

**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**

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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  
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**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**

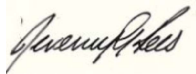
Unity Trust Bank  
Nine Brindleyplace  
4 Oozells Square  
Birmingham  
B1 2HB

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**

		<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2024 Total funds £</b>	<b>2023 Total funds £</b>
	<b>Notes</b>				
<b>Income and endowments from</b>					
<b>Charitable activities</b>	3				
Core activities		86,500	13,077	99,577	157,205
Investment income	2	3,153	-	3,153	1,132
<b>Total</b>		<u>89,653</u>	<u>13,077</u>	<u>102,730</u>	<u>158,337</u>
<b>Expenditure on</b>					
<b>Charitable activities</b>					
Core activities		75,600	12,056	87,656	205,109
Other		2,138	528	2,666	2,627
<b>Total</b>		<u>77,738</u>	<u>12,584</u>	<u>90,322</u>	<u>207,736</u>
<b>NET INCOME/(EXPENDITURE)</b>		11,915	493	12,408	(49,399)
<b>Transfers between funds</b>	12	(338)	338	-	-
<b>Net movement in funds</b>		<u>11,577</u>	<u>831</u>	<u>12,408</u>	<u>(49,399)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		134,061	7,476	141,537	190,936
<b>Total funds carried forward</b>		<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 £
<b>Fixed assets</b>					
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>
<b>Current assets</b>					
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>
<b>Creditors</b>					
Amounts falling due within one year	11	(5,241)	(719)	(5,960)	(12,908)
<b>Net current assets</b>		<u>137,588</u>	<u>6,926</u>	<u>144,514</u>	<u>132,853</u>
<b>Total assets less current liabilities</b>		<u>145,638</u>	<u>8,307</u>	<u>153,945</u>	<u>141,537</u>
<b>NET ASSETS</b>		<u>145,638</u>	<u>8,307</u>	<u>153,945</u>	<u>141,537</u>
<b>Funds</b>	12				
Unrestricted funds				145,638	134,061
Restricted funds				8,307	7,476
<b>Total funds</b>				<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.

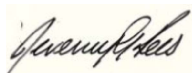
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

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**

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

**3. Income from charitable activities**

		<b>2024</b>	<b>2023</b>
	<b>Activity</b>	<b>£</b>	<b>£</b>
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):

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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  
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**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**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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:

	<b>2024</b>	<b>2023</b>
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**

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

**Cardiff and Vale Action for Mental  
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**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

**8. Intangible fixed assets**

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

**9. Tangible fixed assets**

	<b>Office equipment £</b>	<b>Fixtures and fittings £</b>	<b>Computer equipment £</b>	<b>Totals £</b>
<b>Cost</b>				
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
<b>Depreciation</b>				
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
<b>Net book value</b>				
At 31 March 2024	-	-	5,411	5,411
At 31 March 2023	-	-	3,056	3,056

**10. Debtors: amounts falling due within one year**

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

**Cardiff and Vale Action for Mental  
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**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

**11. Creditors: amounts falling due within one year**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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**

	<b>At 1.4.23</b>	<b>Net movement in funds</b>	<b>Transfers between funds</b>	<b>At 31.3.24</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>				
General fund	134,061	11,915	(338)	145,638
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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:

	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Movement in funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>			
General fund	89,653	(77,738)	11,915
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>102,730</u>	<u>(90,322)</u>	<u>12,408</u>

**Cardiff and Vale Action for Mental  
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**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 £
<b>Unrestricted funds</b>				
General fund	175,675	(32,397)	(9,217)	134,061
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	87,632	(120,029)	(32,397)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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  
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**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.