing support.

Facilitating Voices in the Planning and Delivery of Services

Sefyll and Nexus lived experience involvement services continued operating to end August 2023, when sadly, the services came to a close, as this service was transferred elsewhere. We say a heartfelt thankyou to all the people with lived experience and staff who contributed to this project so tirelessly and resourcefully over the last year, and also over the last 20 years it has been operating.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2023**

Sefyll worked with adults with lived experience, and Nexus with people both caring and using older people's mental health and dementia services, to enable people from a diverse range of backgrounds to have a voice in how services are planned and delivered. Together they have liaised with over 230 people with lived experience, both service users and carers, including through training, support, focus groups, and creative ways of working, to support members to contribute to various meetings, planning, development, and evaluation groups and initiatives. They have supported and connected with a range of different groups operating within the community to ensure connection, voice and access. This has included for example, the Veterans Mental Health Group, Woody's Lodge, art groups and the Forget Me Not Chorus, and the development of connections with BME communities.

Join the Dots has continued to connect with and enable the voices of young people, with the support of funding from the Zurich Trust and the Cardiff and Vale Regional Partnership Board, having contact with 100 + young people over the year and 43 groups supporting young people.

This year has also seen the development of connections through social media, art, music, and wellbeing in places where young people feel comfortable and accepted and the development of creative wellbeing groups for young people.

All involvement projects have supported people with lived experience to share their experiences of both mental health and wellbeing and mental health and wellbeing services in a range of different ways.

We will continue to work together with all our members- whether voluntary sector groups or people with lived experience to improve mental health services for the people who use them.

Information

All projects link with people through a range of communications methods - newsletter, e-bulletin, notice board padlet, podcast, social media, telephone and online to enable people and groups to communicate their experiences and views, develop initiatives together and have a voice. This continues to be especially important, in enabling connections with different people in different ways.

Within the Mental Health Forum, targeted information is shared across eight areas of interest within the membership, such as older people, education and training, and interests such as housing, dual diagnosis, carers, alongside regular e-bulletins and newsletters.

We continued to share info, ideas, developments and activities through our weekly e-bulletins, - available to MHF members and on our website, - through the weekly Summary A-Z of Mental Health Services, which continued to run as we came out of covid, and through focused service info booklets. The cavamh newsletter - contained most importantly a heartfelt thank you and farewell to Sefyll and Nexus and the members who made the work of these projects so successful over the last 20 years. Thank you to everyone who put in so much time and effort to ensure a voice of lived experience within the planning and development of local mental health services. Information about where to continue lived experience engagement with the Health Board was shared and is available on our website.

Through our new website, we set up new articles and pages, established the new online Information board,(padlet) and maintained the online local Mental Health Service Directories.

The Directions Guide to Older People's Mental Health Services was updated, reprinted and distributed via Nexus with a small grant from the Regional Partnership Board, and is available online or in hard copy.

Training

Through the Winter Wellbeing Funding, cavamh co-ordinated and delivered 9 training courses in the spring of 2023, free to the MHF members and stakeholders and attended by 74 people.

These courses sought to meet training needs expressed by members and arising through joint planning initiatives such as the Crisis Care Concordat and Suicide and Self Harm Action Plan - and to meet the additional benefits of joint training in promoting understanding between services and staff, along with shared values, principles, ethos, and information.

Co-Production Training: Over the year, through Cardiff and Vale of Glamorgan Council funding, we have developed and delivered jointly with peer lived experience trainers, co-production awareness training for local authority social services staff.

Recovery

Cavamh has continued to support the development of the Mental Health Clinical Board's Recovery College as it has rolled out co-produced courses over this period and promoted the recovery ethos amongst our members. Members have reflected that the support and engagement in involvement activities has given both confidence and supported recovery. During this period members worked with all stakeholders to look at ways to facilitate the development of co-productive working.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2023**

Unmet Needs -Within the Mental Health Forum we are continuing to collate and develop our responses about unmet needs in order to influence the development and delivery of services, feeding into the national analysis of needs via Mental Health Action Wales and locally with the Mental Health Clinical Board.

Involvement in Recruitment

Both Sefyll, Nexus and Join the Dots facilitated service user and carer involvement in Health Board recruitment and a number of people have supported Health Board and local authority recruitment over the period.

Policy Development

We have continued to co-ordinate Network responses - third sector, service user and carer- to a range of consultations. In this year we have supported people with lived experience to have a voice in the development of the services, and through focus groups, - for example, looking at the development of the Cardiff and Vale Crisis Sanctuary and other crisis services. Information has been shared on numerous other consultations and surveys and in relation to new planning developments such as those around Crisis Care.

Mental Health Awareness

We contributed to the ongoing planning of the Minority Ethnic Health Fair, supporting in terms of mental health topics, links, presentations and partnerships; we have also continued to build mental health awareness through tweets and info online.

Funding

Cavamh has continued to receive funding over this period from Cardiff and Vale University Health Board for our voluntary sector mental health development service, and via Cardiff and the Vale of Glamorgan Local Authorities in relation to lived experience involvement up to September 2022.

UHB funding for lived experience involvement via Sefyll and Nexus ended in September 2022. This necessitated the transfer of Sefyll and Nexus staff under TUPE arrangements and the redundancy of our Office Manager.

We have been fortunate to receive continued funding from the Zurich Trust to fund Join the Dots, the Young People's Project to September 2022 - with continued funding from the Regional Partnership Board to December 2022.

Cardiff and Vale or Glamorgan Councils funded us to provide co-production workshops and training to social work staff for the period September 2022 - March 2023.

We were also successful in obtaining funding from the Regional Partnership Board to deliver the Winter Wellbeing Project - providing mental health service information, training and creative wellbeing activities and a Small Grants Fund to support small peer led groups in their development and in delivery of wellbeing activities.

Nexus obtained funding to update and reprint the Directions Handbook for older people with mental health lived experience and carers.

We have also been able to use our funds to continue to develop our new website, aiming to provide a platform for members and a resource for stakeholders and the public

Financial review

Results

The charity reported total income for the year of £158,337 (2022: £234,989). Of this income £70,705 related to restricted activities.

The net deficit for the year was £49,399 (2022 surplus £13,333) which has decreased total reserves to £141,537 (2022: £190,936). Of this balance £7,476 relates to funds held in relation to restricted income.

All reserves are related to net current assets.

Investment policy

The trustees invest any surplus monies into a deposit account.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2023**

Financial review

Reserves policy

The reserves policy of cavamh recognises the need to hold reserves to ensure funds are available to promote the benefit of those people experiencing mental health problems should the income levels fall. A minimum level of reserves needs to be retained to ensure the trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Charity receives Local Authority and Health Board Grants and contract income and other income from trust funds.

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets and designated funds amounted to £125,377 (2022: £164,363). Internal analysis shows that this amount is necessary to enable the organisation to meet its legal requirements, maintain its infrastructure and ensure smooth wind up of services should this prove necessary and expenditure has been committed to this effect.

The level of available reserves currently represents 64% of the total expenditure for the last financial year on the assumption that the Charity wanted to maintain all its current level of services. Cavamh intends to spend surplus on activities in the next financial year.

During the year ended 31st March 2023 restricted fund income represented 45% of total income.

Throughout a year of change and flux, developing and improving the service for the benefit of those people with lived experience of mental health in Cardiff and the Vale has continued to be the overriding aim of the trustees, particularly crucial as the impact of covid and the cost of living crisis continue to impact on mental health and wellbeing.

Future plans

Over the last year cavamh's work has focused on our voluntary sector development service and in delivering lived experience involvement in new and different ways, as the service user and carer involvement projects, Sefyll and Nexus ceased, and as we explored and implemented new charitable funding opportunities and liaisons.

Cavamh plans to continue to support voluntary sector groups, including people and groups with lived experience with an interest in mental health, in finding creative solutions and co-productive and innovative approaches to service development in partnership with the people who use them, and to seek other funding pots and opportunities.

Structure, governance and management

Governing document

The Charity is governed by its articles and was incorporated on 21st March 2012 when company limited by guarantee and charitable status were obtained. (Charity number 1148312, Company number 8000094).

About the organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project (CVMHDP) has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to Cardiff and Vale Action for Mental Health, (cavamh), the objects and structure on 13th December 2012 and cavamh became operational with a transfer of undertakings from CVMHDP on 1st April 2013.

The aims of the organisation and its area of benefit are set out in its articles of association. A policy for the election of Directors was adopted by the membership on December 13th 2012.

Organisational structure

The Charity is controlled by the Board of Directors who are all voluntary members. The day to day administration is delegated to the Director and support staff. The Director reports to the Board of Trustees throughout the year at their regular meetings.

Financial controls

Control over the client affairs is affected by an inspection by both the Board of Directors and the Independent Examiner.

**Report of the Trustees
for the Year Ended 31 March 2023**

Structure, governance and management

Appointment, induction and training of new Board members

The board of directors (also known as the Executive Committee) of the Charity is made up of the following:

- Up to nine individuals who are representatives of members of the Charity (the "**Member Representatives**"); and
- Up to three individuals who are appointed by the other directors (the "**Co-opted Directors**").

There must be at least four directors at all times and the Co-Opted Directors must not comprise more than one third of the total number of directors.

The Charity desires that the Member Representatives represent as broad a range of the members of the Charity (the "**Members**") as possible, to ensure that the full breadth of views are represented at the director level. The Charity has therefore adopted the following process for electing the Member Representatives.

Categories

The following are the nine categories of members (the "**Categories**" and each a "**Category**") that it is believed should be represented at board level:

- . a service user group in Cardiff
- . a service user group in the Vale of Glamorgan
- . a service user group in either Cardiff and the Vale of Glamorgan or a wider area.
- a carer group in Cardiff
- . a carer group in the Vale of Glamorgan
- . a carer group in either Cardiff and the Vale of Glamorgan or a wider area
- . a voluntary organisation working in Cardiff
- . a voluntary organisation working in the Vale of Glamorgan
- . a voluntary organisation working in Cardiff and the Vale of Glamorgan and/or working in a wider area

Appointment, induction and training of new Board members

Nominees shall only be invited for a Category where the existing director is retiring by rotation in accordance with the articles of association of the Category.

1. If the number of Nominees is less than or equal to the number available Categories, then all the Nominees will be proposed as directors of the Charity at the next AGM and the remainder of this process shall be disregarded.
2. If a Nominee is the only Nominee who represents a Member in a single Category, then that Nominee shall be proposed as a director of the Charity at the next AGM.
3. If there is more than one Nominee who represents Members in a single Category, then those Nominees shall be submitted for election to the Members prior to the AGM.
4. The election shall be carried out at least 1 month prior to the Charity's AGM and shall be carried out in such a way that the directors reasonably determine.
5. The Nominee in each Category who receives the most votes in the Election, shall be proposed as a director of the Charity at the next AGM.
6. If there is at least one Category with no Nominees, then the Nominees with the most number of votes from other Categories and who have not otherwise qualified to be proposed as directors, will be proposed at the next AGM of the Charity, provided that no more than nine Nominees will be proposed.

The AGM is advertised publicly, via the cavamh membership and to all associated networks. Induction and continued training is provided by cavamh.

Related parties

There are no related party transactions.

Risk management

CAVAMH reviews risks on a regular basis. Trustees recognise that the principal risk for the Charity is loss of funding. To mitigate this the trustees have developed a risk assessment/management process which makes the best use of available assets, including people, and have a reserves policy to build up the available reserves to a level which would enable the primary objectives to carry on whilst alternative sources of funding are found. The Charity has an exit strategy and a POVAC policy and regularly reviews procedures.

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Report of the Trustees
for the Year Ended 31 March 2023**

Reference and administrative details

Registered Company number
08000094 (Not specified/Other)

Registered Charity number
1148312

Registered office
69b Splott Road
Cardiff
CF24 2BW

Trustees

Mrs S Jones
Mr J G Rees
Ms S Scire
Ms K Natarajan
Mr D J Hall (resigned 10.8.22)
Ms K Hyman
Mr K Barker

Director

Linda Newton

Independent Examiner

Victoria Carter
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Bankers

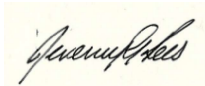
Unity Trust Bank
Nine Brindleyplace
4 Oozells Square
Birmingham
B1 2HB

CCLA
Senator House
85 Queen Victoria Street
London EC4V 4ET

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

19/12/2023

Approved by order of the board of trustees on and signed on its behalf by:



.....
Mr J G Rees - Trustee

**Independent Examiner's Report to the Trustees of
Cardiff and Vale Action for Mental
Health**

Independent examiner's report to the trustees of Cardiff and Vale Action for Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's 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.



Victoria Carter
The Institute of Chartered Accountants in England and Wales

Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Date: 20 December 2023

**Cardiff and Vale Action for Mental
Health**

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2023**

		Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
	Notes				
Income and endowments from Charitable activities	3				
Core activities		86,500	70,705	157,205	234,962
Investment income	2	1,132	-	1,132	27
Total		<u>87,632</u>	<u>70,705</u>	<u>158,337</u>	<u>234,989</u>
 Expenditure on Charitable activities					
Core activities		117,846	87,263	205,109	219,788
Other		2,183	444	2,627	1,868
Total		<u>120,029</u>	<u>87,707</u>	<u>207,736</u>	<u>221,656</u>
 NET INCOME/(EXPENDITURE)					
Transfers between funds	12	(32,397)	(17,002)	(49,399)	13,333
		<u>(9,217)</u>	<u>9,217</u>	<u>-</u>	<u>-</u>
Net movement in funds		(41,614)	(7,785)	(49,399)	13,333
 Reconciliation of funds					
Total funds brought forward		175,675	15,261	190,936	177,603
 Total funds carried forward		<u><u>134,061</u></u>	<u><u>7,476</u></u>	<u><u>141,537</u></u>	<u><u>190,936</u></u>

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health (Registered number: 08000094)**

**Balance Sheet
31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fixed assets					
Intangible assets	8	5,628	-	5,628	7,236
Tangible assets	9	1,724	1,332	3,056	4,076
		<u>7,352</u>	<u>1,332</u>	<u>8,684</u>	<u>11,312</u>
Current assets					
Debtors	10	23,227	-	23,227	18,514
Cash at bank		115,884	6,650	122,534	168,484
		<u>139,111</u>	<u>6,650</u>	<u>145,761</u>	<u>186,998</u>
Creditors					
Amounts falling due within one year	11	(12,402)	(506)	(12,908)	(7,374)
		<u>126,709</u>	<u>6,144</u>	<u>132,853</u>	<u>179,624</u>
Net current assets					
		<u>126,709</u>	<u>6,144</u>	<u>132,853</u>	<u>179,624</u>
Total assets less current liabilities		<u>134,061</u>	<u>7,476</u>	<u>141,537</u>	<u>190,936</u>
NET ASSETS		<u>134,061</u>	<u>7,476</u>	<u>141,537</u>	<u>190,936</u>
Funds	12				
Unrestricted funds				134,061	175,675
Restricted funds				7,476	15,261
				<u>141,537</u>	<u>190,936</u>
Total funds				<u>141,537</u>	<u>190,936</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

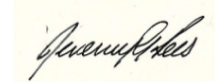
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 19/12/2023 and were signed on its behalf by:



Mr J G Rees - Trustee

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements
for the Year Ended 31 March 2023**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis. The Trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions.

Investment income is recognised on a receivable basis.

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Intangible assets

Amortisation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Software	- 20% on a straight line basis
-------------------	--------------------------------

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Individual fixed assets costing £200 or more are initially recorded at cost.

Taxation

All of the charity's income is primary purpose it is therefore exempt from corporation tax.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

1. Accounting policies - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity makes contributions into the private pension schemes of its employees. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of each scheme. Any apportionment of pensions between activities and funds is based on the terms of allowed expenditure for each project and then on the split of associated wages costs.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Debtors

Debtors are stated at their transaction price less any provision for non recoverable amounts.

Cash

Cash balances are stated at their year end reconciled amounts which take account of year end transactions that will clear the bank post year end.

Creditors

Creditors are stated at their transaction price.

2. Investment income

	2023	2022
	£	£
Deposit account interest	1,132	27

3. Income from charitable activities

		2023	2022
	Activity	£	£
Sefyll	Core activities	14,045	32,706
Nexus	Core activities	14,046	32,706
CAVAMH Project	Core activities	86,500	88,114
DFC Small Grants Fund	Core activities	-	37,429
Winter Wellbeing	Core activities	10,586	-
Co-Pro Project	Core activities	16,899	-
Service user remuneration	Core activities	11,029	8,995
Directions/Dewis update	Core activities	2,500	-
Zurich (Join the Dots)	Core activities	1,600	13,000
My Say	Core activities	-	14,305
Peer Research - Outpatients & Park Lodge	Core activities	-	2,620
C3SC	Core activities	-	1,325
Outpatients Review Peer Resear	Core activities	-	3,762
		<u>157,205</u>	<u>234,962</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	1,020	1,064
Computer software amortisation	1,608	804
Independent Examiners fee	2,759	2,508
Operating leases	<u>6,656</u>	<u>7,049</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

Trustees' received reimbursed expenses totalling £Nil for the year (2021: £Nil).

6. Staff costs

	2023	2022
	£	£
Wages and salaries	129,247	123,210
Social security costs	9,088	7,652
Other pension costs	4,922	4,848
	<u>143,257</u>	<u>135,710</u>

The average monthly number of employees during the year was as follows:

	2023	2022
	£	£
Charitable activities	6	6
Administration	2	2
	<u>8</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

7. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from			
Charitable activities			
Core activities	97,109	137,853	234,962
Investment income	27	-	27
Total	<u>97,136</u>	<u>137,853</u>	<u>234,989</u>
Expenditure on			
Charitable activities			
Core activities	73,138	146,650	219,788
Other	1,868	-	1,868
Total	<u>75,006</u>	<u>146,650</u>	<u>221,656</u>
NET INCOME/(EXPENDITURE)	22,130	(8,797)	13,333
Transfers between funds	2,200	(2,200)	-

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

7. Comparatives for the statement of financial activities - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Net movement in funds	24,330	(10,997)	13,333
Reconciliation of funds			
Total funds brought forward	151,345	26,258	177,603
Total funds carried forward	<u>175,675</u>	<u>15,261</u>	<u>190,936</u>

8. Intangible fixed assets

	Computer software £
Cost	
At 1 April 2022 and 31 March 2023	8,040
Amortisation	
At 1 April 2022	804
Charge for year	1,608
At 31 March 2023	<u>2,412</u>
Net book value	
At 31 March 2023	<u>5,628</u>
At 31 March 2022	<u>7,236</u>

9. Tangible fixed assets

	Office equipment £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1 April 2022 and 31 March 2023	77	145	6,305	6,527
Depreciation				
At 1 April 2022	77	145	2,229	2,451
Charge for year	-	-	1,020	1,020
At 31 March 2023	<u>77</u>	<u>145</u>	<u>3,249</u>	<u>3,471</u>
Net book value				
At 31 March 2023	<u>-</u>	<u>-</u>	<u>3,056</u>	<u>3,056</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>4,076</u>	<u>4,076</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

10. Debtors: amounts falling due within one year

	2023	2022
	£	£
Grant debtors	20,490	9,926
Prepayments and accrued income	2,737	8,588
	<u>23,227</u>	<u>18,514</u>

11. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	6,680	419
Social security and other taxes	1,396	1,782
Accruals and deferred income	4,832	5,173
	<u>12,908</u>	<u>7,374</u>
Deferred income brought forward	2,500	-
Amounts released to incoming resources	(2,500)	-
Amounts deferred in the year	-	2,500
	<u>-</u>	<u>2,500</u>
Deferred income carried forward	-	2,500

Any income received during the financial year that is applicable to periods post year end have been deferred in line with the funding terms.

12. Movement in funds

	At 1.4.22	Net	Transfers	At
	£	movement	between	31.3.23
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	175,675	(32,397)	(9,217)	134,061
Restricted funds				
Sefyll	-	(3,592)	3,592	-
Nexus	-	(3,958)	3,958	-
Directions	-	320	-	320
Zurich (Join the Dots)	9,324	(7,661)	-	1,663
Dementia Friendly Communities small funds grant	4,016	-	-	4,016
Moondance	847	(176)	-	671
ICF Small Grants Capital Fund	1,074	(268)	-	806
Co-Pro Project	-	(506)	506	-
Winter Wellebing	-	(1,161)	1,161	-
	<u>15,261</u>	<u>(17,002)</u>	<u>9,217</u>	<u>7,476</u>
TOTAL FUNDS	<u>190,936</u>	<u>(49,399)</u>	<u>-</u>	<u>141,537</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

12. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	87,632	(120,029)	(32,397)
Restricted funds			
Sefyll	25,074	(28,666)	(3,592)
Nexus	14,047	(18,005)	(3,958)
Directions	2,500	(2,180)	320
Zurich (Join the Dots)	1,600	(9,261)	(7,661)
Moondance	-	(176)	(176)
ICF Small Grants Capital Fund	-	(268)	(268)
Co-Pro Project	16,898	(17,404)	(506)
Winter Wellebing	10,586	(11,747)	(1,161)
	<u>70,705</u>	<u>(87,707)</u>	<u>(17,002)</u>
TOTAL FUNDS	<u>158,337</u>	<u>(207,736)</u>	<u>(49,399)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	151,345	22,130	2,200	175,675
Restricted funds				
Sefyll	-	(10,249)	10,249	-
Nexus	-	(13,052)	13,052	-
Zurich (Join the Dots)	3,761	5,563	-	9,324
Dementia Friendly Communities small funds grant	2,929	3,630	(2,543)	4,016
My Say	15,563	6,346	(21,909)	-
Moondance	1,599	(752)	-	847
Papyrus	974	-	(974)	-
ICF Small Grants Capital Fund	1,432	(358)	-	1,074
CS3C	-	842	(842)	-
Park Lodge Peer Research	-	(49)	49	-
Outpatients Review Peer Research	-	(718)	718	-
	<u>26,258</u>	<u>(8,797)</u>	<u>(2,200)</u>	<u>15,261</u>
TOTAL FUNDS	<u>177,603</u>	<u>13,333</u>	<u>-</u>	<u>190,936</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

12. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	97,136	(75,006)	22,130
Restricted funds			
Sefyll	32,706	(42,955)	(10,249)
Nexus	32,706	(45,758)	(13,052)
Zurich (Join the Dots)	13,000	(7,437)	5,563
Dementia Friendly Communities small funds grant	37,429	(33,799)	3,630
My Say	14,305	(7,959)	6,346
Moondance	-	(752)	(752)
ICF Small Grants Capital Fund	-	(358)	(358)
CS3C	1,325	(483)	842
Park Lodge Peer Research	2,620	(2,669)	(49)
Outpatients Review Peer Research	3,762	(4,480)	(718)
	<u>137,853</u>	<u>(146,650)</u>	<u>(8,797)</u>
TOTAL FUNDS	<u>234,989</u>	<u>(221,656)</u>	<u>13,333</u>

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Sefyll - the adult service user involvement development project- The purpose of the project is to work with people who use mental health services and mental health service providers to ensure that service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Nexus - the Older People's Carer and Service User Involvement Development Project. The purpose of the Project is to work with carers and people using services, planners and providers, to ensure that carer and service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Join the Dots - supporting young people to have a voice in mental health services, funded by funded by Zurich and Cardiff and Vale UHB (Regional Partnership Board).

Directions supporting a directory and handbook funded by ICF, Cardiff and Vale Councils, Cardiff and Vale UHB.

Dementia Friendly Communities Small Grants Fund (DFC) - A Small Grants Fund for voluntary sector groups operating dementia friendly community initiatives in Cardiff and the Vale of Glamorgan, managed by cavamh on behalf of Cardiff and Vale Integrated Health and Social Care Partnership, with funding from the Welsh Government Integrated Care Fund.

My Say - funding Sefyll and Nexus to work with people using mental health services and carers, to gather feedback on inpatient activities and community mental health team services.

ICF Small Grants Capital Fund - funding provided for the purpose of acquiring computer equipment for charity use. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Papyrus - Funding for training in suicide/self harm prevention.

Moondance - Funding to assist with adaptations to the working environment following the COVID pandemic. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

C3SC - Funding to support people with lived experience to have a voice in the local health population needs assessment review, through co-ordination of focus groups.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

12. Movement in funds - continued

Outpatients Review Peer Research and Park Lodge Peer Research - Funding provided to complete peer research on both outpatients and at Park Lodge.

Transfers between funds

Sefyll and Nexus projects have now ended, therefore any overdrawn restricted funds at the year-end (£3,592 and £3,958) have been agreed to be transferred to general unrestricted to account for the overhead charge on the projects.

There has also been a transfer of £1,161 for Winter Wellbeing from restricted to unrestricted funds to account for the administrative costs allocated for these funds.

An overspend on the Co-pro Project fund of £506 was expected, a transfer from general unrestricted funds has been made to top-up the project's fund.

13. Employee benefit obligations

The charity pays 8% (6% employer, 2% employee contribution) of salaries to employee's pension of their choice if the member of staff has been required to join the charity's pension scheme. Contributions paid this financial year by the charity amounted to £4,922 (2022: £4,848).

14. Related party disclosures

There were no related party transactions for the year ended 31 March 2023.

15. Member's liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The Charity is a company registered in England & Wales with its registered office as disclosed in the Trustee's report.

Accounts

Jeremy J Rees

REGISTERED COMPANY NUMBER: 08000094
REGISTERED CHARITY NUMBER: 1148312

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st March 2022
for
Cardiff and Vale Action for Mental
Health**

**Cardiff and Vale Action for Mental
Health**

**Contents of the Financial Statements
for the Year Ended 31st March 2022**

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Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 to 18
Detailed Statement of Financial Activities	19 to 20

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31st March 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our Vision

Involving People - Improving Mental Health Services

Mental health services are recovery focused, integrated and truly responsive to the people who need them

Our Mission -

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them.

Charitable Objects

The charity's objects are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale and assisting the work of voluntary organisations, mental health service users and carers acting in the mental health sector.

Our values stress the importance of working together collaboratively with peers and partners to achieve shared collectively owned outcomes, with the aim that services are recovery focused, collaboratively designed and delivered, responsive, evaluated, and inclusive of the people who need the support.

Strategic Aims

The charity has 4 strategic aims. These are:

- i To build on our strengths to deliver against our core service. (Voice, Information & Training, Development and Wellbeing) for the benefit of our constituency groups.
- ii Introduce innovation in service user and carer involvement.
- iii Build an effective sustainable organisation, with stakeholder involvement.
- iv Fund the Mission.

Public benefit

We review our aims, objectives and activities each year with our stakeholders - looking at the outcomes of our work against objectives in the previous year and setting objectives for the year ahead. In doing this, we take account the guidance contained in the Charity Commission's general guidance on public benefit, thus ensuring that our work continues in its purpose in assisting voluntary organisations, mental health service users and carers.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31st March 2022

Achievement and performance

Charitable activities

Services

The organisation operates in three interlinked areas: -

- . A mental health development service to third sector organisations (including service user and carer groups) with an interest in mental health, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention through Cardiff & Vale Mental Health Forum,
- . Sefyll, the involvement development service for people with experience of using adult mental health services,
- . Nexus, the Older People's Mental Health Carer and User Involvement Development Service for people, both service users and carers, with experience of Older People's Mental Health Services.

We decide our priorities and annual workplans through annual review & evaluation, via Cardiff and Vale Mental Health Forum or the advisory planning group of Sefyll and Nexus, - open to all stakeholders.
We also manage other projects in line with our articles.

A summary of the work of cavamh is outlined below.

Services delivered during the Covid 19 pandemic.

This year we again continued to deliver our service in the context of a continuing changing environment, as the Covid 19 pandemic progressed and periods of lockdown continued, working together with our stakeholders both online and face to face over the course of the year.

This year we have also moved our offices, in order to fine-tune our service in the light of changing patterns of service to best meet needs.

Supporting development and building an effective voice through networking

We have provided services to over 400 members and 100 third sector groups with an interest in mental health, through networks and online events, information, and training, facilitating joint working and stakeholder voices in policy development, and liaising with a number of statutory sector organisations.

Networking forms a key element for engagement, through the Mental Health Forum (MHF), and interest groups, covering for example, BAME communities, young people, and areas of work such as counselling services. Meetings and workshops have enabled members to share information and good practice, debate and collate the voice of the sector and develop shared action, particularly in the light of covid needs both online and face to face.

We have coordinated over 40 Mental Health Forum & interest Group meetings over the year, attracting new members, creating a focal point for information exchange and the development of productive partnerships. Attendance at online events and Forum meetings remains popular, as groups and staff need to connect, share, adapt and develop services in the light of the continuing covid fluctuations. Some meetings continue to be themed to bring together experiences and learning, to enable a shared basis for new practice and partnership development, whether operational or strategic.

We have continued to co-facilitate Mental Health Action Wales - in partnership with colleagues in West Wales Action for Mental Health (WWAMH) and Unllais, to enable local groups to connect and contribute at the Wales wide level and have actively contributed to other networks such as the Minority Ethnic Communities Health Fair Planning and the Advocacy Services Forum.

Sefyll and Nexus have liaised with over 230 service users and carers, whilst Join the Dots has continued to liaise with and gather and enable the voices of young people, with the support of funding from the Zurich Trust, having contact with 100 + young people over the year and 43 groups supporting young people. All have been able to support mental health reps and people with lived experience to share their experiences and the impact of covid at this time.

Sefyll links with people using services through groups, networks, and inclusive events and activities. These have included the 10 meetings of the Service User Engagement Group, 13 information meetings and 5 meetings of the Champions Network. A review over the year, led to the appointment of a Diversity Involvement worker (working with Sefyll and Nexus), to liaise with people from diverse communities to explore ways to improve engagement in ways that suit them.

Nexus supports people both caring and using older people's services to have a voice through liaison and through supporting different groups operating within the community such as the Veterans Mental Health Group, Woody's Lodge, art groups and the Forget Me Not Chorus.

Join the Dots links with young people, both with the support of groups who support young people, and young people themselves, linking to places and venues where young people feel most comfortable. All groups and individuals have continued to adapt to linking online or in outside spaces; and we have continued to use our funds to support people with lived experience to link online through for example, the purchase of computer tablets.

**Report of the Trustees
for the Year Ended 31st March 2022**

All - Sefyll, Nexus and Join the Dots, - have continued to come together through the online Stakeholder Group, linking people with lived experience, both service users and carers, with planners and providers, to ensure that reps and people with lived experience are able to participate in the planning and delivery of services, - and to ensure a lived experience voice, as joint planning groups move online.

Information

All projects link with people through a range of communications methods - newsletter, e-bulletin, social media, telephone and also virtually in order to enable people and groups to communicate their experiences and views, develop initiatives together and have a voice. This continues to be especially important during covid, leading to new and varied forms of connections but meaning face to face contact has still been necessarily curtailed.

Within the Mental Health Forum, targeted information is shared across eight areas of interest within the membership, such as older people, education and training, and interests such as housing, dual diagnosis, carers, alongside regular e-bulletins and newsletters. Over this period, we have shared for example, 108 Forum and interest group info bulletins, 84 mailings were circulated to voluntary sector members, with 68 additional focused and themed mailings to MHF Interest Groups- including Counselling Services, BAME groups, Carers, Older People, Join the Dots, - a total of 152 mailings. Twitter is a constant and tweets have increased to twice daily, reflecting the changing times and a valuable source of communication.

This year we have launched a new quarterly newsletter - 'Involvement Matters', for the whole of the cavamh membership- the Mental Health Forum, Sefyll, Nexus and Join the Dots. This replaced the Sefyll and Nexus newsletter and adds to the e-bulletin news updates, facebook and twitter posts of all projects.

We have maintained and updated the local Cardiff and Vale Mental Health Services Directory and Directions, the handbook for older people with mental health needs, available on our website alongside leaflets on different areas of service, such as counselling services.

This year, we have continued the now monthly Covid Services summary update, as services still continue to fluctuate, bringing together the changing landscape of local mental health and wellbeing services and activities, and a fortnightly e-bulletin covering the latest news, events, activities, research and training - all available on our website. We have also continued to explore podcasts and alternative online mechanisms to reach people, such as the Online Forum.

Finally, we launched our new website - with new sections, activities and extended capabilities reaching nearly 30,500 new users as the new website links have gradually rebuilt.

Training

We have co-ordinated a programme of 14 courses, attended by 75 members of the Mental Health Forum over the year on themes requested by members - such as suicide and self harm and BAME awareness. Sefyll and Nexus have developed and offered online training to both develop confidence and skills in standing up and speaking out, particularly in the new world of online meetings.

Recovery

Cavamh has continued to support the development of the Mental Health Clinical Board's Recovery College as it has rolled out co-produced courses during covid and promoted the recovery ethos amongst our members. Members have reflected that the support and engagement in involvement activities has given both confidence and supported recovery.

Facilitating Voices in the Planning and Delivery of Services

We have continued to work in partnership with Cardiff & Vale Mental Health Clinical Board and the local authorities, and to facilitate service user, carer, third sector representation in the planning and delivery of services.

We have coordinated 44 local joint planning group meetings and contributed to 92 others over the year.

Whilst covid has had a big impact on how we connect with others, as well as on everyone's mental health and wellbeing, Sefyll, Nexus and Join the Dots, have continued in their aim to link with people in places and in ways that are meaningful, through online local 'champions' groups, engagement and online focus groups; through veterans' groups, or through creative activities such as music, arts and crafts. A range of meetings, events and training have taken place where covid has allowed... Join the Dots has linked with young people, supporting their involvement in a range of planning groups and activities. As a response to covid, Sefyll has continued the peer 'buddy' group.

Unmet Needs -Within the Mental Health Forum we are continuing to collate and develop our responses about unmet needs in order to influence the development and delivery of services, feeding into the national analysis of needs via Mental Health Action Wales.

Involvement in Recruitment

Both Sefyll, Nexus and Join the Dots facilitate service user and carer involvement in Health Board recruitment and a number of people have supported Health Board and local authority recruitment over the year.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31st March 2022

Policy Development

We continue to co-ordinate Network responses - third sector, service user and carer - to a range of consultations. In this year we have supported people with lived experience to have a voice in the local health population needs assessment review, through for example, co-ordination of focus groups in liaison with C3SC, GVS and the Regional Partnership Board, and through focus groups and responses to the Suicide and Self Harm Local Strategy. Information has been shared on numerous other consultations and surveys and in relation to new planning developments such as those around Crisis Care.

Mental Health Awareness

We contributed to the ongoing planning of the Minority Ethnic Health Fair, supporting in terms of mental health topics, links, presentations and partnerships; we have continued to build awareness through regular activities such as our online 'Tea and Cake', 'Squash in the Park' and through tweets and info online.

Supporting development - Building collaboration

Cavamh has provided support to a number of third sector and service user led groups including around local commissioning, contributions to both wider partnership and small community focused bids and in information about new charitable funds, many new and covid related. This year we have continued to co-ordinate the Dementia Friendly Communities Small Grants Fund on behalf of the Cardiff and Vale Integrated Health and Social Care Partnership, co-ordinating the Grants Panel which funded 10 local groups over the year and supporting their development. Sefyll and Nexus continued to work together on projects with the local Health Board, for example in relation to projects relating to peer research.

Building Co-production - 'We can do it together' Event

To end this year, - and working over the full course of the year, - all projects within cavamh brought together a wide range of stakeholders, to plan an open access online 3 - day event, celebrating and promoting co-production and methods to achieve co-production - with speakers and workshops both local, national, and international. Attracting 100 participants, it helped to celebrate and share positive and productive ways to work together.

Funding

We are fortunate in that our core funding from Cardiff and Vale University Health Board, and Cardiff and the Vale of Glamorgan Local Authorities has continued over this period, when the Covid 19 pandemic has still required us all to adapt to occasional home working and adopt different means of communication with our stakeholders and beneficiaries. We were also fortunate to receive continued funding from the Zurich Trust to fund Join the Dots, the Young People's Project. We have also been able to use our funds to develop our new extended website, aiming to provide a platform for members and a resource for stakeholders and the public at a time of intense need.

Financial review

Results

The charity reported total income for the year of £234,989 (2021: £223,314). Of this income £137,583 related to restricted activities.

The net surplus for the year was £13,333 (2021: £38,004) which has increased total reserves to £190,936 (2021: £177,603). Of this balance £15,261 relates to funds held in relation to restricted income.

All reserves are related to net current assets.

Investment policy

The trustees invest any surplus monies into a deposit account.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31st March 2022

Financial review

Reserves policy

The reserves policy of cavamh recognises the need to hold reserves to ensure funds are available to promote the benefit of those people experiencing mental health problems should the income levels fall. A minimum level of reserves needs to be retained to ensure the trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Charity receives Local Authority and Health Board Grants and contract income and other income from trust funds.

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets and designated funds amounted to £164,363 (2021: £147,529). Internal analysis shows that this amount is necessary to enable the organisation to meet its legal requirements, maintain its infrastructure and ensure smooth wind up of services should this prove necessary and expenditure has been committed to this effect. The level of available reserves currently represents 73% of the total expenditure for the last financial year on the assumption that the Charity wanted to maintain all its current level of services. Cavamh intends to spend surplus on activities in the next financial year.

During the year ended 31st March 2022 restricted fund income represented 59% of total income.

Throughout the year developing and improving the service for the benefit of those people experiencing mental health problems in Cardiff and the Vale has continued to be the overriding aim of the trustees, even more crucial as covid and its impact on mental health and wellbeing have continued.

Future plans

Over the last 6 year CAVAMH's work has focused on the re-tendering processes for our work with voluntary sector development and lived experience involvement, as well as exploring and implementing other charitable funding opportunities. CAVAMH plans to continue to support voluntary sector groups, including people with lived experience with an interest in mental health, in finding creative solutions and co-productive and innovative approaches to service development in partnership with the people who use them, and to seek other funding pots and opportunities.

Structure, governance and management

Governing document

The Charity is governed by its articles and was incorporated on 21st March 2012 when company limited by guarantee and charitable status were obtained.(Charity number 1148312, Company number 8000094).

About the organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project (CVMHDP) has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to Cardiff and Vale Action for Mental Health, (cavamh), the objects and structure on 13th December 2012 and cavamh became operational with a transfer of undertakings from CVMHDP on 1st April 2013.

The aims of the organisation and its area of benefit are set out in its articles of association. A policy for the election of Directors was adopted by the membership on December 13th 2012.

The Charity moved premises to 69b Splott Road, Cardiff in October 2021.

Organisational structure

The Charity is controlled by the Board of Directors who are all voluntary members. The day to day administration is delegated to the Director and support staff. The Director reports to the Board of Trustees throughout the year at their regular meetings.

Financial controls

Control over the client affairs is affected by an inspection by both the Board of Directors and the Independent Examiner.

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31st March 2022**

Structure, governance and management

Appointment, induction and training of new Board members

The board of directors (also known as the Executive Committee) of the Charity is made up of the following:

- Up to nine individuals who are representatives of members of the Charity (the "**Member Representatives**"); and
- Up to three individuals who are appointed by the other directors (the "**Co-opted Directors**").

There must be at least four directors at all times and the Co-Opted Directors must not comprise more than one third of the total number of directors.

The Charity desires that the Member Representatives represent as broad a range of the members of the Charity (the "**Members**") as possible, to ensure that the full breadth of views are represented at the director level. The Charity has therefore adopted the following process for electing the Member Representatives.

Categories

The following are the nine categories of members (the "**Categories**" and each a "**Category**") that it is believed should be represented at board level:

- . a service user group in Cardiff
- . a service user group in the Vale of Glamorgan
- . a service user group in either Cardiff and the Vale of Glamorgan or a wider area.
- a carer group in Cardiff
- . a carer group in the Vale of Glamorgan
- . a carer group in either Cardiff and the Vale of Glamorgan or a wider area
- . a voluntary organisation working in Cardiff
- . a voluntary organisation working in the Vale of Glamorgan
- . a voluntary organisation working in Cardiff and the Vale of Glamorgan and/or working in a wider area

Appointment, induction and training of new Board members

Nominees shall only be invited for a Category where the existing director is retiring by rotation in accordance with the articles of association of the Category.

1. If the number of Nominees is less than or equal to the number available Categories, then all the Nominees will be proposed as directors of the Charity at the next AGM and the remainder of this process shall be disregarded.
2. If a Nominee is the only Nominee who represents a Member in a single Category, then that Nominee shall be proposed as a director of the Charity at the next AGM.
3. If there is more than one Nominee who represents Members in a single Category, then those Nominees shall be submitted for election to the Members prior to the AGM.
4. The election shall be carried out at least 1 month prior to the Charity's AGM and shall be carried out in such a way that the directors reasonably determine.
5. The Nominee in each Category who receives the most votes in the Election, shall be proposed as a director of the Charity at the next AGM.
6. If there is at least one Category with no Nominees, then the Nominees with the most number of votes from other Categories and who have not otherwise qualified to be proposed as directors, will be proposed at the next AGM of the Charity, provided that no more than nine Nominees will be proposed.

The AGM is advertised publicly, via the cavamh membership and to all associated networks. Induction and continued training is provided by cavamh.

Related parties

There are no related party transactions.

Risk management

CAVAMH reviews risks on a regular basis. Trustees recognise that the principal risk for the Charity is loss of funding. To mitigate this the trustees have developed a risk assessment/management process which makes the best use of available assets, including people, and have a reserves policy to build up the available reserves to a level which would enable the primary objectives to carry on whilst alternative sources of funding are found. The Charity has an exit strategy and a POVAC policy and regularly reviews procedures.

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31st March 2022**

Reference and administrative details

Registered Company number

08000094 (Not specified/Other)

Registered Charity number

1148312

Registered office

84 Glebe Street
Penarth
CF64 1EF

Trustees

Mrs S Jones
Ms E W Wareham (resigned 15.12.2021)
Mr J G Rees
Ms D Twigg (resigned 15.12.2021)
Ms S Wills
Ms K Natarajan
Mr D J Hall (resigned 10.8.2022)
Ms K Hyman
Mr K Barker (appointed 15.12.2021)

Director

Linda Newton

Independent Examiner

Victoria Carter
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

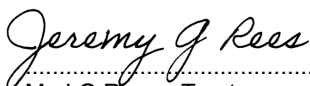
Bankers

Unity Trust Bank
Nine Brindleyplace
4 Oozells Square
Birmingham
B1 2HB

CCLA
Senator House
85 Queen Victoria Street
London EC4V 4ET

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

Approved by order of the board of trustees on ..22nd December 2022..... and signed on its behalf by:



Mr J G Rees - Trustee

**Independent Examiner's Report to the Trustees of
Cardiff and Vale Action for Mental
Health**

Independent examiner's report to the trustees of Cardiff and Vale Action for Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity's 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.



Victoria Carter
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Date: 22nd December 2022

**Cardiff and Vale Action for Mental
Health**

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments from					
Donations and legacies		-	-	-	948
Charitable activities					
Core activities		97,109	137,853	234,962	222,289
Investment income	2	27	-	27	77
Total		<u>97,136</u>	<u>137,853</u>	<u>234,989</u>	<u>223,314</u>
Expenditure on					
Charitable activities					
Core activities		<u>75,006</u>	<u>146,650</u>	<u>221,656</u>	<u>185,310</u>
NET INCOME/(EXPENDITURE)		22,130	(8,797)	13,333	38,004
Transfers between funds	12	<u>2,200</u>	<u>(2,200)</u>	<u>-</u>	<u>-</u>
Net movement in funds		24,330	(10,997)	13,333	38,004
Reconciliation of funds					
Total funds brought forward		151,345	26,258	177,603	139,599
Total funds carried forward		<u><u>175,675</u></u>	<u><u>15,261</u></u>	<u><u>190,936</u></u>	<u><u>177,603</u></u>

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health**

**Balance Sheet
31st March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets					
Intangible assets	8	7,236	-	7,236	-
Tangible assets	9	2,299	1,777	4,076	3,816
		<u>9,535</u>	<u>1,777</u>	<u>11,312</u>	<u>3,816</u>
Current assets					
Debtors	10	10,645	7,869	18,514	9,935
Cash at bank		160,369	8,115	168,484	169,596
		<u>171,014</u>	<u>15,984</u>	<u>186,998</u>	<u>179,531</u>
Creditors					
Amounts falling due within one year	11	(4,874)	(2,500)	(7,374)	(5,744)
Net current assets		<u>166,140</u>	<u>13,484</u>	<u>179,624</u>	<u>173,787</u>
Total assets less current liabilities		<u>175,675</u>	<u>15,261</u>	<u>190,936</u>	<u>177,603</u>
NET ASSETS		<u>175,675</u>	<u>15,261</u>	<u>190,936</u>	<u>177,603</u>
Funds	12				
Unrestricted funds				175,675	151,345
Restricted funds				15,261	26,258
Total funds				<u>190,936</u>	<u>177,603</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

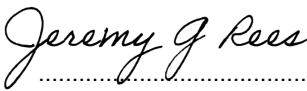
The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on ...22nd December 2022... and were signed on its behalf by:


.....
Mr J G Rees - Trustee

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements
for the Year Ended 31st March 2022**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis. The Trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions.

Investment income is recognised on a receivable basis.

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Intangible assets

Amortisation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Software	- 20% on a straight line basis
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Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Individual fixed assets costing £200 or more are initially recorded at cost.

Taxation

All of the charity's income is primary purpose it is therefore exempt from corporation tax.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

1. Accounting policies - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity makes contributions into the private pension schemes of its employees. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of each scheme. Any apportionment of pensions between activities and funds is based on the terms of allowed expenditure for each project and then on the split of associated wages costs.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Transfer from un-incorporated entity

The trustees valued the transfer from the unincorporated entity at cost, except for fixed assets which were transferred at net book value.

Debtors

Debtors are stated at their transaction price less any provision for non recoverable amounts.

Cash

Cash balances are stated at their year end reconciled amounts which take account of year end transactions that will clear the bank post year end.

Creditors

Creditors are stated at their transaction price.

2. Investment income

	2022	2021
	£	£
Deposit account interest	27	77
	<u>27</u>	<u>77</u>

3. Income from charitable activities

		2022	2021
	Activity	£	£
Sefyll	Core activities	32,706	32,299
Nexus	Core activities	32,706	32,299
CAVAMH Project	Core activities	88,114	86,500
DFC Small Grants Fund	Core activities	37,429	25,429
Service user remuneration	Core activities	8,995	3,310
Zurich (Join the Dots)	Core activities	13,000	11,642
My Say	Core activities	14,305	14,300
Moondance	Core activities	-	1,948
Papyrus	Core activities	-	3,304
ICF Small Grants Capital Fund	Core activities	-	1,258
VOG COVID grant	Core activities	-	10,000
Peer Research - Outpatients & Park Lodge	Core activities	2,620	-
C3SC	Core activities	1,325	-
Outpatients Review Peer Resear	Core activities	3,762	-
		<u>234,962</u>	<u>222,289</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	1,064	575
Computer software amortisation	804	-
Independent Examiners fee	2,508	2,310
Operating leases	<u>7,049</u>	<u>9,250</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31st March 2022 nor for the year ended 31st March 2021.

Trustees' expenses

Trustees' received reimbursed expenses totalling £Nil for the year (2021: £Nil).

6. Staff costs

	2022	2021
	£	£
Wages and salaries	123,210	115,073
Social security costs	7,652	7,057
Other pension costs	4,848	5,439
	<u>135,710</u>	<u>127,569</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Charitable activities	6	6
Administration	<u>2</u>	<u>2</u>
	<u>8</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

7. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from			
Donations and legacies	948	-	948
Charitable activities			
Core activities	99,810	122,479	222,289
Investment income	<u>77</u>	<u>-</u>	<u>77</u>
Total	<u>100,835</u>	<u>122,479</u>	<u>223,314</u>
Expenditure on			
Charitable activities			
Core activities	<u>67,024</u>	<u>118,286</u>	<u>185,310</u>
NET INCOME	33,811	4,193	38,004
Transfers between funds	<u>(18,664)</u>	<u>18,664</u>	<u>-</u>
Net movement in funds	15,147	22,857	38,004

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

7. Comparatives for the statement of financial activities - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Reconciliation of funds			
Total funds brought forward	136,197	3,402	139,599
Total funds carried forward	<u>151,344</u>	<u>26,259</u>	<u>177,603</u>

8. Intangible fixed assets

	Computer software £
Cost	
Additions	8,040
Amortisation	
Charge for year	804
Net book value	
At 31st March 2022	<u>7,236</u>
At 31st March 2021	<u>-</u>

9. Tangible fixed assets

	Office equipment £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1st April 2021	77	145	4,981	5,203
Additions	-	-	1,324	1,324
At 31st March 2022	<u>77</u>	<u>145</u>	<u>6,305</u>	<u>6,527</u>
Depreciation				
At 1st April 2021	77	145	1,165	1,387
Charge for year	-	-	1,064	1,064
At 31st March 2022	<u>77</u>	<u>145</u>	<u>2,229</u>	<u>2,451</u>
Net book value				
At 31st March 2022	<u>-</u>	<u>-</u>	<u>4,076</u>	<u>4,076</u>
At 31st March 2021	<u>-</u>	<u>-</u>	<u>3,816</u>	<u>3,816</u>

10. Debtors: amounts falling due within one year

	2022 £	2021 £
Grant debtors	9,926	7,254
Prepayments and accrued income	8,588	2,681
	<u>18,514</u>	<u>9,935</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

11. Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	419	515
Social security and other taxes	1,782	1,665
Accruals and deferred income	5,173	3,564
	<u>7,374</u>	<u>5,744</u>
Deferred income brought forward	0	5,000
Amounts released to incoming resources	0	(5,000)
Amounts deferred in the year	2,500	0
Deferred income carried forward	<u>2,500</u>	<u>0</u>

Any income received during the financial year that is applicable to periods post year end have been deferred in line with the funding terms.

12. Movement in funds

	At 1.4.21	Net	Transfers	At
	£	movement	between	31.3.22
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	151,345	22,130	2,200	175,675
Restricted funds				
Sefyll	-	(10,249)	10,249	-
Nexus	-	(13,052)	13,052	-
Zurich (Join the Dots)	3,761	5,563	-	9,324
Dementia Friendly Communities small funds grant	2,929	3,630	(2,543)	4,016
My Say	15,563	6,346	(21,909)	-
Moondance	1,599	(752)	-	847
Papyrus	974	-	(974)	-
ICF Small Grants Capital Fund	1,432	(358)	-	1,074
CS3C	-	842	(842)	-
Park Lodge Peer Research	-	(49)	49	-
Outpatients Review Peer Research	-	(718)	718	-
	<u>26,258</u>	<u>(8,797)</u>	<u>(2,200)</u>	<u>15,261</u>
TOTAL FUNDS	<u>177,603</u>	<u>13,333</u>	<u>-</u>	<u>190,936</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

12. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	97,136	(75,006)	22,130
Restricted funds			
Sefyll	32,706	(42,955)	(10,249)
Nexus	32,706	(45,758)	(13,052)
Zurich (Join the Dots)	13,000	(7,437)	5,563
Dementia Friendly Communities small funds grant	37,429	(33,799)	3,630
My Say	14,305	(7,959)	6,346
Moondance	-	(752)	(752)
ICF Small Grants Capital Fund	-	(358)	(358)
CS3C	1,325	(483)	842
Park Lodge Peer Research	2,620	(2,669)	(49)
Outpatients Review Peer Research	3,762	(4,480)	(718)
	<u>137,853</u>	<u>(146,650)</u>	<u>(8,797)</u>
TOTAL FUNDS	<u>234,989</u>	<u>(221,656)</u>	<u>13,333</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	136,197	33,812	(18,664)	151,345
Restricted funds				
Recovery Implementation Plan	575	-	(575)	-
Sefyll	-	(8,453)	8,453	-
Nexus	-	(10,446)	10,446	-
Zurich (Join the Dots)	-	3,761	-	3,761
Dementia Friendly Communities small funds grant	-	2,929	-	2,929
My Say	2,827	12,736	-	15,563
Moondance	-	1,599	-	1,599
Papyrus	-	974	-	974
ICF Small Grants Capital Fund	-	1,092	340	1,432
	<u>3,402</u>	<u>4,192</u>	<u>18,664</u>	<u>26,258</u>
TOTAL FUNDS	<u>139,599</u>	<u>38,004</u>	<u>-</u>	<u>177,603</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

12. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	100,835	(67,023)	33,812
Restricted funds			
Sefyll	32,299	(40,752)	(8,453)
Nexus	32,299	(42,745)	(10,446)
Zurich (Join the Dots)	11,642	(7,881)	3,761
Dementia Friendly Communities small funds grant	25,429	(22,500)	2,929
My Say	14,300	(1,564)	12,736
Moondance	1,948	(349)	1,599
Papyrus	3,304	(2,330)	974
ICF Small Grants Capital Fund	1,258	(166)	1,092
	<u>122,479</u>	<u>(118,287)</u>	<u>4,192</u>
TOTAL FUNDS	<u>223,314</u>	<u>(185,310)</u>	<u>38,004</u>

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Sefyll - the adult service user involvement development project- The purpose of the project is to work with people who use mental health services and mental health service providers to ensure that service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Nexus - the Older People's Carer and Service User Involvement Development Project. The purpose of the Project is to work with carers and people using services, planners and providers, to ensure that carer and service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Join the Dots - supporting young people to have a voice in mental health services, funded by Zurich Community Trust.

Directions supporting a directory and handbook funded by ICF, Cardiff and Vale Councils, Cardiff and Vale UHB.

Dementia Friendly Communities Small Grants Fund (DFC) - A Small Grants Fund for voluntary sector groups operating dementia friendly community initiatives in Cardiff and the Vale of Glamorgan, managed by cavamh on behalf of Cardiff and Vale Integrated Health and Social Care Partnership, with funding from the Welsh Government Integrated Care Fund.

My Say - funding Sefyll and Nexus to work with people using mental health services and carers, to gather feedback on inpatient activities and community mental health team services.

ICF Small Grants Capital Fund - funding provided for the purpose of acquiring computer equipment for charity use. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Papyrus - Funding for training in suicide/self harm prevention.

Moondance - Funding to assist with adaptations to the working environment following the COVID pandemic. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

C3SC - Funding to support people with lived experience to have a voice in the local health population needs assessment review, through co-ordination of focus groups.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31st March 2022**

12. Movement in funds - continued

Outpatients Review Peer Research and Park Lodge Peer Research - Funding provided to complete peer research on both outpatients and at Park Lodge.

Transfers between funds

Sefyll and Nexus projects have now ended, therefore any overdrawn restricted funds at the year-end (£10,249 and £13,052) have been agreed to be transferred to general unrestricted to account for the overhead charge on the projects.

There has also been a transfers of £21,909 - MySay, £974 - Papyrus and £842 - CS3C, from restricted to unrestricted funds to account for the administrative costs allocated for these funds.

Overspends on Park Lodge Peer Research of £49 and Outpatients Review Peer Research £718, were topped up using CAVAMH's general unrestricted reserves.

13. Employee benefit obligations

The charity pays 8% (6% employer, 2% employee contribution) of salaries to employee's pension of their choice if the member of staff has been required to join the charities pension scheme Contributions paid this financial year by the charity amounted to £4,848 (2021: £5,439).

14. Related party disclosures

There were no related party transactions for the year ended 31st March 2022.

15. Member's liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The Charity is a company registered in England & Wales with it's registered office as disclosed in the Trustee's report.

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31st March 2022**

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Donations	-	948
Investment income		
Deposit account interest	27	77
Charitable activities		
Sefyll	32,706	32,299
Nexus	32,706	32,299
CAVAMH Project	88,114	86,500
DFC Small Grants Fund	37,429	25,429
Service user remuneration	8,995	3,310
Zurich (Join the Dots)	13,000	11,642
My Say	14,305	14,300
Moondance	-	1,948
Papyrus	-	3,304
ICF Small Grants Capital Fund	-	1,258
VOG COVID grant	-	10,000
Peer Research - Outpatients & Park Lodge	2,620	-
C3SC	1,325	-
Outpatients Review Peer Resear	3,762	-
	234,962	222,289
Total incoming resources	234,989	223,314
Expenditure		
Charitable activities		
Wages	100,948	94,720
Social security	5,843	5,504
Pensions	4,848	5,439
Rent and rates	7,049	9,250
Insurance	3,153	2,093
Light and heat	149	592
Telephone and broadband	4,802	4,143
Printing, postage, stationery and publicity	1,683	2,383
Repairs and renewals	3,946	594
Travel and subsistence	502	53
Training	930	683
AGM and meetings costs	224	-
Legal, professional and health & safety	770	1,804
Sundry expenditure	952	199
Publications and subscriptions	1,058	37
Website development	741	-
Activities	19,709	9,781
Directons expenditure	347	-
DFC expenditure	33,799	22,500
Moondance expenditure	752	281
Papyrus expenditure	-	320
VOG Covid expenditure	81	-
C3SC expenditure	611	-
	192,897	160,376

This page does not form part of the statutory financial statements

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31st March 2022**

	2022	2021
	£	£
Support costs		
Finance		
Wages	22,262	20,353
Social security	1,809	1,553
Computer software	804	-
Computer equipment	1,064	575
	25,939	22,481
Governance costs		
Accountancy and legal fees	2,820	2,453
	221,656	185,310
Total resources expended		
	13,333	38,004
Net income		

Accounts

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2021
for
Cardiff and Vale Action for Mental
Health**

**Cardiff and Vale Action for Mental
Health**

**Contents of the Financial Statements
for the Year Ended 31 March 2021**

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**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

Our Vision

Involving People - Improving Mental Health Services

Mental health services are recovery focused, integrated and truly responsive to the people who need them

Our Mission -

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them.

Charitable Objects

The charity's objects are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale and assisting the work of voluntary organisations, mental health service users and carers acting in the mental health sector.

Strategic Aims

The charity has 4 strategic aims. These are:

- i To build on our strengths to deliver against our core service. (Voice, Information & Training, Development and Wellbeing) for the benefit of our constituency groups.
- ii Introduce innovation in service user and carer involvement.
- iii Build an effective sustainable organisation, with stakeholder involvement.
- iv Fund the Mission.

Public benefit

We review our aims, objectives and activities each year with our stakeholders - looking at the outcomes of our work against objectives in the previous year and setting objectives for the year ahead. In doing this, we take account the guidance contained in the Charity Commission's general guidance on public benefit, thus ensuring that our work continues in its purpose in assisting voluntary organisations, mental health service users and carers.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2021

Achievement and performance

Charitable activities

Services

The organisation operates in four interlinked areas: -

- . A mental health development service to third sector organisations (including service user and carer groups) with an interest in mental health, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention through Cardiff & Vale Mental Health Forum,
- . Sefyll, the involvement development service for people with experience of using adult mental health services,
- . Nexus, the Older People's Mental Health Carer and User Involvement Development Service for people, both service users and carers, with experience of Older People's Mental Health Services.
- Join the Dots, the young people's involvement group, working alongside young people aged 11-25 and voluntary groups working with young people, to have a voice.

Priorities and annual workplans are decided through annual review & evaluation, via Cardiff and Vale Mental Health Forum or the advisory planning groups of Sefyll and Nexus, - open to all stakeholders.

The project also manages other projects in line with its articles.

A summary of the work of cavamh is outlined below. A more in depth summary can be found in cavamh's Annual Report for stakeholders, which can be found on our website.

Services delivered during the Covid 19 pandemic.

This year we continued to deliver our service in a quickly changing environment and in a period of increasing needs during the Covid 19 pandemic, which like most agencies, forced us to adopt a different way of working.

Supporting development and building an effective voice through networking

We have provided services to over 130 third sector groups with an interest in mental health, through networks and online events, information, support and training, facilitating joint working and policy development, liaising with a number of statutory sector organisations, reaching overall 490 individuals working in the field.

Networking forms a key element for engagement, through the Mental Health Forum (MHF), and interest groups, covering for example, black and minority ethnic communities, young people, and areas of work such as counselling services, development of creative activity or recovery ethos. Meetings and workshops have enabled members to share information & good practice, debate and collate the voice of the sector and develop shared action, particularly in the light of covid needs and now adapted to the on line world of zoom.

We have coordinated 40 Mental Health Forum & interest Group meetings over the year with an average of 48 additional interest group info mailings and attracting new contacts. Attendance at online events has tripled during lockdown, as groups and staff need to connect, share, adapt and develop services in the light of the covid pandemic. Some meetings have been themed to bring together experiences and learning, to enable a shared basis for new practice and partnership development, whether operational or strategic.

We have coordinated at least two surveys to establish covid impact, needs, responses and direction of travel, contributing to the Cardiff and Vale Mental Health Clinical Board (MHCB) Recovery Plan and the 3 year plan (Integrated medium Term Plan, (IMTP). A working MHF Partnership Plan has been initiated as a tool to share needs and to promote partnerships between members alongside info regarding charitable funding opportunities.

23 new individual contacts have been made over the year and Forum meetings have averaged 30 plus at start of the lockdown, with some variation over the year.

During the year, we established one new network - Mental Health Action Wales - in partnership with colleagues in West Wales Action for Mental Health (WWAMH) and Unllais, to enable local groups to connect and contribute at the Wales wide level. We have actively contributed to 6 other networks such as Food Vale, Minority Ethnic Communities Health Fair Planning and the Advocacy Services Forum.

Sefyll and Nexus have liaised with over 570 service users and carers, whilst Join the Dots has built up its base, with the support of funding from the Zurich Trust, having contact with 100 + young people over the year and 43 groups supporting young people. All have been able to support mental health reps and people with lived experience to share their experiences and the particular impact of covid at this time.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2021

Sefyll links with people using services through groups, networks, and inclusive events and activities. These have included the Service User Engagement Group and Champions Network.

Nexus supports people both caring and using older people's services to have a voice through liaison and through supporting different groups operating within the community such as the Veterans Mental Health Group, Woody's Lodge, art groups and the Forget Me Not Chorus.

Join the Dots links with young people, both with the support of groups who support young people, and young people themselves, linking to places and venues where young people feel most comfortable. All groups and individuals have had to adapt to linking online or in outside spaces; and we have raised funds to support people with lived experience to link online through for example, the purchase of computer tablets.

All - Sefyll, Nexus and Join the Dots, - have come together to develop a new Service User/Carer Stakeholder Group, linking representatives with lived experience, both service users and carers, with planners and providers, at the strategic and operational level, to share experiences and developments during lockdown.

Information

All projects link with people through range of communications methods- newsletter, social media, telephone and now virtually in order to enable people and groups to communicate their experiences and views, develop initiatives together and have a voice. This has been especially important - but more difficult, during covid, leading to new and varied forms of connections but meaning face to face contact has been necessarily curtailed.

Within the Mental Health Forum, targeted information is shared across eight areas of interest within the membership, such as older people, education and training, day/vocational opportunities, and interests such as housing, dual diagnosis, carers, alongside regular e-bulletins and newsletters. Over this period 84 mailings were circulated to voluntary sector members, with 68 additional focused and themed mailings to MHF Interest Groups- including Counselling Services, BAME groups, Carers, Older People, Join the Dots, - a total of 152 mailings. Twitter is a constant and tweets have increased to twice daily, reflecting the changing times and a valuable source of communication.

Sefyll and Nexus have circulated a combined newsletter with a mailing of over 1,000. Join the Dots communicates through e-bulletin news updates, facebook and twitter.

We have maintained the local Cardiff and Vale Mental Health Services Directory and Directions, the handbook for older people with mental health needs, on our website alongside leaflets on different areas of service, such as young people, minority ethnic, counselling services.

This year, because of the swiftly fluctuating nature of services, we have focused our energy on producing a new bi-weekly voluntary/statutory sector Covid Services Summary, bringing together the rapidly changing landscape of local mental health and wellbeing services and activities, and an initially bi-weekly e-bulletin covering the latest news, events, activities, research and training - all available on our website. We also started to produce podcasts, explore alternative online mechanisms to reach people such as the On Line Forum, and started the process of developing a new website with extended capabilities.

Training

This year, we fundraised through the Regional Suicide and Self Harm Board for a programme of 4 suicide and self harm training sessions delivered free to Mental Health Forum members, plus one revised service user led 'Living Well with Mental Ill Health' course, (deferred because of illness). Funding obtained in partnership & co-ordinated by SIS through the Big Lottery Fund enabled an additional set of 3 consecutive Self Harm training sessions for the voluntary sector in partnership with voluntary sector groups across the UK. 39 people attended this training.

Additional training for Mental Health Forum members was provided free by Diverse Cymru, - 'BAME Mental Health Awareness' - and our local cavamh- 'Who Does What Where in Mental Health'- All training was adapted to deliver via zoom. In total 57 people attended 11 courses over the year

Sefyll and Nexus have developed and offered online training to both develop confidence and skills in standing up and speaking out.

Funding and Development Advice

Cavamh has provided support to a number of third sector and service user led groups including around local commissioning, contributions to both wider partnership and small community focused bids and in information about new charitable funds, many new and covid related. This year we have continued to co-ordinate the Dementia Friendly Communities Small Grants Fund on behalf of the Cardiff and Vale Integrated Health and social Care Partnership, co-ordinating the Grants Panel which funded 6 local groups over the year.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2021

Ensuring a Voice in the development and delivery of services

We continue to work in partnership with Cardiff & Vale Mental Health Clinical Board and the local authorities, and to facilitate service user, carer, third sector representation in the planning and delivery of services. We have coordinated the local Mental Health Partnership Board and contributed to 67 local joint planning meetings, 6 national meetings and 19 other local joint working networks. We have liaised in the planning of events with Cardiff Libraries, Vale Safeguarding Partnership and the HEIC/SCW national online event.

Whilst covid has had a big impact on how we connect with others, as well as on everyone's mental health and wellbeing, Sefyll and Nexus have continued in their aim to link with people in places and in ways that are meaningful, through online local 'champions' groups, engagement and online focus groups; through veterans groups, or through creative activities such as music, arts and crafts. A range of meetings, events and training have taken place where covid has allowed... Join the Dots has linked with young people, supporting their involvement in a range of planning groups and activities. As a response to covid, Sefyll has developed a peer 'buddy' group.

Recovery

Cavamh has continued to support the development of the Mental Health Clinical Board's Recovery College as it has rolled out co-produced courses during lockdown. Members have reflected that the support and engagement in involvement activities has given both confidence and supported recovery.

Mental Health Partnership Board - Service User and Carer Led

Despite the interruption of covid, we have in partnership adapted liaison with the Mental Health Clinical Board to debate and take forward the key topics of concern to service users and carers. These, along with feedback on the impact of covid, have formed the topics for discussion and action planning within for example, the Local Mental Health Partnership Board. CAVAMH supports service users, carers and the third sector to lead and plan these debates, sharing issues through creative means. As everywhere, these have moved on line and we have supported people with lived experience both practically and with support to use and access this, obtaining grants to support this purpose. They have covered the impact of covid on mental health in relation to adults, older people and needs in relation to crisis, prevention and the priorities of the together for Mental Health Delivery Plan.

Involvement in Recruitment

Both Sefyll, Nexus and Join the Dots facilitate service user and carer involvement in Health Board recruitment and a large number of people have supported health board recruitment over the year..

Ensuring a voice in the development of policy

We continue to co-ordinate Network responses- third sector, service user and carers to a range of consultations.

Responses in this year focused both on local and national changes, including

- o The Money and Pensions Service on Finance and Mental Health and debt consultation
- o Cardiff Council Housing/Homelessness review;
- o The Vale of Glamorgan Council review of covid services
- o C&V Regional Board- Citizen Engagement
- o UHB Shaping our future Clinical Services

Information has been shared on numerous other consultations including the Review of the Mental Health Act.

Supporting development - Building collaboration and joint working

We have worked in a number of different areas to improve services and delivery through collaboration with a range of stakeholders. For example, dialogue with Vale of Glamorgan Councillors regarding the impact of Covid 19 restrictions on people with mental health lived experience, third sector responses and new services, and a projection of future needs and external context; liaison with stakeholders to improve dementia delivery; development of the local Recovery College and adult CMHTs and other service transformation, as well as with the Mental Health Partnership Board mentioned above. The opportunities for both informal and strategic networking have led to development of local funded partnerships and supported partnership working.

Promoting third sector services/mental health awareness

We contributed to the planning, co-ordination and delivery of two events: the Central Library Mental Health and Wellbeing Event and the Minority Ethnic Health Fair successfully held online. We also coordinated presentations to local authority staff during Cardiff and Vale Safeguarding Week.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2021

World Mental Health Day

The planned public event for World Mental Health Day with the MHF/service users and carers was in the event cancelled because of the second lockdown. Instead, we promoted the day through our website - with a special front page feature flagging access to wellbeing activity, support and information about accessing services, and a World Mental Health Day interactive social event online, with Sefyll, Nexus and Join the Dots.

We have continued these monthly as cavamh 'Tea and Cake', an important social and wellbeing connection with our members including poetry, music, activities, and with signposting to various community activities or wellbeing opportunities.

Service User and Carer Involvement

Sefyll, - the adult service user involvement service, Nexus, - the involvement service within older people's mental health and Join the Dots, - linking with younger people, are the key services developing and promoting service user and carer involvement and their work has been integrated into the information above. The services continue to include people with mental health lived experience, both service users and carers, in their development and the organisation.

Funding

We are fortunate in that our core funding from Cardiff and Vale University Health Board, and Cardiff and the Vale of Glamorgan Local Authorities has continued over this period, when the Covid 19 pandemic required us all to adapt to home working and adopt different means of communication with our stakeholders and beneficiaries. We were also fortunate at this time to obtain extra funding to help us purchase for example, additional equipment, new online digital communications and to develop a new extended website, which enabled us to continue and extend our work at a time of high and intense need. Much, but not all, of our normal face to face activity inevitably ceased over this period, meaning a number of our planned face to face activities did not take place.

Financial review

Results

The charity reported total income for the year of £237,619 (2020: £190,895). Of this income £122,484 related to restricted activities.

The net surplus for the year was £52,309 (2020: £3,785) which has increased total reserves to £191,908 (2020: £139,599). Of this balance £26,839 relates to funds held in relation to restricted income.

All reserves are related to net current assets.

Investment policy

The trustees invest any surplus monies into a deposit account.

Reserves policy

The reserves policy of cavamh recognises the need to hold reserves to ensure funds are available to promote the benefit of those people experiencing mental health problems should the income levels fall. A minimum level of reserves needs to be retained to ensure the trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Charity receives Local Authority and Health Board Grants and contract income and other income from trust funds.

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets and designated funds amounted to £163,622 (2020: £135,770). Internal analysis shows that this amount is necessary to enable the organisation to meet its legal requirements, maintain its infrastructure and ensure smooth wind up of services should this prove necessary and expenditure has been committed to this effect. The level of available reserves currently represents 88% of the total expenditure for the last financial year on the assumption that the Charity wanted to maintain all its current level of services. Cavamh intends to spend surplus on activities in the next financial year.

During the year ended 31st March 2021 restricted fund income represented 52% of total income.

Throughout the year developing and improving the service for the benefit of those people experiencing mental health problems in Cardiff and the Vale has to be the overriding aim of the trustees, even more crucial with the outbreak of COVID, in March 2020.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2021

Future plans

Cavamh plans to support both the voice of people with mental health lived experience and the voice and development of third sector groups with an interest in mental health, finding creative solutions and innovative approaches as the nature of the service and the means of communication continue to change, and with the prospect of a potentially challenging economic environment to come, following this initial Covid 19 period.

Structure, governance and management

Governing document

The Charity is governed by its articles and was incorporated on 21st March 2012 when company limited by guarantee and charitable status were obtained.(Charity number 1148312, Company number 8000094).

About the organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project (CVMHDP) has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to Cardiff and Vale Action for Mental Health, (cavamh), the objects and structure on 13th December 2012 and cavamh became operational with a transfer of undertakings from CVMHDP on 1st April 2013.

The aims of the organisation and its area of benefit are set out in its articles of association. A policy for the election of Directors was adopted by the membership on December 13th 2012.

The Charity moved premises to 84 Glebe St Penarth, Vale of Glamorgan in September 2016 and is moving to 69b Splott Road, Cardiff in October 2021.

Organisational structure

The Charity is controlled by the Board of Directors who are all voluntary members. The day to day administration is delegated to the Director and support staff. The Director reports to the Board of Trustees throughout the year at their regular meetings.

Financial controls

Control over the client affairs is affected by an inspection by both the Board of Directors and the Independent Examiner.

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2021**

Structure, governance and management

Appointment, induction and training of new Board members

The board of directors (also known as the Executive Committee) of the Charity is made up of the following:

- Up to nine individuals who are representatives of members of the Charity (the "**Member Representatives**"); and
- Up to three individuals who are appointed by the other directors (the "**Co-opted Directors**").

There must be at least four directors at all times and the Co-Opted Directors must not comprise more than one third of the total number of directors.

The Charity desires that the Member Representatives represent as broad a range of the members of the Charity (the "**Members**") as possible, to ensure that the full breadth of views are represented at the director level. The Charity has therefore adopted the following process for electing the Member Representatives.

Categories

The following are the nine categories of members (the "**Categories**" and each a "**Category**") that it is believed should be represented at board level:

- . a service user group in Cardiff
- . a service user group in the Vale of Glamorgan
- . a service user group in either Cardiff and the Vale of Glamorgan or a wider area.
- a carer group in Cardiff
- . a carer group in the Vale of Glamorgan
- . a carer group in either Cardiff and the Vale of Glamorgan or a wider area
- . a voluntary organisation working in Cardiff
- . a voluntary organisation working in the Vale of Glamorgan
- . a voluntary organisation working in Cardiff and the Vale of Glamorgan and/or working in a wider area

Appointment, induction and training of new Board members

Nominees shall only be invited for a Category where the existing director is retiring by rotation in accordance with the articles of association of the Category.

1. If the number of Nominees is less than or equal to the number available Categories, then all the Nominees will be proposed as directors of the Charity at the next AGM and the remainder of this process shall be disregarded.
2. If a Nominee is the only Nominee who represents a Member in a single Category, then that Nominee shall be proposed as a director of the Charity at the next AGM.
3. If there is more than one Nominee who represents Members in a single Category, then those Nominees shall be submitted for election to the Members prior to the AGM.
4. The election shall be carried out at least 1 month prior to the Charity's AGM and shall be carried out in such a way that the directors reasonably determine.
5. The Nominee in each Category who receives the most votes in the Election, shall be proposed as a director of the Charity at the next AGM.
6. If there is at least one Category with no Nominees, then the Nominees with the most number of votes from other Categories and who have not otherwise qualified to be proposed as directors, will be proposed at the next AGM of the Charity, provided that no more than nine Nominees will be proposed.

The AGM is advertised publicly, via the cavamh membership and to all associated networks. Induction and continued training is provided by cavamh.

Related parties

There are no related party transactions.

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2021**

Reference and administrative details

Registered Company number

08000094 (Not specified/Other)

Registered Charity number

1148312

Registered office

84 Glebe Street
Penarth
CF64 1EF

Trustees

Mrs S Jones
Ms E W Wareham
J G Rees
D Twigg
Ms H Cryer (resigned 20.1.21)
Ms S Wills
Ms K Natarajan
D J Hall
K Hyman Trustee (appointed 20.1.21)

Director

Linda Newton

Independent Examiner

Stephen Lucey
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Bankers

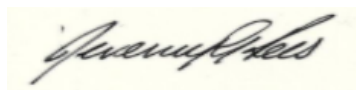
Unity Trust Bank
Nine Brindleyplace
4 Oozells Square
Birmingham
B1 2HB

CCLA

Senator House
85 Queen Victoria Street
London EC4V 4ET

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

Approved by order of the board of trustees on 15 December 2021 and signed on its behalf by:



J G Rees - Trustee

**Independent Examiner's Report to the Trustees of
Cardiff and Vale Action for Mental
Health**

Independent examiner's report to the trustees of Cardiff and Vale Action for Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's 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:

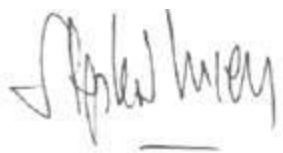
1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts 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.

The impact of uncertainties due to COVID -19 on our independent examination

Uncertainties relating to the effects of COVID -19 are relevant to understanding our independent examination of the financial statements. All independent examinations assess and challenge the reasonableness of estimates made by the trustees, such as valuation of assets, appropriateness of the going concern basis of preparation of the financial statements and associated disclosures. All of these depend on assessments of the future economic environment and the charity's future prospects and performance.

The COVID -19 viral pandemic is one of the most significant economic events for the UK, and at the date of this report its effects are subject to unprecedented levels of uncertainty of outcomes, with the full range of possible effects unknown. We have applied a standardised approach in response to that uncertainty when assessing the company's future prospects and performance. However, no independent examinations should be expected to predict the unknowable factors or all possible future implications for a charity and this is particularly the case in relation to the COVID -19 pandemic.



Stephen Lucey
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Date: 16 December 2021

**Cardiff and Vale Action for Mental
Health**

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Income and endowments from					
Donations and legacies		948	-	948	-
Charitable activities	3				
Core activities		99,810	122,479	222,289	190,505
Investment income	2	<u>77</u>	<u>-</u>	<u>77</u>	<u>390</u>
Total		100,835	122,479	223,314	190,895
Expenditure on					
Charitable activities					
Core activities		<u>67,023</u>	<u>118,287</u>	<u>185,310</u>	<u>187,110</u>
NET INCOME		33,812	4,192	38,004	3,785
Transfers between funds	11	<u>(18,664)</u>	<u>18,664</u>	<u>-</u>	<u>-</u>
Net movement in funds		15,145	22,856	38,004	3,785
Reconciliation of funds					
Total funds brought forward		<u>136,197</u>	<u>3,402</u>	<u>139,599</u>	<u>135,814</u>
Total funds carried forward		<u><u>151,345</u></u>	<u><u>26,258</u></u>	<u><u>177,603</u></u>	<u><u>139,599</u></u>

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health**

**Balance Sheet
31 March 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets					
Tangible assets	8	1,447	2,369	3,816	427
Current assets					
Debtors	9	9,935	-	9,935	16,806
Cash at bank		<u>145,707</u>	<u>23,889</u>	<u>169,596</u>	<u>133,239</u>
		155,642	23,889	179,531	150,045
Creditors					
Amounts falling due within one year	10	(5,744)	-	(5,744)	(10,873)
Net current assets		<u>149,898</u>	<u>23,889</u>	<u>173,787</u>	<u>139,172</u>
Total assets less current liabilities		<u>151,345</u>	<u>26,258</u>	<u>177,603</u>	<u>139,599</u>
NET ASSETS		<u>151,345</u>	<u>26,258</u>	<u>177,603</u>	<u>139,599</u>
Funds	11				
Unrestricted funds				151,345	136,197
Restricted funds				<u>26,258</u>	<u>3,402</u>
Total funds				<u>177,603</u>	<u>139,599</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

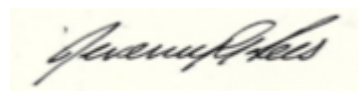
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 15 December 2021 and were signed on its behalf by:



J G Rees - Trustee

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements
for the Year Ended 31 March 2021**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis. The Trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the Trustees have tested their cash flow analysis to take into account the impact on the charity of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the Trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions.

Investment income is recognised on a receivable basis.

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Individual fixed assets costing £200 or more are initially recorded at cost.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

1. Accounting policies - continued

Taxation

All of the charity's income is primary purpose it is therefore exempt from corporation tax.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity makes contributions into the private pension schemes of its employees. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of each scheme. Any apportionment of pensions between activities and funds is based on the terms of allowed expenditure for each project and then on the split of associated wages costs.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Transfer from un-incorporated entity

The trustees valued the transfer from the unincorporated entity at cost, except for fixed assets which were transferred at net book value.

Debtors

Debtors are stated at their transaction price less any provision for non recoverable amounts.

Cash

Cash balances are stated at their year end reconciled amounts which take account of year end transactions that will clear the bank post year end.

Creditors

Creditors are stated at their transaction price.

2. Investment income

	2021	2020
	£	£
Deposit account interest	<u>77</u>	<u>390</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

3. Income from charitable activities

		2021	2020
	Activity	£	£
Sefyll	Core activities	32,299	31,856
Nexus	Core activities	32,299	31,856
CAVAMH Project	Core activities	86,500	86,500
DFC Small Grants Fund	Core activities	25,429	25,429
Service user remuneration	Core activities	3,310	559
Zurich (Join the Dots)	Core activities	11,642	-
My Say	Core activities	14,300	14,305
Moondance	Core activities	1,948	-
Papyrus	Core activities	3,304	-
ICF Small Grants Capital Fund	Core activities	1,258	-
VOG COVID grant	Core activities	10,000	-
		<u>222,289</u>	<u>190,505</u>

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	575	50
Independent Examiners fee	2,310	2,232
Operating leases	<u>9,250</u>	<u>9,000</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Trustees' received reimbursed expenses totalling £Nil for the year (2020: £Nil).

6. Staff costs

	2021	2020
	£	£
Wages and salaries	115,073	112,905
Social security costs	7,057	7,695
Other pension costs	<u>5,439</u>	<u>6,099</u>
	<u>127,569</u>	<u>126,699</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Charitable activities	6	6
Administration	<u>2</u>	<u>2</u>
	<u>8</u>	<u>8</u>

No employees received emoluments in excess of £60,000.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

7. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from Charitable activities			
Core activities	87,059	103,446	190,505
Investment income	<u>389</u>	<u>1</u>	<u>390</u>
Total	87,448	103,447	190,895
 Expenditure on Charitable activities			
Core activities	57,430	129,680	187,110
NET INCOME/(EXPENDITURE)	30,018	(26,233)	3,785
Transfers between funds	<u>(7,983)</u>	<u>7,983</u>	<u>-</u>
Net movement in funds	22,035	(18,250)	3,785
Reconciliation of funds			
Total funds brought forward	114,161	21,653	135,814
Total funds carried forward	<u>136,196</u>	<u>3,403</u>	<u>139,599</u>

8. Tangible fixed assets

	Office equipment £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1 April 2020	77	145	1,017	1,239
Additions	<u>-</u>	<u>-</u>	<u>3,964</u>	<u>3,964</u>
At 31 March 2021	<u>77</u>	<u>145</u>	<u>4,981</u>	<u>5,203</u>
Depreciation				
At 1 April 2020	77	145	590	812
Charge for year	<u>-</u>	<u>-</u>	<u>575</u>	<u>575</u>
At 31 March 2021	<u>77</u>	<u>145</u>	<u>1,165</u>	<u>1,387</u>
Net book value				
At 31 March 2021	<u>-</u>	<u>-</u>	<u>3,816</u>	<u>3,816</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>427</u>	<u>427</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

9. Debtors: amounts falling due within one year

	2021	2020
	£	£
Grant debtors	7,254	-
Prepayments and accrued income	<u>2,681</u>	<u>16,806</u>
	<u>9,935</u>	<u>16,806</u>

10. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	515	585
Social security and other taxes	1,665	2,013
Accruals and deferred income	<u>3,564</u>	<u>8,275</u>
	<u>5,744</u>	<u>10,873</u>

Deferred income brought forward	5,000	25,429
Amounts released to incoming resources	(5,000)	(25,429)
Amounts deferred in the year	<u>0</u>	<u>5,000</u>
Deferred income carried forward	0	5,000

Income received during the financial year that is applicable to periods post year end and have been deferred in line with the funding terms.

11. Movement in funds

	At 1.4.20	Net movement	Transfers between funds	At 31.3.21
	£	in funds	£	£
Unrestricted funds				
General fund	136,197	33,812	(18,664)	151,345
Restricted funds				
Recovery Implementation Plan	575	-	(575)	-
Sefyll	-	(8,453)	8,453	-
Nexus	-	(10,446)	10,446	-
Zurich (Join the Dots)	-	3,761	-	3,761
Dementia Friendly Communities small funds grant	-	2,929	-	2,929
My Say	2,827	12,736	-	15,563
Moondance	-	1,599	-	1,599
Papyrus	-	974	-	974
ICF Small Grants Capital Fund	<u>-</u>	<u>1,092</u>	<u>340</u>	<u>1,432</u>
	<u>3,402</u>	<u>4,192</u>	<u>18,664</u>	<u>26,258</u>
TOTAL FUNDS	<u>139,599</u>	<u>38,004</u>	<u>-</u>	<u>177,603</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

11. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	100,835	(67,023)	33,812
Restricted funds			
Sefyll	32,299	(40,752)	(8,453)
Nexus	32,299	(42,745)	(10,446)
Zurich (Join the Dots)	11,642	(7,881)	3,761
Dementia Friendly Communities small funds grant	25,429	(22,500)	2,929
My Say	14,300	(1,564)	12,736
Moondance	1,948	(349)	1,599
Papyrus	3,304	(2,330)	974
ICF Small Grants Capital Fund	<u>1,258</u>	<u>(166)</u>	<u>1,092</u>
	<u>122,479</u>	<u>(118,287)</u>	<u>4,192</u>
TOTAL FUNDS	<u><u>223,314</u></u>	<u><u>(185,310)</u></u>	<u><u>38,004</u></u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	114,161	30,019	(7,983)	136,197
Restricted funds				
Recovery Implementation Plan	575	-	-	575
Sefyll	-	(7,377)	7,377	-
Nexus	-	(10,054)	10,054	-
Directions	1,128	(1,160)	32	-
VOG Creating Havoc	4,673	(1,825)	(2,848)	-
HAU	782	-	(782)	-
Zurich (Join the Dots)	8,234	(8,269)	35	-
Dementia Friendly Communities small funds grant	6,261	(376)	(5,885)	-
My Say	<u>-</u>	<u>2,827</u>	<u>-</u>	<u>2,827</u>
	<u>21,653</u>	<u>(26,234)</u>	<u>7,983</u>	<u>3,402</u>
TOTAL FUNDS	<u><u>135,814</u></u>	<u><u>3,785</u></u>	<u><u>-</u></u>	<u><u>139,599</u></u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

11. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	87,448	(57,429)	30,019
Restricted funds			
Sefyll	31,856	(39,233)	(7,377)
Nexus	31,857	(41,911)	(10,054)
Directions	-	(1,160)	(1,160)
VOG Creating Havoc	-	(1,825)	(1,825)
Zurich (Join the Dots)	-	(8,269)	(8,269)
Dementia Friendly Communities small funds grant	25,429	(25,805)	(376)
My Say	<u>14,305</u>	<u>(11,478)</u>	<u>2,827</u>
	<u>103,447</u>	<u>(129,681)</u>	<u>(26,234)</u>
TOTAL FUNDS	<u>190,895</u>	<u>(187,110)</u>	<u>3,785</u>

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Recovery Implementation Plan - funds towards the development of work relating to Recovery Implementation Plan and Mental Health Charter.

Sefyll - the adult service user involvement development project- The purpose of the project is to work with people who use mental health services and mental health service providers to ensure that service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Nexus - the Older People's Carer and Service User Involvement Development Project. The purpose of the Project is to work with carers and people using services, planners and providers, to ensure that carer and service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Join the Dots - supporting young people to have a voice in mental health services, funded by Zurich Community Trust.

Pave the way - a project funded by the Big Lottery to support people into volunteering to achieve wellbeing.

Directions supporting a directory and handbook funded by ICF, Cardiff and Vale Councils, Cardiff and Vale UHB.

VOG Creating Havoc - providing creative sessions to adults and older people, carers and service users, who have experience of mental health services in the rural Vale of Glamorgan. This project is funded by the Rural Communities Fund, Vale of Glamorgan Council.

HAU - Small project funding, to help deliver solutions especially around prevention and early intervention across Cardiff and the Vale of Glamorgan through training and education.

Dementia Friendly Communities Small Grants Fund (DFC) - A Small Grants Fund for voluntary sector groups operating dementia friendly community initiatives in Cardiff and the Vale of Glamorgan, managed by cavamh on behalf of Cardiff and Vale Integrated Health and Social Care Partnership, with funding from the Welsh Government Integrated Care Fund.

My Say/Activities - funding Sefyll and Nexus to work with people using mental health services and carers, to gather feedback on inpatient activities and community mental health team services.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

11. Movement in funds - continued

ICF Small Grants Capital Fund - funding provided for the purpose of acquiring computer equipment for charity use. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Papyrus - Funding for training in suicide/self harm prevention.

Moondance - Funding to assist with adaptations to the working environment following the COVID pandemic. During the year the fund was fully expensed, the closing fund value as at 31 March 2021 equates to the capital purchases recognised within fixed assets

Transfers between funds

A net transfer of £18,664 has been made from unrestricted funds to clear overdrawn restricted funds, where there is no reasonable expectation that this would be sufficiently covered by future restricted funding.

12. Employee benefit obligations

The charity pays 8% (6% employer, 2% employee contribution) of salaries to employee's pension of their choice if the member of staff has been required to join the charities pension scheme. Contributions paid this financial year by the charity amounted to £5,439 (2020: £6,099).

13. Related party disclosures

There were no related party transactions for the year ended 31 March 2021.

14. Member's liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The Charity is a company registered in England & Wales with its registered office as disclosed in the Trustee's report.

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2021**

	2021 £	2020 £
Income and endowments		
Donations and legacies		
Donations	948	-
Investment income		
Deposit account interest	77	390
Charitable activities		
Sefyll	32,299	31,856
Nexus	32,299	31,856
CAVAMH Project	86,500	86,500
DFC Small Grants Fund	25,429	25,429
Service user remuneration	3,310	559
Zurich (Join the Dots)	11,642	-
My Say	14,300	14,305
Moondance	1,948	-
Papyrus	3,304	-
ICF Small Grants Capital Fund	1,258	-
VOG COVID grant	10,000	-
	<u>222,289</u>	<u>190,505</u>
Total incoming resources	223,314	190,895
Expenditure		
Charitable activities		
Wages	94,720	92,864
Social security	5,504	6,120
Pensions	5,439	6,099
Rent and rates	9,250	9,000
Insurance	2,093	1,983
Light and heat	592	1,679
Telephone and broadband	4,143	2,701
Printing, postage, stationery and publicity	2,383	3,288
Repairs and renewals	594	1,503
Travel and subsistence	53	2,267
Training	683	227
AGM and meetings costs	-	456
Legal, professional and health & safety	1,804	1,436
Sundry expenditure	199	432
Publications and subscriptions	37	180
Activities	9,781	8,500
Directons expenditure	-	1,159
DFC expenditure	22,500	23,305
Moondance expenditure	281	-
Papyrus expenditure	320	-
	<u>160,376</u>	<u>163,199</u>
Support costs		

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2021**

	2021 £	2020 £
Support costs		
Finance		
Wages	20,353	20,041
Social security	1,553	1,575
Computer equipment	<u>575</u>	<u>50</u>
	22,481	21,666
 Governance costs		
Accountancy and legal fees	<u>2,453</u>	<u>2,245</u>
 Total resources expended	<u>185,310</u>	<u>187,110</u>
 Net income	<u>38,004</u>	<u>3,785</u>

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2020
for
Cardiff and Vale Action for Mental
Health

**Cardiff and Vale Action for Mental
Health**

**Contents of the Financial Statements
for the Year Ended 31 March 2020**

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**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2020**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objectives and activities

Objectives and aims

Our Mission -

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them.

Charitable Objects

The charity's objects are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale and assisting the work of voluntary organisations, mental health service users and carers acting in the mental health sector.

Strategic Aims

The charity has 4 strategic aims. These are:

- i To build on our strengths to deliver against our core service. (Voice, Information & Training, Development and Wellbeing) for the benefit of our constituency groups.
- ii Introduce innovation in service user and carer involvement.
- iii Build an effective sustainable organisation, with stakeholder involvement.
- iv Fund the Mission.

Public benefit

We review our aims, objectives and activities each year with our stakeholders - looking at the outcomes of our work against objectives in the previous year and setting objectives for the year ahead. In doing this, we take account the guidance contained in the Charity Commission's general guidance on public benefit, thus ensuring that our work continues in its purpose in assisting voluntary organisations, mental health service users and carers.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2020

Achievement and performance

Charitable activities

Services

The organisation operates in four interlinked areas: -

- A mental health development service to third sector organisations (including service user and carer groups) with an interest in mental health, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention through Cardiff & Vale Mental Health Forum,
- Sefyll, the involvement development service for people with experience of using adult mental health services,
- Nexus, the Older People's Mental Health Carer and User Involvement Development Service for people, both service users and carers, with experience of Older People's Mental Health Services.
- Join the Dots, the young people's involvement group, working alongside young people aged 11-25 and voluntary groups working with young people, to have a voice.

Priorities and annual workplans are decided through annual review & evaluation, via Cardiff and Vale Mental Health Forum or the advisory planning groups of Sefyll and Nexus, - open to all stakeholders.

The project also manages other projects in line with its articles.

A summary of the work of cavamh is outlined below. A more in depth summary can be found in cavamh's Annual Report for stakeholders, which can be found on our website.

Supporting development and building an effective voice through networking

We have provided services to over 130 third sector groups with an interest in mental health, through networks and events, information, support and training, facilitating joint working and policy development, liaising with a number of statutory sector organisations, reaching overall 450 individuals working in the field.

Networking forms a key element for engagement, through the Mental Health Forum and interest groups, covering for example, black and minority ethnic communities, young people, and areas of work such as counselling services, development of creative activity or recovery ethos. Meetings and workshops share information & good practice, debate and collate the voice of the sector and develop shared action. We have facilitated 22 third sector network events, engaging with over 50 new third sector projects, people and agencies to build liaison and partnerships over the year. Sefyll and Nexus have liaised with over 570 service users and carers, whilst Join the Dots has built up its base, with the support of a small amount of funding from Zurich Trust, having contact with over 50 young people over the year and 43 groups supporting young people. Reps have contributed to the engagement work around the repatriation of CAMHs services to Cardiff and the Vale amongst other things.

Sefyll links with people using services through groups, networks, and inclusive events and activities. These have included the Service User Engagement Group, Champions Network, News and Views events.

Nexus supports people both caring and using older people's services to have a voice through liaison and supporting different groups operating within the community such as the Veterans Mental Health Group, Woody's Lodge and the Forget Me Not Chorus.

Join the Dots links with young people with the support of groups who support young people, and young people themselves, linking to places and venues where young people feel most comfortable.

Information

All projects link with people through range of communications methods- newsletter, social media, telephone, in order to enable people and groups to communicate their experiences and views, develop initiatives together and have a voice.

Targeted information is shared across eight areas of interest within the Mental Health Forum membership, such as older people, education and training, day/vocational opportunities, and interests such as housing, dual diagnosis, carers, alongside regular e-bulletins and newsletters - over 80 during the year. Twitter is a constant.

Sefyll and Nexus circulate regular newsletters with a combined mailing of over 1,000. Join the Dots communicates through news updates, facebook and twitter.

We maintain the local Cardiff and Vale Mental Health Services Directory on our website and leaflets on different areas of service, such as young people, minority ethnic, counselling services. Directions, the handbook for older people with mental health needs, was updated and circulated again in 2019/20 at the behest of carers and service users. This information is also available on the DEWIS website and we continue to encourage third sector members to add and update their entries too.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2020

Training

Through the Mental Health Forum, we have co-ordinated an annual training programme to third and statutory sectors, building knowledge and skills in areas such as 'who does what where in mental health', trauma informed responses to hoarding, Mental Health/Mental Capacity Act, Mental Health & Medication.

Sefyll and Nexus have delivered training to both develop confidence and skills in standing up and speaking out. Sefyll also commissions training & courses from people with lived experience, on topics, such as living well with mental ill health, having a voice through writing.

Funding and Development Advice

Cavamh has provided support to a number of third sector and service user led groups including around local commissioning, contributions to both wider partnership and small community focused bids and in information about charitable funds. This year we have continued to co-ordinate the Dementia Friendly Communities Small Grants Fund on behalf of the Cardiff and Vale Integrated Health and social Care Partnership, 8 groups applying and 6 supported.

Ensuring a Voice in the development and delivery of services

We continue to work in partnership with Cardiff & Vale University Health Board and the local authorities, and to facilitate service user, carer, third sector representation in the planning and delivery of services, including 39 meetings and joint planning groups.

Sefyll and Nexus have continued to link with people in places and in ways that are meaningful to communities, through local champions groups, engagement groups, veterans, and through creative activities such as music, arts and crafts, with a range of meetings, events and training sessions. This year has seen the completion of the 'Creating Havoc' creative engagement initiative in the rural Vale. Also the roll out of News and Views events, sharing info on latest developments and gathering views and feedback from people with lived mental health experience. This also included an event to share the results of the My Say Project, a cavamh led project during which a peer researcher with trained peer surveyors gathered and collated the views of people with lived experience in relation to CMHT changes. Join the Dots has linked with young people supporting involvement in a range of planning groups and activities.

Recovery

Cavamh has heavily supported the development of the UHB's Recovery College merging the multi stakeholder recovery group to provide support.

Mental Health Partnership Board - Service User and Carer Led

We continue to liaise with the Health Board to debate and take forward the key topics of concern to service users and carers. These, along with feedback on new developments and changes, have formed the topics for discussion and action planning within for example, the Local Mental Health Partnership Board. cavamh supports service users, carers and the third sector to lead and plan these debates, sharing issues through creative means. They have covered experiences in relation to transitions- from young people to adult mental health services, physical health and mental health, and substance misuse and mental health, LGBTQ & mental health, and an overall review of the Board.

Involvement in Recruitment

Both Sefyll, Nexus and Join the Dots facilitate service user and carer involvement in Health Board recruitment.

Involvement in Clinical Psychology Doctorate Programme, Cardiff University

Service users and carers from Sefyll and Nexus remain involved in the Service Users and Carers Committee at Cardiff University's Clinical Psychology Doctorate programme. The reps are involved in recruitment of student intakes, attending committee meetings and being involved in any other matters that arises such as assessments, recruitment of staff etc.

Ensuring a voice in the development of policy

We continue to co-ordinate Network responses- third sector, service user and carers to a range of consultations. Responses in this year focused both on local and national changes, including the review of the Together for Mental Health Delivery Plan.

Supporting development - Building collaboration and joint working

We have worked across a range of areas to improve services and delivery through collaboration with a range of stakeholders. For example; dialogue with Vale of Glamorgan Councillors regarding service gaps and areas for partnership and development to improve services; liaison with stakeholders to improve dementia delivery; development of the local Recovery College, adult CMHTs as well as with the Mental Health Partnership Board mentioned above.

Cardiff and Vale Action for Mental Health

Report of the Trustees for the Year Ended 31 March 2020

Promoting third sector services/mental health awareness

Cavamh has co-ordinated events and promoted local Mental Health Forum information and mental health awareness, co-ordinating 9 activities to promote emotional wellbeing and mental health services six public mental health awareness events and four events to promote the sector to a range of stakeholders. World Mental Health Day remains a key pivot for building partnerships as well as spreading awareness, with displays and events across the local area.

Service User and Carer Involvement

Sefyll- the adult service user involvement project, Nexus, the involvement project within older people's mental health and Join the Dots- linking with younger people, are the key projects developing and promoting service user and carer involvement and their work has been integrated into the information above. The projects continue to include people using services and carers in the development of the projects and the organisation.

Impact of Covid -19

Towards the end of this financial year, in March 2020, cavamh, along with the nation, was forced to close its offices and transfer to provision of services on line via social media, video and by phone from home, looking at how best to support our members and beneficiaries in this new environment. We are fortunate in that our core funding from Cardiff and Vale UHB, and Cardiff and the Vale of Glamorgan Local Authorities has continued over this period.

Financial review

Results

The charity reported total income for the year of £190,895 (2019: £280,823). Of this income £103,447 related to restricted activities.

The net surplus for the year was £3,785 (2019: deficit of £38,887) which has increased total reserves to £139,599 (2019: £135,814). Of this balance £3,402 relates to funds held in relation to restricted income.

All reserves are related to net current assets.

Investment policy

The trustees invest any surplus monies into a deposit account.

Reserves policy

The reserves policy of cavamh recognises the need to hold reserves to ensure funds are available to promote the benefit of those people experiencing mental health problems should the income levels fall. A minimum level of reserves needs to be retained to ensure the trustees can operate their exit strategy and meet its legal commitments should the Charity be unable to continue due to a lack of a sustainable income stream. The Charity receives Local Authority and Health Board Grants and contract income and other income from trust funds.

The level of available reserves, i.e. the total unrestricted reserves less amounts invested in fixed assets and designated funds amounted to £135,770 (2019: £114,161). Internal analysis shows that this amount is necessary to enable the organisation to meet its legal requirements, maintain its infrastructure and ensure smooth wind up of services should this prove necessary and expenditure has been committed to this effect. The level of available reserves currently represents 72% of the total expenditure for the last financial year on the assumption that the Charity wanted to maintain all its current level of services. Cavamh intends to spend surplus on activities in the next financial year.

During the year ended 31st March 2020 restricted fund income represented 55% of total income.

Throughout the year developing and improving the service for the benefit of those people experiencing mental health problems in Cardiff and the Vale has to be the overriding aim of the trustees, even more crucial with the outbreak of COVID, in March 2020.

Future plans

Cavamh aims to support the development of third sector groups with an interest in mental health and the voice of service users and carers, finding creative solutions and innovative approaches in a continuing economically challenging environment for us all.

Structure, governance and management

Governing document

The Charity is governed by its articles and was incorporated on 21st March 2012 when company limited by guarantee and charitable status were obtained. (Charity number 1148312, Company number 8000094).

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2020**

Structure, governance and management

About the organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to cavamh, the objects and structure on 13th December 2012 and cavamh became operational with a transfer of undertakings from CVMHDP on 1st April 2013.

The aims of the organisation and its area of benefit are set out in its articles of association. A policy for the election of Directors was adopted by the membership on December 13th 2012.

The Charity moved premises to 84 Glebe St Penarth, Vale of Glamorgan in September 2016.

Organisational structure

The Charity is controlled by the Board of Directors who are all voluntary members. The day to day administration is delegated to the Director and support staff. The Director reports to the Board of Trustees throughout the year at their regular meetings.

Financial controls

Control over the client affairs is affected by an inspection by both the Board of Directors and the Independent Examiner.

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2020**

Structure, governance and management

Appointment, induction and training of new Board members

The board of directors (also known as the Executive Committee) of the Charity is made up of the following:

- Up to nine individuals who are representatives of members of the Charity (the "**Member Representatives**"); and
- Up to three individuals who are appointed by the other directors (the "**Co-opted Directors**").

There must be at least four directors at all times and the Co-Opted Directors must not comprise more than one third of the total number of directors.

The Charity desires that the Member Representatives represent as broad a range of the members of the Charity (the "**Members**") as possible, to ensure that the full breadth of views are represented at the director level. The Charity has therefore adopted the following process for electing the Member Representatives.

Categories

The following are the nine categories of members (the "**Categories**" and each a "**Category**") that it is believed should be represented at board level:

- . a service user group in Cardiff
- . a service user group in the Vale of Glamorgan
- . a service user group in either Cardiff and the Vale of Glamorgan or a wider area.
- a carer group in Cardiff
- . a carer group in the Vale of Glamorgan
- . a carer group in either Cardiff and the Vale of Glamorgan or a wider area
- . a voluntary organisation working in Cardiff
- . a voluntary organisation working in the Vale of Glamorgan
- . a voluntary organisation working in Cardiff and the Vale of Glamorgan and/or working in a wider area

Appointment, induction and training of new Board members

Nominees shall only be invited for a Category where the existing director is retiring by rotation in accordance with the articles of association of the Category.

1. If the number of Nominees is less than or equal to the number available Categories, then all the Nominees will be proposed as directors of the Charity at the next AGM and the remainder of this process shall be disregarded.
2. If a Nominee is the only Nominee who represents a Member in a single Category, then that Nominee shall be proposed as a director of the Charity at the next AGM.
3. If there is more than one Nominee who represents Members in a single Category, then those Nominees shall be submitted for election to the Members prior to the AGM.
4. The election shall be carried out at least 1 month prior to the Charity's AGM and shall be carried out in such a way that the directors reasonably determine.
5. The Nominee in each Category who receives the most votes in the Election, shall be proposed as a director of the Charity at the next AGM.
6. If there is at least one Category with no Nominees, then the Nominees with the most number of votes from other Categories and who have not otherwise qualified to be proposed as directors, will be proposed at the next AGM of the Charity, provided that no more than nine Nominees will be proposed.

The AGM is advertised publicly, via the cavamh membership and to all associated networks. Induction and continued training is provided by cavamh.

Related parties

There are no related party transactions.

Reference and administrative details

Registered Company number

08000094 (Not specified/Other)

**Cardiff and Vale Action for Mental
Health**

**Report of the Trustees
for the Year Ended 31 March 2020**

Registered Charity number
1148312

Registered office
84 Glebe Street
Penarth
CF64 1EF

Trustees

Mrs S Jones
Ms E W Wareham
S Nawas (resigned 11.12.19)
J G Rees
D Twigg
Ms J Bell (resigned 11.12.19)
Ms H Cryer
Ms S Wills
Ms K Natarajan (appointed 11.12.19)
D J Hall (appointed 11.12.19)

Director

Linda Newton

Independent Examiner

Stephen Lucey
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

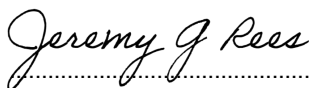
Bankers

Unity Trust Bank
Nine Brindleyplace
4 Oozells Square
Birmingham
B1 2HB

CCLA
Senator House
85 Queen Victoria Street
London EC4V 4ET

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

Approved by order of the board of trustees on 18th January 2021 and signed on its behalf by:


.....
J G Rees - Trustee

**Independent Examiner's Report to the Trustees of
Cardiff and Vale Action for Mental
Health**

Independent examiner's report to the trustees of Cardiff and Vale Action for Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

Responsibilities and basis of report

As the charity's 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:

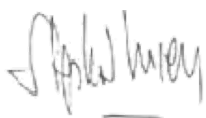
1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts 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.

The impact of uncertainties due to COVID -19 on our independent examination

Uncertainties relating to the effects of COVID -19 are relevant to understanding our independent examination of the financial statements. All independent examinations assess and challenge the reasonableness of estimates made by the trustees, such as valuation of assets, appropriateness of the going concern basis of preparation of the financial statements and associated disclosures. All of these depend on assessments of the future economic environment and the charity's future prospects and performance.

The COVID -19 viral pandemic is one of the most significant economic events for the UK, and at the date of this report its effects are subject to unprecedented levels of uncertainty of outcomes, with the full range of possible effects unknown. We have applied a standardised approach in response to that uncertainty when assessing the company's future prospects and performance. However, no independent examinations should be expected to predict the unknowable factors or all possible future implications for a charity and this is particularly the case in relation to the COVID -19 pandemic.



Stephen Lucey
ICAEW
Haines Watts Wales LLP
7 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Date: 19th January 2021

**Cardiff and Vale Action for Mental
Health**

**Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
Income and endowments from					
Charitable activities	3				
Core activities		87,059	103,446	190,505	280,587
Investment income	2	389	1	390	236
Total		87,448	103,447	190,895	280,823
Expenditure on					
Charitable activities					
Core activities		57,430	129,680	187,110	319,710
NET INCOME/(EXPENDITURE)		30,018	(26,233)	3,785	(38,887)
Transfers between funds	11	(7,983)	7,983	-	-
Net movement in funds		22,035	(18,250)	3,785	(38,887)
Reconciliation of funds					
Total funds brought forward		114,161	21,653	135,814	174,701
Total funds carried forward		136,196	3,403	139,599	135,814

The notes form part of these financial statements

**Cardiff and Vale Action for Mental
Health**

**Balance Sheet
31 March 2020**

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
Fixed assets					
Tangible assets	8	427	-	427	-
Current assets					
Debtors	9	16,806	-	16,806	10,741
Cash at bank		124,837	8,402	133,239	161,455
		<u>141,643</u>	<u>8,402</u>	<u>150,045</u>	<u>172,196</u>
Creditors					
Amounts falling due within one year	10	(5,873)	(5,000)	(10,873)	(36,382)
Net current assets		<u>135,770</u>	<u>3,402</u>	<u>139,172</u>	<u>135,814</u>
Total assets less current liabilities		<u>136,197</u>	<u>3,402</u>	<u>139,599</u>	<u>135,814</u>
NET ASSETS		<u>136,197</u>	<u>3,402</u>	<u>139,599</u>	<u>135,814</u>
Funds	11				
Unrestricted funds				136,197	114,161
Restricted funds				<u>3,402</u>	<u>21,653</u>
Total funds				<u>139,599</u>	<u>135,814</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on ~~19th January 2021~~ and were signed on its behalf by:


.....
J G Rees - Trustee

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements
for the Year Ended 31 March 2020**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis. The Trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the Trustees have tested their cash flow analysis to take into account the impact on the charity of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the Trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract or where entitlement to grant funding is subject to specific performance conditions.

Investment income is recognised on a receivable basis.

Expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office equipment	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Individual fixed assets costing £200 or more are initially recorded at cost.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

1. Accounting policies - continued

Taxation

All of the charity's income is primary purpose it is therefore exempt from corporation tax.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity makes contributions into the private pension schemes of its employees. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of each scheme. Any apportionment of pensions between activities and funds is based on the terms of allowed expenditure for each project and then on the split of associated wages costs.

Operating leases

Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

Transfer from un-incorporated entity

The trustees valued the transfer from the unincorporated entity at cost, except for fixed assets which were transferred at net book value.

Debtors

Debtors are stated at their transaction price less any provision for non recoverable amounts.

Cash

Cash balances are stated at their year end reconciled amounts which take account of year end transactions that will clear the bank post year end.

Creditors

Creditors are stated at their transaction price.

2. Investment income

	2020	2019
	£	£
Deposit account interest	390	236
	<u> </u>	<u> </u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

3. Income from charitable activities

		2020	2019
	Activity	£	£
Sefyll	Core activities	31,856	31,786
Nexus	Core activities	31,856	31,786
CAVAMH Project	Core activities	86,500	86,411
DFC Small Grants Fund	Core activities	25,429	71,715
Service user remuneration	Core activities	559	1,178
Pave the Way	Core activities	-	31,492
Zurich (Join the Dots)	Core activities	-	11,000
Public Health Wales	Core activities	-	914
My Say	Core activities	14,305	14,305
		<u>190,505</u>	<u>280,587</u>

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2020	2019
	£	£
Depreciation - owned assets	50	-
Independent Examiners fee	2,232	2,160
Operating leases	9,000	9,864
	<u>11,282</u>	<u>12,024</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 nor for the year ended 31 March 2019.

Trustees' expenses

Trustees' received reimbursed expenses totalling £Nil for the year (2019: £Nil).

6. Staff costs

	2020	2019
	£	£
Wages and salaries	112,905	140,590
Social security costs	7,695	9,647
Other pension costs	6,099	7,698
	<u>126,699</u>	<u>157,935</u>

The average monthly number of employees during the year was as follows:

	2020	2019
Charitable activities	6	8
Administration	2	2
	<u>8</u>	<u>10</u>

No employees received emoluments in excess of £60,000.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

7. Comparatives for the statement of financial activities

	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments from Charitable activities			
Core activities	88,503	192,084	280,587
Investment income	236	-	236
Total	88,739	192,084	280,823
 Expenditure on Charitable activities			
Core activities	63,440	256,270	319,710
NET INCOME/(EXPENDITURE)	25,299	(64,186)	(38,887)
Transfers between funds	(18,247)	18,247	-
Net movement in funds	7,052	(45,939)	(38,887)
Reconciliation of funds			
Total funds brought forward	107,110	67,591	174,701
Total funds carried forward	114,162	21,652	135,814

8. Tangible fixed assets

	Office equipment £	Fixtures and fittings £	Computer equipment £	Totals £
Cost				
At 1 April 2019	77	145	540	762
Additions	-	-	477	477
At 31 March 2020	77	145	1,017	1,239
Depreciation				
At 1 April 2019	77	145	540	762
Charge for year	-	-	50	50
At 31 March 2020	77	145	590	812
Net book value				
At 31 March 2020	-	-	427	427
At 31 March 2019	-	-	-	-

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

9. Debtors: amounts falling due within one year

	2020 £	2019 £
Grant debtors	-	8,151
Prepayments and accrued income	16,806	2,590
	<u>16,806</u>	<u>10,741</u>

10. Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	585	2,163
Social security and other taxes	2,013	1,701
Accruals and deferred income	8,275	32,518
	<u>10,873</u>	<u>36,382</u>
Deferred income brought forward	25,429	5,000
Amounts released to incoming resources	(25,429)	(5,000)
Amounts deferred in the year	5,000	25,429
Deferred income carried forward	5,000	25,429

Income received during the financial year that is applicable to periods post year end and have been deferred in line with the funding terms.

11. Movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	114,161	30,019	(7,983)	136,197
Restricted funds				
Recovery Implementation Plan	575	-	-	575
Sefyll	-	(7,377)	7,377	-
Nexus	-	(10,054)	10,054	-
Directions	1,128	(1,160)	32	-
VOG Creating Havoc	4,673	(1,825)	(2,848)	-
HAU	782	-	(782)	-
Zurich (Join the Dots)	8,234	(8,269)	35	-
Dementia Friendly Communities small funds grant	6,261	(376)	(5,885)	-
My Say	-	2,827	-	2,827
	<u>21,653</u>	<u>(26,234)</u>	<u>7,983</u>	<u>3,402</u>
TOTAL FUNDS	<u>135,814</u>	<u>3,785</u>	<u>-</u>	<u>139,599</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

11. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	87,448	(57,429)	30,019
Restricted funds			
Sefyll	31,856	(39,233)	(7,377)
Nexus	31,857	(41,911)	(10,054)
Directions	-	(1,160)	(1,160)
VOG Creating Havoc	-	(1,825)	(1,825)
Zurich (Join the Dots)	-	(8,269)	(8,269)
Dementia Friendly Communities small funds grant	25,429	(25,805)	(376)
My Say	14,305	(11,478)	2,827
	<u>103,447</u>	<u>(129,681)</u>	<u>(26,234)</u>
TOTAL FUNDS	<u>190,895</u>	<u>(187,110)</u>	<u>3,785</u>

Comparatives for movement in funds

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds				
General fund	107,110	25,298	(18,247)	114,161
Restricted funds				
Recovery Implementation Plan	575	-	-	575
Sefyll	-	(9,188)	9,188	-
Nexus	-	(9,692)	9,692	-
Pave the way	50,248	(52,406)	2,158	-
Dart	1,770	(1,786)	16	-
Directions	6,193	(5,065)	-	1,128
VOG Creating Havoc	6,824	(2,151)	-	4,673
HAU	1,467	(685)	-	782
Zurich (Join the Dots)	514	7,720	-	8,234
Dementia Friendly Communities small funds grant	-	6,261	-	6,261
My Say	-	2,807	(2,807)	-
	<u>67,591</u>	<u>(64,185)</u>	<u>18,247</u>	<u>21,653</u>
TOTAL FUNDS	<u>174,701</u>	<u>(38,887)</u>	<u>-</u>	<u>135,814</u>

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

11. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	88,739	(63,441)	25,298
Restricted funds			
Sefyll	31,786	(40,974)	(9,188)
Nexus	31,786	(41,478)	(9,692)
Pave the way	31,492	(83,898)	(52,406)
Dart	-	(1,786)	(1,786)
Directions	-	(5,065)	(5,065)
VOG Creating Havoc	-	(2,151)	(2,151)
HAU	-	(685)	(685)
Zurich (Join the Dots)	11,000	(3,280)	7,720
Dementia Friendly Communities small funds grant	71,715	(65,454)	6,261
My Say	14,305	(11,498)	2,807
	<u>192,084</u>	<u>(256,269)</u>	<u>(64,185)</u>
TOTAL FUNDS	<u><u>280,823</u></u>	<u><u>(319,710)</u></u>	<u><u>(38,887)</u></u>

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Recovery Implementation Plan - funds towards the development of work relating to Recovery Implementation Plan and Mental Health Charter.

Sefyll - the adult service user involvement development project- The purpose of the project is to work with people who use mental health services and mental health service providers to ensure that service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Nexus - the Older People's Carer and Service User Involvement Development Project. The purpose of the Project is to work with carers and people using services, planners and providers, to ensure that carer and service user views influence the development and delivery of services. The Project is funded by Vale of Glamorgan Council and Cardiff Council and Vale UHB.

Join the Dots - supporting young people to have a voice in mental health services, funded by Zurich Community Trust.

Pave the way - a project funded by the Big Lottery to support people into volunteering to achieve wellbeing.

DART - Nexus project supporting people through creative activities to have a voice, funded by ICF third Sector Revenue Grant, 'Supporting Older People in the Vale 2017' (includes a second slippage amount).

Directions supporting a directory and handbook funded by ICF, Cardiff and Vale Councils, Cardiff and Vale UHB.

VOG Creating Havoc - providing creative sessions to adults and older people, carers and service users, who have experience of mental health services in the rural Vale of Glamorgan. This project is funded by the Rural Communities Fund, Vale of Glamorgan Council.

HAU - Small project funding, to help deliver solutions especially around prevention and early intervention across Cardiff and the Vale of Glamorgan through training and education.

**Cardiff and Vale Action for Mental
Health**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2020**

11. Movement in funds - continued

Dementia Friendly Communities Small Grants Fund (DFC) - A Small Grants Fund for voluntary sector groups operating dementia friendly community initiatives in Cardiff and the Vale of Glamorgan, managed by cavamh on behalf of Cardiff and Vale Integrated Health and Social Care Partnership, with funding from the Welsh Government Integrated Care Fund.

My Say - funding Sefyll and Nexus to work with people using mental health services and carers, to gather feedback on inpatient and community mental health team services.

Transfers between funds

A net transfer of £7,983 has been made from unrestricted funds, £17,498 of which was to clear overdrawn restricted funds, where there is no reasonable expectation that this would be sufficiently covered by future restricted funding. The remainder relates to residual balances at the end of restricted projects that have been made available for unrestricted use.

The transfer completed for HAU totalling £782 relates to administrative expenditure such as printing and postage that related to the project but was charged through general.

The transfer completed for Dementia Friendly Communities totalling £5,885 relates to the management charge raised per the fund agreement.

12. Employee benefit obligations

The charity pays 8% (6% employer, 2% employee contribution) of salaries to employee's pension of their choice if the member of staff has been required to join the charities pension scheme. Contributions paid this financial year by the charity amounted to £5,592 (2019: £7,698).

13. Related party disclosures

There were no related party transactions for the year ended 31 March 2020.

14. Member's liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The Charity is a company registered in England & Wales with its registered office as disclosed in the Trustee's report.

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2020**

	2020 £	2019 £
Income and endowments		
Investment income		
Deposit account interest	390	236
Charitable activities		
Sefyll	31,856	31,786
Nexus	31,856	31,786
CAVAMH Project	86,500	86,411
DFC Small Grants Fund	25,429	71,715
Service user remuneration	559	1,178
Pave the Way	-	31,492
Zurich (Join the Dots)	-	11,000
Public Health Wales	-	914
My Say	14,305	14,305
	190,505	280,587
Total incoming resources	190,895	280,823
Expenditure		
Charitable activities		
Wages	92,864	120,549
Social security	6,120	8,046
Pensions	6,099	7,698
Rent and rates	9,000	7,750
Insurance	1,983	2,103
Light and heat	1,679	1,555
Telephone and broadband	2,701	2,667
Printing, postage, stationery and publicity	3,288	5,166
Repairs and renewals	1,503	822
Travel and subsistence	2,267	3,103
Training	227	854
AGM and meetings costs	456	401
Legal, professional and health & safety	1,436	1,785
Sundry expenditure	432	705
Publications and subscriptions	180	66
Activities	8,500	8,880
Project partner - GVS (Pave the Way)	-	25,220
Project partner - VCS (Pave the Way)	-	27,149
Directons expenditure	1,159	5,065
DFC expenditure	23,305	65,092
	163,199	294,676
Support costs		
Finance		
Wages	20,041	20,041
Social security	1,575	1,601
Computer equipment	50	-
	21,666	21,642

This page does not form part of the statutory financial statements

**Cardiff and Vale Action for Mental
Health**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2020**

	2020 £	2019 £
Finance		
Governance costs		
Accountancy and legal fees	2,245	3,392
Total resources expended	187,110	319,710
Net income/(expenditure)	<u>3,785</u>	<u>(38,887)</u>