

THE MENTOR RING

England & Wales · Charity number 1149605

Details

Other names	TMR
Status	Registered
Legal form	Charitable company
Company number	07472750
Registered	2012-11-05
Register	View on the Charity Commission register

Contact

Address	Butetown Community Centre 2nd Floor Loudoun Square Caerdydd CF10 5JA
Phone	02921321073
Email	info@mentorrying.org.uk
Website	www.mentorrying.org.uk

Activities

Objects: To promote social inclusion for the public benefit by working with people who are socially excluded on the grounds of their ethnic and cultural background, poverty, geographic isolation and health issues to relieve the needs of such people and assist them to integrate into society, in particular by the provision of mentoring, education and training.

Activities: The Mentor Ring delivers a variety of mentoring projects, bespoke mentoring, peer mentoring and befriending services to individuals of all ages, backgrounds and ethnicities, in the areas of Education, Employment, Health and Community Cohesion events, helping to overcome significant social and cultural barriers in Wales, London Borough of Bexley and Kent.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£78,371	£85,600	-	-
2024-03-31	£65,733	£99,990	-	-
2023-03-31	£114,348	£104,314	-	-
2022-03-31	£73,896	£81,153	-	-
2021-03-31	£94,525	£70,609	-	-

Trustees

Name	Role	Appointed
John Kenneth Newton	Chair	2024-08-28
Chetna Sinha		2023-08-03
Dr Sunil Pulapaka		2020-05-14
Dr Tania Ghafari		2025-10-07
Dr Yusuf Rangoonwala		2016-01-27
John Gamblin		2020-08-26
Rajani Devi Ponnada		2023-08-03
Sean Newton		2020-02-05

THE MENTOR RING

England & Wales - Charity number 1149605

Accounts

Registered Charity Number 1149605

Company Registered Number 07472750

THE MENTOR RING LTD

**FINANCIAL STATEMENTS
FOR THE YEAR**

ENDED 31ST MARCH 2025

AMENDED ACCOUNTS

**THE MENTOR RING LTD
TRUSTEES REPORT
FOR THE YEAR ENDED 31ST MARCH 2025**

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2025

INTRODUCTION

The Mentor Ring (TMR) is a small, yet dynamic charity committed to supporting marginalised and underrepresented individuals and communities across Wales and England. Since its inception, TMR has established itself as a vital source of mentoring, guidance, and culturally sensitive support, offering services that promote health and wellbeing, educational achievement, language development, cultural awareness, and community cohesion. With registered operations in Cardiff and Bexley, our mission is to empower individuals by fostering connection, inclusion, and opportunity.

OBJECTS OF THE CHARITY

The company is governed by a memorandum and articles of association. The principal object of the company continues to be the promotion of charitable work in England and Wales with particular emphasis on the mentoring of individuals. The charity is structured to ensure that the Board of Directors meet regularly to oversee its operations.

The Mentor Ring’s mission is to empower individuals from diverse socio-economic backgrounds to overcome barriers and reach their full potential. Through tailored mentoring, workshops, skill-building, and community events, we support education, employment, health, and social inclusion, fostering resilience, self-confidence, and integration. Our work creates lasting positive change across communities in Wales and England.

ACHIEVEMENTS AND PERFORMANCE

During the 2024–2025 reporting year, The Mentor Ring (TMR) continued to strengthen its presence and impact across both Wales and England, expanding its service delivery and solidifying its reputation as a trusted community organisation. With a strong foundation in Cardiff and an increasingly established base in Bexley, we successfully extended our reach and deepened community engagement across both regions.

We were fortunate to receive funding from several sponsors such as the Royal British Legion, which played a vital role in sustaining and expanding our programme delivery. In England, we also secured The National Lottery community Fund for community-led initiatives, further supporting our beneficiaries in Kent and Bexley area.

We held Health Fair in Dartford in partnership with Health Team lead of Dartford Borough Council which was successful and we will continue to do the same next year 2026.

This year saw a notable rise in referrals in both Cardiff, Kent and Bexley, leading to increased participation across our services—particularly in our yoga groups and English language classes, which continue to receive

THE MENTOR RING LTD
TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

excellent feedback for accessibility and impact. Our community footprint widened through collaborative events with a variety of organisations i.e. voluntary sector partners, interfaith groups, and cultural groups, helping us build stronger, more inclusive networks.

TMR remained actively involved in Welsh civic life, with representation at key events such as interfaith forums, local council initiatives like *More in Common*, Anti-racist Wales Action Plan (ArWAP) meetings and Stronger Things. Notably, one of our senior team members was honoured with the appointment as Honorary Air Commodore for 614 Squadron, reflecting our growing contribution to veterans' support and civic partnerships.

TMR is proud to be a recipient of the **Silver Covenant Award** from the Ministry of Defence under the Defence Employer Recognition Scheme, reflecting our dedication to supporting the armed forces community. Additionally, we have been awarded the '**Investing in Volunteers**' UK quality standard, recognising our commitment to best practices in volunteer management.

We continued to deliver a wide variety of activities and events that brought people together, supported learning, and celebrated cultural heritage, including:

- **Cultural and Religious Celebrations**, including Festival of Lights, Colour Festival, International Yoga Day, and South Asian Heritage events, which brought hundreds of people together across Cardiff, Kent and Bexley to foster understanding and celebrate diversity.
- **Bollywood Dance Workshops**, which were highly engaging and offered a fun, active way to explore cultural expression.
- **Community Events** such as "Community Coming Together" days, which encouraged open dialogue and unity among residents and local leaders.
- **Mentoring partnerships** in England, including with the University of Westminster, which provided valuable guidance to students and young professionals.
- **Youth and Family Engagement**, including summer play schemes, afterschool clubs, and educational trips to Brecon Beacons and London, encouraging young participants to explore both local environments and cultural values.
- **Coffee Mornings**, promoting social connection and mental well-being through themed discussions, guest speakers, and creative activities.
- **Yoga Practice Sessions** held both online and in-person, which supported holistic health across all age groups.

THE MENTOR RING LTD
TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

- **Healthy Eating and Cooking Classes**, delivered in partnership with Adult Learning Wales and local schools, promoting nutrition and cross-cultural learning.
- **English Language Classes**, which saw strong engagement and culminated in certificate ceremonies celebrating learner progress.
- **Minority Ethnic Communities Annual Health Fair (MEC)**, is a free drop-in event dedicated to promoting health and wellbeing within the community. In collaboration with several other organisations, the fair aims to build healthier, more informed communities by offering individuals and families the chance to engage with a wide range of services and support.
- **Digital Inclusion Workshops**, equipping attendees with skills to navigate technology safely and confidently.
- **Volunteer Engagement**, including a celebration for Volunteers Week, acknowledging the invaluable contributions of our team.

RESERVES POLICY

The Mentor Ring holds reserves to ensure it can respond effectively to unforeseen financial pressures and continue delivering services without disruption. “Reserves” refer to unrestricted funds that are available to support TMR’s general operations and are not tied to specific projects or obligations.

TMR maintains reserves at a level equivalent to at least six months’ operational expenditure. This ensures financial stability in the event of income shortfalls or unexpected expenditure, and it allows time to implement long-term solutions where needed.

The reserves policy is reviewed annually as part of the Trustees' financial planning process. The Board of Trustees approves the use of reserves only when necessary to safeguard the organisation. Regular financial reports and forecasts are reviewed quarterly to ensure reserve levels remain appropriate and compliant with legal and regulatory standards, including the Charity Commission's guidance (CC19).

PUBLIC BENEFIT STATEMENT

In line with Section 17(5) of the Charities Act 2011, the Trustees of The Mentor Ring confirm that they have had due regard to the Charity Commission’s guidance on public benefit when making decisions about the organisation’s activities.

TMR exists to support and empower diverse communities through mentoring, health and well-being programmes, language classes, cultural awareness activities, and capacity-building initiatives. These services are provided without discrimination and are open to all who can benefit from them. Through its work in Wales and England, TMR enhances community cohesion, promotes inclusivity, improves individual well-being, and offers learning and development opportunities, thereby delivering clear and measurable public benefit.

THE MENTOR RING LTD
TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

STATEMENT AS TO DISCLOSURE OF INFORMATION TO THE ACCOUNTANTS

So far as each Trustee is aware, there is no relevant audit information of which the charity's accountants are unaware. Each Trustee has taken all the steps that they ought to have taken as a Trustee in order to make themselves aware of any relevant accounting information and to establish that the charity's accountants are aware of that information.

CONCLUSION

Though The Mentor Ring is a small organisation, the depth and breadth of its impact are truly profound. Through our mentoring relationships, cultural programmes, and health and education initiatives, we have continued to bring people together, foster inclusion, and empower individuals to grow and thrive. We are proud to have built bridges across cultures and generations, supported those in need, and helped shape resilient, connected communities.

As Trustees, we are deeply grateful to our volunteers, staff, funders, and community partners for their unwavering support and belief in our mission. Together, we are making a real and lasting difference and we remain committed to growing that impact in the years ahead.

FUTURE DEVELOPMENTS

The Board of Directors expect to maintain activity to be monitored based on the current situation of funding. We remain committed to expanding our services beyond South Wales and into England.

RISKS POLICY

The Board of Directors actively review the major risks that the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with regular reviews over key financial systems will provide sufficient resources in the event of adverse conditions. The Board of Directors also examine other operational risks faced by the charity and confirm that systems have been established to mitigate any significant risks.

RESULTS

The results for the period and the charity's financial position at the end of the period are shown in the attached financial statements.

DIRECTORS AND TRUSTEES

The Board of Directors are also trustees of the charity and there are no other trustees.

THE MENTOR RING LTD
TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

THE TRUSTEES

The Trustees who served the charity during the period were as follows:

Rajani Devi Ponnada - Chair
Yusuf Rangoonwala – Treasurer
Chetna Sinha- Deputy Treasurer
Sunil Pulapaka
John Gamblin
Sean Newton
Joan Simon
Jessica Leigh Hooper
Tania Ghafari
John Kenneth Newton

THE MENTOR RING LTD
TRUSTEES REPORT (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

CHAIR PERSONS REPORT FOR THE MENTOR RING (TMR)

The Mentor Ring (TMR): Expanding Reach, Deepening Impact

The Mentor Ring (TMR) continues to thrive and grow in its mission, delivering meaningful and measurable impact across the UK—even amidst the ongoing challenges of the cost-of-living crisis and a rapidly shifting social and economic landscape. Originally rooted in Wales, TMR has now successfully extended its reach into England, marking a significant step forward in its evolution into a truly national organisation.

Our dedicated team remains at the forefront of this progress, working collaboratively to design, deliver, and develop resilient, engaging, and empowering work streams. These initiatives support individuals, communities, and organisations both locally in Wales and across the wider UK, with a strong focus on inclusivity, wellbeing, and long-term community development.

TMR works closely with South Asian Heritage Trust and the CEO is also a volunteer Regional Co-ordinator for Wales for South Asian Heritage Trust. We are proud to acknowledge that His Majesty the King had formally approved the appointment of Ms Sujatha Thaladi our CEO an Honorary Air Commodore of No. 614 (count of Glamorgan) Squadron. We also partnered with Dartford Borough Council and organised a health Fair for South Asian community members.

TMR is proud to be a trusted partner to organisations such as Kidney Research UK, Diabetes UK Cymru, Kidney Wales, and the Strategic Diabetes Clinical Network. Through our joint efforts on the 'Peer Educator' programme — a pioneering initiative aimed at raising awareness and promoting early diagnosis of chronic kidney disease (PACTED) — we are helping to address health inequalities in ethnic minority communities in Cardiff and Newport. This work focuses on prevention through education, equipping community members with the tools and knowledge to manage their condition through early intervention and culturally sensitive support.

This year, as always, we express our deep gratitude to our Board of Trustees, staff, and members. Your unwavering dedication, expertise, and generosity make our work possible and our vision attainable. We are proud of the collective commitment shown by everyone involved with TMR in creating safer, healthier, and more empowered communities.

At the core of everything we do are people. TMR exists to amplify the voices of those who often go unheard — offering support, mentoring, and advocacy to individuals navigating complex health and social care systems. Without the continued support of our volunteers, partners, and local networks, many would lack access to a trusted and respected organisation that champions their concerns and empowers them to act.

Together, we remain committed to building a future where no one is left behind, and where community-led mentoring remains a powerful force for positive change across the UK.

Kind Regards

Rajani Ponnada

Chair

MENTOR RING LTD

TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2025

RESPONSIBILITIES OF TRUSTEES

The trustees (who are also the directors of The Mentor Ring Ltd for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.


INDEPENDENT EXAMINER

A resolution to appoint Gordon Down & Company Limited as independent examiner for the ensuing year will be proposed at the Annual Governance Meeting.

DECLARATION

This report was approved by the board on 7th October 2025

Signed on behalf of the charity's trustees



Mrs Sujatha Thaladi – Company Secretary

**THE MENTOR RING LTD
INDEPENDENT EXAMINERS REPORT
TO THE TRUSTEES OF THE MENTOR RING LTD**

I report on the accounts of the charity for the year ended 31st March 2025 set out on pages 4 to 9.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 and that an independent examination is needed. The Charity is required by law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) b of the 2011 Act), and;
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:
- proper accounting records are kept in accordance with section 386 of the Companies Act 2006, and;
 - accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).
- or:
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

7/10/2025

L.S.Cohen FCA
Independent Examiner
Gordon Down & Company
Accountants
Temple Court
13A Cathedral Road
Cardiff CF11 9HA

THE MENTOR RING LTD
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Incoming Resources	2				
Voluntary Income		33,535	44,836	78,371	62,424
Total Incoming Resources		<u>33,535</u>	<u>44,836</u>	<u>78,371</u>	<u>62,424</u>
Resources Expended	3				
Governance Costs		720	0	720	690
Charitable Activities		10,464	74,416	84,880	99,300
Total Resources Expended		<u>11,184</u>	<u>74,416</u>	<u>85,600</u>	<u>99,990</u>
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year		22,351	-29,580	-7,229	10,034
Funds brought forward		<u>16,830</u>	<u>56,697</u>	<u>73,527</u>	<u>63,493</u>
Funds carried forward		<u>39,181</u>	<u>27,117</u>	<u>66,298</u>	<u>73,527</u>

THE MENTOR RING LTD
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Incoming Resources	2				
Voluntary Income		1,615	76,756	78,371	62,424
Total Incoming Resources		<u>1,615</u>	<u>76,756</u>	<u>62,424</u>	<u>114,348</u>
Resources Expended	3				
Governance Costs		720	0	720	690
Charitable Activities		10,464	74,416	84,880	99,300
Total Resources Expended		<u>11,184</u>	<u>74,416</u>	<u>85,600</u>	<u>99,990</u>
Net (outgoing)/incoming resources for the year					
and net income/(expenditure) for the year		-9569	2,339	-7,230	10,034
Funds brought forward		<u>16,830</u>	<u>56,697</u>	<u>73,527</u>	<u>63,493</u>
Funds carried forward		<u>7,261</u>	<u>59,036</u>	<u>66,297</u>	<u>73,527</u>

THE MENTOR RING LTD
BALANCE SHEET
AS AT 31ST MARCH 2025

	Note	2025		2024	
		£	£	£	£
Current Assets					
Other Debtors					
Cash at Bank		<u>43,664</u>		<u>43,815</u>	
		43,664		43,815	
Creditors: Amounts falling due within one year	4	<u>14,932</u>		<u>7,854</u>	
Net Current Assets			<u>28,732</u>		<u>35,961</u>
Total Assets less Current Liabilities			<u>28,732</u>		<u>35,961</u>
Net Assets			<u><u>28,732</u></u>		<u><u>35,961</u></u>
Funds					
General Unrestricted Funds	7		33,377		11,026
Restricted Funds	7		<u>-4,645</u>		<u>24,935</u>
			<u><u>28,732</u></u>		<u><u>35,961</u></u>

**THE MENTOR RING LTD
BALANCE SHEET (CONTINUED)
AS AT 31ST MARCH 2025**

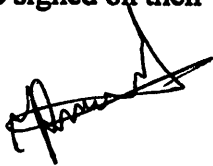
The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies' subject to the small companies' regime.

These financial statements are approved by the trustees on 7th October 2025

And are signed on their behalf by:



**Yusuf Rangoonwala
Treasurer**

The notes on pages 13 to 19 form an integral part of these financial statements.

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

1 Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standards applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Cash flow statement – *The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.*

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity’s objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

2 Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Voluntary Income				
Grants and Donations				
The National Lottery Community Fund	0	28,416	28,416	19,750
Welsh Government, Cultural Grant	0	3,954	3,954	4,000
The Allen Lane Foundation	0		0	4,085
Cardiff Third Sector Council	0		0	5,000
Race Council Cymru - Global Majority Funding	0		0	3,309
Welsh Government	0	2,000	2,000	0
The Mary Homfray Charitable Trust	0		0	1,500
Cardiff Council	0		0	6,984
Postcode Community Trust	21,920		21,920	0
The Waterloo Foundations	0	8,466	8,466	0
Community Foundation Wales	0	2,000	2,000	0
The True Colours Trust	0		0	3,500
Mayor of London- TNL Community fund	0		0	1,450
Hedley Foundation	0		0	1,000
The Prince of Wales Charitable Fund/KCCF	0		0	1,500
Garfield Weston Foundation	10,000		10,000	10,000
The Woodward Charitable Trust	0		0	700
Race Council Cymru- Windrush Grant	0		0	2,000
	<u>31,920</u>	<u>44,836</u>	<u>76,756</u>	<u>64,778</u>
Other Grants and Donations				
Other Donations	1,615		1,615	905
	<u>1,615</u>	<u>0</u>	<u>1,615</u>	<u>905</u>
Total Incoming Resources	<u>33,535</u>	<u>44,836</u>	<u>78,371</u>	<u>65,683</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2025

3 Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Governance Costs				
Professional Fees	720	0	720	690
Total Governance Costs	<u>720</u>	<u>0</u>	<u>720</u>	<u>690</u>
Cost of Charitable Activities				
Management and Administration Costs				
Staffing Costs				
Salaries	0	55,239	55,239	64,037
Pensions	0	4,785	4,785	3,809
Sessional Staff	0	3,829	3,829	2,129
Travel and Subsistence	2,864	0	2,864	601
	<u>2,864</u>	<u>63,853</u>	<u>66,717</u>	<u>70,575</u>
Premises Costs				
Rent and hire of ground	6,176	0	6,176	4,274
Insurance	434	0	434	474
Telephone and Fax	990	0	990	880
	<u>7,600</u>	<u>0</u>	<u>7,600</u>	<u>5,628</u>
General Administrative Expenses				
Office Costs and Project costs		6,178	6,178	12,682
Software and IT Support		436	436	447
Advertising and PR		596	596	328
Subscriptions		84	84	453
Companies House		0	0	0
Other professional and consultancy fees		368	368	9,188
Staff Training and Welfare			0	0
Donations			0	0
	<u>0</u>	<u>7,662</u>	<u>7,662</u>	<u>23,098</u>
Other Expenses				
Expensed Equipment	0	2,902	2,902	609
	<u>0</u>	<u>2,902</u>	<u>2,902</u>	<u>609</u>
Cost of Generating Voluntary Income				
Other Direct Costs	0	0	0	5,220
	<u>0</u>	<u>0</u>	<u>0</u>	<u>5,220</u>
Total Cost of Charitable Activities	<u>10,464</u>	<u>74,416</u>	<u>84,881</u>	<u>105,130</u>
Total Resources Expended	<u>11,184</u>	<u>74,416</u>	<u>85,601</u>	<u>105,820</u>

THE MENTOR RING

England & Wales - Charity number 1149605

Accounts

Registered Charity Number 1149605

Company Registered Number 07472750

THE MENTOR RING LTD

**FINANCIAL STATEMENTS
FOR THE YEAR**

ENDED 31ST MARCH 2024

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2024

OBJECTS OF THE CHARITY

The company is governed by a memorandum and articles of association. The principal object of the company continues to be the promotion of charitable work in England and Wales with particular emphasis on the mentoring of individuals. The charity is structured to ensure that the Board of Directors meets regularly to oversee its operations.

Our charitable objective is to promote social inclusion for the public benefit by working with people who are socially excluded on the grounds of their ethnic and cultural background, poverty, geographic isolation and health issues. We would relieve the needs of such people and assist them to integrate into society, in particular by the provision of mentoring, education and training.

REVIEW OF DEVELOPMENTS, ACTIVITIES AND ACHIEVEMENTS

The Mentor Ring organizes workshops on mentoring, arts and crafts, IT classes, gardening, and activities promoting healthy eating. We also facilitate coffee mornings designed for individuals experiencing isolation and loneliness, along with a diverse range of physical activities aimed at enhancing overall well-being in Cardiff and nearby areas. Our overarching ethos and mission aim to eliminate barriers, whether cultural, language-related, physical, mental, or social, to ensure that no individual is excluded from active participation in aspects ranging from employment to community life. We have been organizing the Minority Ethnic Communities Annual Health Fair in Wales since 2009 in collaboration with 15 organizations and Cardiff and Vale Health Board and provides a platform where communities can interact with voluntary and public sector health and well-being practitioners. Responding to the increased referrals we have received from England, we have taken steps to broaden our impact. Our services have recently expanded to England, focusing currently on the London Borough of Bexley and Dartford. This expansion is geared towards duplicating the success of activities and initiatives that have proven effective in Wales. South Asian Heritage Month Celebrations has gained increasing significance and our communities in South Wales, London Borough of Bexley and Kent have been more active in participating in the events celebrating, commemorating and educating the rich cultural and economic contributions of South Asians from the eight countries: India, Pakistan, Bangladesh, Sri Lanka, Nepal, Afghanistan, Bhutan and the Maldives. The Mentor Ring is one of the 17 organisations in Wales who have achieved the Defence Employer Recognition Scheme (ERS) Silver Award for 2023.

FUTURE DEVELOPMENTS

The Board of Directors expect to maintain activity to be monitored based on the current situation of funding. We remain committed to expanding our services beyond South Wales and into England.

RISKS POLICY

The Board of Directors actively review the major risks that the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with regular reviews over key financial systems will provide sufficient resources in the event of adverse conditions. The Board of Directors also examine other operational risks faced by the charity and confirm that systems have been established to mitigate any significant risks.

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2024

RESULTS

The results for the period and the charity's financial position at the end of the period are shown in the attached financial statements.

DIRECTORS AND TRUSTEES

The Board of Directors are also trustees of the charity and there are no other trustees.

THE TRUSTEES

The Trustees who served the charity during the period were as follows:

Sean Newton - Chair
James Alexis – Treasurer (Resigned 10/07/2023)
Yusuf Rangoonwala - Treasurer
Sunil Pulapaka
John Gamblin
Chetna Sinha- Deputy Treasurer
Rajani Devi Ponnada
Joan Simon
Jessica Leigh Hooper

CHAIRMAN'S REPORT FOR THE MENTOR RING (TMR)

The Mentor Ring (TMR) continues to thrive in a significantly impactful way despite unprecedented challenges of cost of living crisis and political instability.

The "team" excel in their collective efforts to maintain and develop resilient engaging and empowering work streams with local and wider, people, communities, and organisations on Wales and wider UK footprint.

Supporting Kidney Research UK, Diabetes UK Cymru, Kidney Wales, and Strategic Diabetes Clinical Network initiative around "Peer Educator" program of training and dissemination around Preventing (awareness raising) chronic kidney disease through early diagnosis, (PACTED) in South Asian communities within Cardiff and Newport, TMR has identified and supported a transformational opportunity to work on personal awareness raising and community awareness in known areas of clinical risk.

I would again like to thank our board of trustees and all members of TMR staff who give their time, expertise and support for TMR and the communities that we are honored to serve.

People are at the heart of everything TMR strives to undertake and without this incredible support, members of the wider community would be left without a credible and respected organization to amplify their fears, worries concerns, and frustrations when engaging with the wider health and social care agenda through the effective implementation of mentoring.

Sean Newton

TMR Chairman.

THE MENTOR RING LTD

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE MENTOR RING LTD

I report on the accounts of the charity for the year ended 31st March 2024 set out on pages 4 to 9.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 and that an independent examination is needed. The Charity is required by law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) b of the 2011 Act), and;
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:

- proper accounting records are kept in accordance with section 386 of the Companies Act 2006, and;
- accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).

or:

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

5/9/2024

L.S.Cohen FCA
Independent Examiner
Gordon Down & Company
Accountants
Temple Court
13A Cathedral Road
Cardiff CF11 9HA

STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)

FOR THE YEAR ENDED 31ST MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Incoming Resources	2				
Voluntary Income		10,767	51,657	62,424	114,348
Total Incoming Resources		<u>10,767</u>	<u>51,657</u>	<u>62,424</u>	<u>114,348</u>
Resources Expended	3				
Governance Costs		690	0	690	690
Charitable Activities		15,881	83,419	99,300	103,624
Total Resources Expended		<u>16,571</u>	<u>83,419</u>	<u>99,990</u>	<u>104,314</u>
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year		-5,804	-31,762	-37,566	10,034
Funds brought forward		<u>16,830</u>	<u>56,697</u>	<u>73,527</u>	<u>63,493</u>
Funds carried forward		<u>11,026</u>	<u>24,935</u>	<u>35,961</u>	<u>73,527</u>

THE MENTOR RING LTD
BALANCE SHEET
AS AT 31ST MARCH 2024

	Note	2024		2023	
		£	£	£	£
Current Assets					
Other Debtors					
Cash at Bank		43,815		80,080	
		<u>43,815</u>		<u>80,080</u>	
Creditors: Amounts falling due within one year	4	7,854		6,553	
Net Current Assets			<u>35,961</u>		<u>73,527</u>
Total Assets less Current Liabilities			<u>35,961</u>		<u>73,527</u>
Net Assets					
			<u><u>35,961</u></u>		<u><u>73,527</u></u>
Funds					
General Unrestricted Funds	7		11,026		16,830
Restricted Funds	7		24,935		56,697
			<u>35,961</u>		<u>73,527</u>

THE MENTOR RING LTD

**BALANCE SHEET (CONTINUED)
AS AT 31ST MARCH 2024**

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

These financial statements are approved by the trustees on 28th August 2024

And are signed on their behalf by:



Sean Newton

TMR Chairman.

The notes on pages 7 to 11 form an integral part of these financial statements.

THE MENTOR RING LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

1 Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standards applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Cash flow statement – *The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.*

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity's objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2024

2 Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Voluntary Income				
Grants and Donations				
The National lottery	0	19,750	19,750	0
Welsh Government	0	4,000	4,000	0
AllenLane Foundation T262	0	4,085	4,085	0
C3SC	0	5,000	5,000	5,000
Race Council Cymru - Global Majority Funding	0		3,309	0
Glamorgan Voluntary GVS Grant	0	0	0	5,000
THE MARY HOMFRAY CHARITABLE TRUST	0	1,500	1,500	0
Cardiff Council	0	6,984	6,984	2,000
Masonic Benovolent Fund South Wales	0		0	1,000
The National lottery- Awards For All Wales -Queens-SAHM	0	0	0	9,850
Postcode Community	0	0	0	24,840
Making A Difference Locally	0	0	0	3,000
UK Give Locally	0	0	0	1,500
WCVA - Third Sector Resilience Fund	0	0	0	48,859
C3SC - Comic Relief	0	0	0	4,996
The Foyle Foundation	0	0	0	5,000
The True Colours TCT1924	0	3,500	3,500	0
Mayor of London- TNL Community fund	0	1,450	1,450	0
Hedley Foundation	0	1,000	1,000	0
The Prince of Wales Charitable Fund/KCCF	0	1,500	1,500	0
Garfield Weston Foundation	10,000	0	10,000	0
Neighbourly Ltd - Giving	0	0	0	1,000
Cardiff and Vale	0	0	0	1,500
Woodland Trust	0	750	750	700
Groundwork	0	0	0	500
Race Council Cymru- Windrush Grant	0	2,000	2,000	0
Aurav Disha -50047	0	0	0	300
	10,000	51,519	64,828	111,045
Other Grants and Donations				
Other Donations	767	138	905	303
	767	138	905	303
Total Incoming Resources	10,767	51,657	65,733	111,348

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2024

3 Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Governance Costs				
Professional Fees	690	0	690	690
Total Governance Costs	<u>690</u>	<u>0</u>	<u>690</u>	<u>690</u>
Cost of Charitable Activities				
Management and Administration Costs				
Staffing Costs				
Salaries	0	64,037	64,037	61,022
Pensions	0	3,809	3,809	4,738
Sessional Staff	0	2,129	2,129	0
Travel and Subsistence	601	0	601	0
	<u>601</u>	<u>69,974</u>	<u>70,575</u>	<u>65,760</u>
Premises Costs				
Rent and hire of ground	4,274	0	4,274	4,466
Insurance	474	0	474	469
Telephone and Fax	880	0	880	650
	<u>5,628</u>	<u>0</u>	<u>5,628</u>	<u>5,585</u>
General Administrative Expenses				
Office Costs and Project costs	13	12,669	12,682	16,345
Software and IT Support	0	447	447	4,291
Advertising and PR	0	328	328	1,700
Subscriptions	453	0	453	70
Other professional and consultancy fees	9,188	0	9,188	4,025
Staff Training and Welfare	0	0	0	20
	<u>9,653</u>	<u>13,445</u>	<u>23,098</u>	<u>26,451</u>
Other Expenses				
Expensed Equipment	0	0	0	609
	<u>0</u>	<u>0</u>	<u>0</u>	<u>609</u>
Cost of Generating Voluntary Income				
Other Direct Costs	0	0	0	5,220
	<u>0</u>	<u>0</u>	<u>0</u>	<u>5,220</u>
Total Cost of Charitable Activities	<u>15,881</u>	<u>83,419</u>	<u>99,301</u>	<u>103,625</u>
Total Resources Expended	<u>16571</u>	<u>83419</u>	<u>99,991</u>	<u>104,315</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS
(CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2024

4 Creditors: Amounts falling due within one year

	2024	2023
Accruals	690	690
Pensions	300	300
Paye	6,863	5,563
	<u>7,853</u>	<u>6,553</u>

5 Payments to Trustees

No trustee received any remuneration from the charity during the year.

6 Analysis of Net Assets Between Funds

	Net Current Assets	Total
Unrestricted Funds	11,025	11,025
Restricted Funds	24,935	24,935
	<u>35,960</u>	<u>35,960</u>

7 Fund Balances

	Balances at 31/03/2023	Movement	Balances at 31/03/2024
Unrestricted Funds	16,830	-5,804	11,026
Restricted Funds	56,697	-31,762	24,935
Total Charity Funds	<u>73,527</u>	<u>-37,566</u>	<u>35,961</u>

THE MENTOR RING

England & Wales - Charity number 1149605

Accounts

Registered Charity Number 1149605

Company Registered Number 07472750

THE MENTOR RING LTD

**FINANCIAL STATEMENTS
FOR THE YEAR**

ENDED 31ST MARCH 2023

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2023

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2023

OBJECTS OF THE CHARITY

The company is governed by a memorandum and articles of association.

Our charitable objective is to promote social inclusion for the public benefit by working with people who are socially excluded on the grounds of their ethnic and cultural background, poverty, geographic isolation and health issues to relieve the needs of such people and assist them to integrate into society, in particular by the provision of mentoring, education and training.

REVIEW OF DEVELOPMENTS, ACTIVITIES AND ACHIEVEMENTS

The Board of Directors are pleased to see the services are needed and also extended not just in Wales but also in England.

The Mentor Ring has been awarded the *'Investing in Volunteers UK 2022'* award, appointed for providing good practice in volunteer management. This accolade highlights The Mentor Ring's appreciation for volunteers whilst demonstrating the charity's commitment and emphasis on volunteering in order to thrive.

The Mentor Ring is a recipient of **Employer Recognition Scheme Bronze Award'** in 2022 – A national recognition to our commitment to the Armed Forces.

We are delighted to be recognised for these actions and contributions and continue support of our beneficiaries during these difficult times through our mentoring activities.

FUTURE DEVELOPMENTS

The Board of Directors expect to maintain activity to be monitored based on the current situation of funding. We will expand our services beyond South Wales as well as in England.

RISKS POLICY

The Board of Directors actively review the major risks that the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with regular reviews over key financial systems will provide sufficient resources in the event of adverse conditions. The Board of Directors also examine other operational risks faced by the charity and confirm that systems have been established to mitigate any significant risks.

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2023

RESERVES POLICY:

The Board of Directors has kept its policy under review in recent years. Unrestricted funds not committed or invested in tangible fixed assets (free reserves) held by the charity should be managed on a going concern basis; that is the free reserves should exceed the minimum amount required to provide a minimal level of service whilst focusing on securing additional funds.

RESULTS

The results for the period and the charity's financial position at the end of the period are shown in the attached financial statements.

DIRECTORS AND TRUSTEES

The Board of Directors are also trustees of the charity and there are no other trustees.

THE TRUSTEES

The Trustees who served the charity during the period were as follows:

Sean Newton - Chair
James Alexis
Jessica Hooper
Yusuf Rangoonwala
Sunil Pulapaka
John Gamblin

CHAIRMAN'S REPORT FOR THE MENTOR RING (TMR)

The Mentor Ring (TMR) continue to perform with significant resilience in the face of continuing challenges. Regardless of these challenges, both internal and external, TMR continue to deliver a wide variety of events, engagement and face to face activity.

These educational and entertaining programs, continue to meet the needs of TMRs intended audiences, be those individuals or local communities.

Sujatha Thaladi, with her direct support and operational team, continue to navigate through these challenges. It would be remiss of me as Chair not to thank TMRs operational team and volunteers, as these people are the foundation of TMR, providing the mentoring, support and guidance so necessary for the communities TMR continues to serve.

I would like to thank TMRs Board of Trustees whose invaluable time, expertise and professionalism ensure that the appropriate governance, sound reasoning and support is provided.

MENTOR RING LTD

**TRUSTEES REPORT
FOR THE YEAR ENDED 31ST MARCH 2023**

CHAIRMAN'S REPORT FOR THE MENTOR RING (TMR)

TMR are currently undertaking a Theory of Change approach to its stated aims and objectives to ensure sufficient resources are available to support sustainable achievement aligned with the TMRs aims and intentions.

TMR continue to support local community cohesion type events, such as the Minority Ethnic Communities Health Fair and other targeted events.

TMRs primary objective remains, that of delivering mentoring support, to local communities and wider organisations across the UK in need of TMRs expertise in this area.

It is with sadness that I need to advise of the tragic passing of our much loved and appreciated colleague and Treasurer James Alexis

Gone from our sight but never from our hearts.

We all pray in our own unique ways that "Gentleman Jim" rests in peace.

On a personal perspective it is an absolute pleasure to be involved with TMR, I look forward to continuing that support accordingly.

Sean Newton

TMR Chair

THE MENTOR RING LTD

TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2023

RESPONSIBILITIES OF TRUSTEES

The trustees (who are also the directors of The Mentor Ring Ltd for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to appoint Gordon Down & Company Limited as independent examiner for the ensuing year will be proposed at the Annual Governance Meeting.

DECLARATION

This report was approved by the board on 20th July 2023

Signed on behalf of the charity's trustees



Mrs Sujatha Thaladi – Company Secretary

THE MENTOR RING LTD

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE MENTOR RING LTD

I report on the accounts of the charity for the year ended 31st March 2023 set out on pages 7 to 12.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 and that an independent examination is needed. The Charity is required by law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) b of the 2011 Act), and;
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:
 - proper accounting records are kept in accordance with section 386 of the Companies Act 2006, and;
 - accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).or:
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

27/07/2023

L.S.Cohen FCA
Independent Examiner
Gordon Down & Company
Accountants
Temple Court
13A Cathedral Road
Cardiff CF11 9HA

THE MENTOR RING LTD
BALANCE SHEET
AS AT 31ST MARCH 2023

	Note	2023		2022
		£	£	£
Current Assets				
Other Debtors				
Cash at Bank		<u>80,080</u>		<u>69,362</u>
Creditors: Amounts falling due within one year	4	<u>80,080</u>		<u>69,362</u>
Net Current Assets		<u>6,553</u>		<u>5,869</u>
Total Assets less Current Liabilities			<u>73,527</u>	<u>63,493</u>
			<u>73,527</u>	<u>63,493</u>
Net Assets			<u>73,527</u>	<u>63,493</u>
Funds				
General Unrestricted Funds	7		16,830	23,348
Restricted Funds	7		<u>56,697</u>	<u>40,145</u>
			<u>73,527</u>	<u>63,493</u>

THE MENTOR RING LTD

**BALANCE SHEET (CONTINUED)
AS AT 31ST MARCH 2023**

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

These financial statements are approved by the trustees on 20th July 2023

And are signed on their behalf by:



**Sean Newton
Treasurer**

The notes on pages 8 to 12 form an integral part of these financial statements.

THE MENTOR RING LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

1 Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standards applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Cash flow statement – The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity's objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

THE MENTOR RING LTD
STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Incoming Resources					
Voluntary Income	2	4,303	110,045	114,348	73,896
Total Incoming Resources		<u>4,303</u>	<u>110,045</u>	<u>114,348</u>	<u>73,896</u>
Resources Expended					
Governance Costs	3	690	0	690	640
Charitable Activities		10,130	93,493	103,624	80,513
Total Resources Expended		<u>10,820</u>	<u>93,493</u>	<u>104,314</u>	<u>81,153</u>
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year		-6,517	16,552	10,034	-7,257
Funds brought forward		23,348	40,145	63,493	70,749
Funds carried forward		<u>16,831</u>	<u>56,697</u>	<u>73,527</u>	<u>63,493</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2023

2 Incoming Resources

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Voluntary Income				
Grants and Donations				
The Access Foundation	0		0	25,025
The National Lottery Community Fund	0		0	19,200
AWDIG - Public Health	0		0	6,045
C3SC	0	5,000	5,000	5,655
Race Council Cymru - Global Majority Funding	0		0	4,978
Glamorgan Voluntary GVS Grant	0	5,000	5,000	4,590
Moondance Foundation	0		0	3,130
Cardiff Council	0	2,000	2,000	2,000
Masonic Benevolent Fund South Wales	0		0	1,000
Big Lottery Awards For All Wales -Queens-SAHM	0	9,850	9,850	0
Postcode Community	0	24,840	24,840	0
Making A Difference Locally	0	3,000	3,000	0
Liv Charanf V UW UK Give Locally	0	1,500	1,500	0
WCVA - Third Sector Resilience Fund	0	48,859	48,859	0
C3SC - Comic Relief	0	4,996	4,996	0
The Foyle Foundation	0	5,000	5,000	0
Neighbourly Ltd - Giving	1,000	0	1,000	400
Cardiff and Vale	1,500	0	1,500	0
Woodland Trust	700	0	700	0
Groundwork	500	0	500	0
Aurav Daha -50047	300	0	300	
	<u>4,000</u>	<u>110,045</u>	<u>114,045</u>	<u>71,623</u>
Other Grants and Donations				
Local Giving	0	0	0	565
Arnold Clark	0	0	0	1,000
Women Connect First	0	0	0	50
Other Donations	303	0	303	258
	<u>303</u>	<u>0</u>	<u>303</u>	<u>1,873</u>
Total Incoming Resources	<u><u>4,303</u></u>	<u><u>110,045</u></u>	<u><u>114,348</u></u>	<u><u>73,496</u></u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2023

3 Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Governance Costs				
Professional Fees	690	0	690	640
Total Governance Costs	<u>690</u>	<u>0</u>	<u>690</u>	<u>640</u>
Cost of Charitable Activities				
Management and Administration Costs				
Staffing Costs				
Salaries	0	61,022	61,022	43,902
Pensions	0	4,738	4,738	4,514
Sessional Staff	0	0	0	1,777
Travel and Subsistence	0	0	0	3,523
	<u>0</u>	<u>65,760</u>	<u>65,760</u>	<u>47,425</u>
Premises Costs				
Rent and hire of ground	4,274	192	4,466	4,708
Insurance	469	0	469	449
Telephone and Fax	650	0	650	960
	<u>5,392</u>	<u>192</u>	<u>5,584</u>	<u>6,117</u>
General Administrative Expenses				
Office Costs and Project costs	643	15,701	16,345	7,665
Software and IT Support	0	4,291	4,291	1,282
Advertising and PR	0	1,700	1,700	602
Subscriptions	70	0	70	260
Companies House	0	0	0	13
Other professional and consultancy fees	4,025	0	4,025	62
Staff Training and Welfare	0	20	20	665
Donations	0	0	0	100
	<u>4,738</u>	<u>21,712</u>	<u>26,450</u>	<u>10,649</u>
Other Expenses				
Expensed Equipment	0	609	609	232
	<u>0</u>	<u>609</u>	<u>609</u>	<u>232</u>
Cost of Generating Voluntary Income				
Other Direct Costs	0	5,220	5,220	9,799
	<u>0</u>	<u>5,220</u>	<u>5,220</u>	<u>9,799</u>
Total Cost of Charitable Activities	<u>10,130</u>	<u>93,493</u>	<u>103,623</u>	<u>74,222</u>
Total Resources Expended	<u>10820</u>	<u>93493</u>	<u>104,314</u>	<u>74,862</u>

THE MENTOR RING

England & Wales - Charity number 1149605

Accounts

Registered Charity Number 1149605

Company Registered Number 07472750

THE MENTOR RING LTD

**FINANCIAL STATEMENTS
FOR THE YEAR**

ENDED 31ST MARCH 2022

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2022

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2022

OBJECTS OF THE CHARITY

The company is governed by a memorandum and articles of association. The principal object of the company continues to be the promotion of charitable work for the benefit of the City and County of Cardiff with particular emphasis on the mentoring of individuals. The charity is organised so that the Board of Directors meet regularly to manage its affairs.

Our charitable objective is to promote social inclusion for the public benefit for people who are socially excluded through a variety of means leading to disadvantage, through ethnic and cultural background, poverty, geographical isolation, and relative education and training.

REVIEW OF DEVELOPMENTS, ACTIVITIES AND ACHIEVEMENTS

The Board of Directors are pleased to see how the operations were changed from face to face to online due to the pandemic without affecting the quality of services through mentoring activities.

The Mentor Ring are delighted to receive the 'High Sheriff Award' from the High Sheriff of South Glamorgan, Andrew Rhys Howell, for the services supporting vulnerable individuals during the COVID-19 pandemic. We are delighted to be recognised for these actions and contributions and continue support of our beneficiaries during these difficult times.

FUTURE DEVELOPMENTS

The Board of Directors expect to maintain activity to be monitored based on the current situation of lockdown, social distance as well as following government rules of the pandemic.

RISKS POLICY

The Board of Directors actively review the major risks that the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with regular reviews over key financial systems will provide sufficient resources in the event of adverse conditions. The Board of Directors also examine other operational risks faced by the charity and confirm that systems have been established to mitigate any significant risks.

RESULTS

The results for the period and the charity's financial position at the end of the period are shown in the attached financial statements.

DIRECTORS AND TRUSTEES

The Board of Directors are also trustees of the charity and there are no other trustees.

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2022

THE TRUSTEES

The Trustees who served the charity during the period were as follows:

Sean Newton - Chair
James Alexis - Treasurer
Abdi Sugulle
Ali Abdi
Emily Lee
Yusuf Rangoonwala
Sunil Pulapaka
John Gamblin

CHAIRMAN'S REPORT FOR THE MENTOR RING (TMR)

TMR have had another challenging but equally rewarding and productive year post COVID (if indeed we can call it post COVID), however as challenging as this has been TMR have managed to deliver a wide variety of events, educational sessions and entertaining programmes for many individuals and local communities, as such there is so much to be thankful for and we are justifiably and rightly proud of our achievements thus far despite continuing and unprecedented challenges.

Sujatha Thaladi and her direct support team have navigated numerous obstacles on behalf of TMR and all those we serve to support, we are as ever thank full to the whole team and volunteers without whom TMR would not exist, denying so many worthy individuals the support TMR have and continue to provide.

Would also like to take this opportunity to thank the board of Trustees who give their invaluable time and expertise to TMR enabling TMR to undertake the various and numerous activities.

In order to continue and progress TMR require appropriate funding and in the current pandemic environment we are still entrenched in this has and will continue to prove a significant challenge. Too many applications for funding have not been successful and with this in mind TMRs agreement to advertise two funded positions to address these challenges could not be more timely.

TMR continue to work in partnership with many different organisations such as the unique collaboration with Cardiff and Vale University Health Board and the Bevan Commission to provide Foot Health Education sessions for Black Asian and Minority Ethnic Communities and many other communities.

These educational sessions are in support of NHS services who struggle to engage with various communities effectively thereby missing opportunities to meet the needs of many members of the Wales population. Moving forwards with this programme of work TMR will double down on our efforts to widen the reach of such programmes across all seven Health Boards in Wales in order to maximise the effectiveness of health education and empowerment for those with the greatest needs.

TMR have established a collaborative and maturing relationship with Diabetes UK Cymru in respect of the disproportional risks of developing Type 2 diabetes in BAME communities whose risks are exponentially

greater than other ethnicities. Additionally supporting Prevention of Type 2 diabetes and keeping people living with diabetes well and safe with better care outcomes to ensure the avoidance of complications of diabetes where there is much need of improvement.

TMR have a stable position on the All Wales Diabetes Patients Reference Group to ensure the needs of BAME communities and hard to reach/excluded groups, some of which are unique are often overlooked.

TMR also are members of the Diabetes UK Cymru Wales Advisory Council for Diabetes Services to enable appropriate lobbying of NHS Wales/NHS Government ensuring the appropriate and essential experiences of BAME communities are heard and their needs met.

TMR have submitted a bid to the All Wales Diabetes Implementation Group for a small amount of funding to create appropriate resources to support the development of Eating Well and Healthy living on a budget for BAME communities.

TMR continue to support by steering group involvement the Minority Ethnic Communities Health Fair, again successfully delivered face to face in 2022.

TMRs reach and influence being so formidable that it is still able to ensure invaluable presentations at the event from the First Minister Dr Mark Drakeford and other members of Wales Government.

The challenge now being holding them to account to support BAME communities for a more equitable and accessible health service along with access to appropriate funding streams to support the invaluable work TMR continue to deliver now and of equal importance sustainably for the future.

TMR recognise that as invaluable as the MEC Health Fair is, there is still a need to provide other targeted events when possible, with and for people directly as opposed to through engagement with representatives of other organisations, this is something TMR are working towards.

One of the most significant achievements for TMR in the last year has been its ability to be flexible, recognising the need to enter the digital/virtual world as a direct impact of imposed but necessary lockdowns, this challenge has been overcome and now facilitates TMR to have greater reach to people and communities who would have otherwise not been accessible. TMR are also conscious of not creating a digital divide and exclusion of none digital users in the interim and are focussed on ensuring people from excluded and seldom heard groups needs are met equally.

TMRs primary objective has been delivering mentoring support to local communities and this significant work has been recognised in various arenas not exclusively to the UK but globally.

It has been an absolute pleasure to be involved with TMR to date and I look forward to continuing in support of meeting the challenges that the future invariably will throw at us collectively.

Keep well and safe all.

Sean Newton

TMR Chairman.

THE MENTOR RING LTD

TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2022

RESPONSIBILITIES OF TRUSTEES

The trustees (who are also the directors of The Mentor Ring Ltd for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

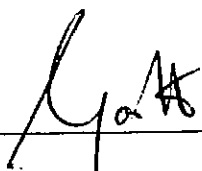
INDEPENDENT EXAMINER

A resolution to appoint Gordon Down & Company Limited as independent examiner for the ensuing year will be proposed at the Annual Governance Meeting.

DECLARATION

This report was approved by the board on 20th July 2022

Signed on behalf of the charity's trustees



Mrs Sujatha Thaladi – Company Secretary

THE MENTOR RING LTD

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE MENTOR RING LTD

I report on the accounts of the charity for the year ended 31st March 2022 set out on pages 4 to 9.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 and that an independent examination is needed. The Charity is required by law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) b of the 2011 Act), and;
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:
- proper accounting records are kept in accordance with section 386 of the Companies Act 2006, and;
 - accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).
- or:
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

20/07/2022

L.S.Cohen FCA
Independent Examiner
Gordon Down & Company
Accountants
Temple Court
13A Cathedral Road
Cardiff CF11 9HA

THE MENTOR RING LTD

STATEMENT OF FINANCIAL ACTIVITIES (incorporating the income and expenditure account)

FOR THE YEAR ENDED 31ST MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Incoming Resources	2				
Voluntary Income		2,273	71,623	73,896	94,525
Total Incoming Resources		<u>2,273</u>	<u>71,623</u>	<u>73,896</u>	<u>94,525</u>
Resources Expended	3				
Governance Costs		0	640	640	595
Charitable Activities		38,164	42,349	80,513	62,570
Total Resources Expended		<u>38,164</u>	<u>42,989</u>	<u>81,153</u>	<u>63,165</u>
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year		-35,891	28,634	-7,257	31,360
Funds brought forward		<u>59,239</u>	<u>11,511</u>	<u>70,749</u>	<u>39,389</u>
Funds carried forward		<u>23,348</u>	<u>40,145</u>	<u>63,493</u>	<u>70,749</u>

THE MENTOR RING LTD
BALANCE SHEET
AS AT 31ST MARCH 2022

	Note	2022		2021	
		£	£	£	£
Current Assets					
Other Debtors					
Cash at Bank		69,362		76,701	
		<u>69,362</u>		<u>76,701</u>	
Creditors: Amounts falling due within one year	4	<u>5,869</u>		<u>5,952</u>	
Net Current Assets			<u>63,493</u>		<u>70,749</u>
Total Assets less Current Liabilities			<u>63,493</u>		<u>70,749</u>
Net Assets			<u><u>63,493</u></u>		<u><u>70,749</u></u>
Funds					
General Unrestricted Funds	7		23,348		59,239
Restricted Funds	7		<u>40,145</u>		<u>11,511</u>
			<u><u>63,493</u></u>		<u><u>70,749</u></u>

1

THE MENTOR RING LTD

**BALANCE SHEET (CONTINUED)
AS AT 31ST MARCH 2022**

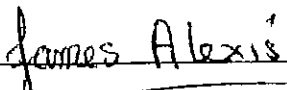
The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

These financial statements are approved by the trustees on 20 July 2022

And are signed on their behalf by:



James Alexis
Treasurer

The notes on pages 6 to 9 form an integral part of these financial statements.

THE MENTOR RING LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

1 Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standards applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Cash flow statement – The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity's objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022

2 Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Voluntary Income				
Grants and Donations				
The Access Foundation	0	25,025	25,025	0
The National Lottery Community Fund	0	19,200	19,200	9,980
AWDIG - Public Health	0	6,045	6,045	0
C3SC	0	5,655	5,655	0
Race Council Cymru - Global Majority Funding	0	4,978	4,978	0
Glamorgan Voluntary GVS Grant	0	4,590	4,590	0
Moondance Foundation	0	3,130	3,130	6,900
Cardiff Council	0	2,000	2,000	0
Masonic Benevolent Fund South Wales	0	1,000	1,000	0
Waterloo Foundation	0	0	0	6,875
Community Foundation Wales (CFW))	0	0	0	2,000
Groundwork	0	0	0	500
Swansea University	0	0	0	20,000
WCVA -	0	0	0	30,054
BAWSO	0	0	0	8,000
CAF	0	0	0	600
HMRC- JRS Grants	0	0	0	8,109
Other Donations				
Local Giving	565	0	565	896
Arnold Clark	1,000	0	1,000	0
Neighbourly Ltd - Giving	400	0	400	0
Women Connect First	50	0	50	0
Other Donations	258	0	258	211
	<u>2,273</u>	<u>71,623</u>	<u>73,896</u>	<u>84,145</u>
Total Incoming Resources	<u>2,273</u>	<u>71,623</u>	<u>73,896</u>	<u>84,145</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022

3 Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Governance Costs				
Professional Fees	0	640	640	595
Total Governance Costs	<u>0</u>	<u>640</u>	<u>640</u>	<u>595</u>
Cost of Charitable Activities				
Management and Administration Costs				
Staffing Costs				
Salaries	12,869	31,033	43,902	37,834
Pensions	4,262	252	4,514	1,331
Sessional Staff	0	1,777	1,777	6,708
Travel and Subsistence	0	3,523	3,523	618
	<u>17,131</u>	<u>36,585</u>	<u>53,716</u>	<u>38,452</u>
Premises Costs				
Rent and hire of ground	3,938	770	4,708	4,723
Insurance	449	0	449	939
Telephone and Fax	770	190	960	0
	<u>5,157</u>	<u>960</u>	<u>6,117</u>	<u>5,662</u>
General Administrative Expenses				
Office Costs and Project costs	7,538	127	7,665	6,827
Software and IT Support	371	911	1,282	0
Advertising and PR	240	362	602	0
Subscriptions	194	66	260	123
Companies House	0	13	13	0
Other professional and consultancy fees	0	62	62	2,394
Staff Training and Welfare	0	665	665	1,357
Donations	0	100	100	496
	<u>8,343</u>	<u>2,306</u>	<u>10,649</u>	<u>11,197</u>
Other Expenses				
Expensed Equipment	0	232	232	1,603
	<u>0</u>	<u>232</u>	<u>232</u>	<u>1,603</u>
Cost of Generating Voluntary Income				
Other Direct Costs	7,533	2,266	9,799	5,061
	<u>7,533</u>	<u>2,266</u>	<u>9,799</u>	<u>5,061</u>
Total Cost of Charitable Activities	<u>38,164</u>	<u>42,349</u>	<u>80,513</u>	<u>61,975</u>
Total Resources Expended	<u>38,164</u>	<u>42,989</u>	<u>81,153</u>	<u>62,570</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2022

4 Creditors: Amounts falling due within one year

	2022	2021
Accruals	640	595
Pensions	252	376
Paye	4,976	4,981
	<u>5,869</u>	<u>5,952</u>

5 Payments to Trustees

No trustee received any remuneration from the charity during the year.

6 Analysis of Net Assets Between Funds

	Net Current Assets	Total
Unrestricted Funds	23,348	59,239
Restricted Funds	40,145	11,511
	<u>63,493</u>	<u>70,749</u>

7 Fund Balances

	Balances at 31/03/2021	Net Current Movement	Balances at 31/03/2022
Unrestricted Funds	59,239	-35,891	23,348
Restricted Funds	11,511	28,634	40,145
Total Charity Funds	<u>70,749</u>	<u>-7,257</u>	<u>63,493</u>

THE MENTOR RING

England & Wales - Charity number 1149605

Accounts

Registered Charity Number 1149605

Company Registered Number 07472750

THE MENTOR RING LTD

**FINANCIAL STATEMENTS
FOR THE YEAR**

ENDED 31ST MARCH 2021

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2021

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2021

OBJECTS OF THE CHARITY

The company is governed by a memorandum and articles of association. The principal object of the company continues to be the promotion of charitable work for the benefit of the City and County of Cardiff with particular emphasis on the mentoring of individuals. The charity is organised so that the Board of Directors meet regularly to manage its affairs.

Our charitable objective is to promote social inclusion for the public benefit for people who are socially excluded through a variety of means leading to disadvantage, through ethnic and cultural background, poverty, geographical isolation, and relative education and training.

REVIEW OF DEVELOPMENTS, ACTIVITIES AND ACHIEVEMENTS

The Board of Directors are pleased to see how the operations were changed from face to face to online due to the pandemic without affecting the quality of services through mentoring activities.

The Mentor Ring are delighted to receive the 'High Sheriff Award' from the High Sheriff of South Glamorgan, Andrew Rhys Howell, for the services supporting vulnerable individuals during the COVID-19 pandemic. We are delighted to be recognised for these actions and contributions and continue support of our beneficiaries during these difficult times.

FUTURE DEVELOPMENTS

The Board of Directors expect to maintain activity to be monitored based on the current situation of lockdown, social distance as well as following government rules of the pandemic.

RISKS POLICY

The Board of Directors actively review the major risks that the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with regular reviews over key financial systems will provide sufficient resources in the event of adverse conditions. The Board of Directors also examine other operational risks faced by the charity and confirm that systems have been established to mitigate any significant risks.

RESULTS

The results for the period and the charity's financial position at the end of the period are shown in the attached financial statements.

DIRECTORS AND TRUSTEES

The Board of Directors are also trustees of the charity and there are no other trustees.

THE MENTOR RING LTD

TRUSTEES REPORT FOR THE YEAR ENDED 31ST MARCH 2021

THE TRUSTEES

The Trustees who served the charity during the period were as follows:

Sean Newton - Chair
James Alexis - Treasurer
Abdi Sugulle
Ali Abdi
Emily Lee
Yusuf Rangoonwala
Sunil Pulapaka - appointed 14th May 2020
John Gamblin – appointed 26th August 2020

CHAIRMAN'S REPORT

Welcome to my first Chairman's Report for The Mentor Ring (TMR).

This has been a very challenging year due almost entirely to the devastating impacts of Coronavirus, however as challenging as this has been TMR have managed to deliver a wide variety of events, educational sessions and entertaining programmes for many individuals and local communities, as such there is so much to be thankful for and we are justifiably and rightly proud of our achievements thus far despite unprecedented challenges.

With the effervescent Sujatha Thaladi at the helm TMR have navigated numerous obstacles, TMR are thank full to the whole team and volunteers without whom TMR would not exist, denying so many worthy individuals the support TMR have and continue to provide.

Would also like to take this opportunity to thank the board of Trustees who give their invaluable time and expertise to TMR enabling TMR to undertake the various and numerous activities.

In order to continue and progress TMR require appropriate funding and in the current pandemic environment we are still entrenched in, this has and will, continue to prove a significant challenge.

TMR have been working in partnership with many different organisations including a unique collaboration with Cardiff and Vale University Health Board and the Bevan Commission to provide Foot Health Education sessions for Black Asian and Minority Ethnic Communities and many other communities.

These educational sessions are in support of NHS services who struggle to engage with various communities effectively thereby missing opportunities to meet the needs of many members of the Wales population. Moving forwards with this programme of work TMRs intention is to widen the reach of such programmes across all seven Health Boards in Wales in order to maximise the effectiveness of education and empowerment for those with the greatest needs.

TMR have established a collaborative and maturing relationship with Diabetes UK Cymru in respect of the disproportional risks of developing Type 2 diabetes in BAME communities whose

risks are exponentially greater than other ethnicities. Additionally, keeping well and safe for people living with diabetes to ensure the avoidance of complications of diabetes is an area in much need of improvement.

TMR have a stable position on the All Wales Diabetes Patients Reference Group to ensure the needs of BAME communities some of which are unique are not overlooked.

TMR also are members of the Diabetes UK Cymru Wales Advisory Council for Diabetes Services to enable appropriate lobbying of NHS Wales/NHS Government ensuring the appropriate and essential experiences of BAME communities are heard and their needs met.

TMR have submitted a bid to the All Wales Diabetes Implementation Group for a small amount of funding to create appropriate resources to support the development of Eating Well and Healthy on a budget for BAME communities.

TMR continue to lead on the Minority Ethnic Communities Health Fair, delivered virtually in 2020.

TMRs reach and influence being so formidable that in the middle of the Coronavirus pandemic were still able to ensure invaluable presentations at the virtual event from the First Minister Dr Mark Drakeford and the Deputy First Minister Jane Hutt, a significant coup indeed. The challenge now being holding them to account to support BAME communities for a more equitable and accessible health service along with access to appropriate funding streams to support the invaluable work TMR continue to deliver now and sustainably for the future.

TMR recognise that as invaluable as the MEC Health Fair is, there is still a need to provide events face to face, when possible, with and for people directly as opposed to through engagement with representatives of other organisations, this is something TMR are working towards.

One of the most significant achievements for TMR in the last year has been its ability to be flexible, recognising the need to enter the digital/virtual world as a direct impact of imposed but necessary lockdowns, this challenge has been overcome and now provides TMR to have greater reach to people and communities who would have otherwise not been accessible. TMR are also conscious of not creating a digital divide and exclusion of non-digital users in the interim and are focussed on ensuring people from excluded and seldom heard groups needs are met equally.

TMRs primary objective has been delivering mentoring support to local communities and this significant work has been recognised in various arenas not exclusively to the UK but globally.

It has been an absolute pleasure to be involved with TMR to date and I look forward to continuing in support of meeting the challenges that the future invariably will throw at us collectively.

Keep well and safe all.

Sean Newton

TMR Chairman.

THE MENTOR RING LTD

TRUSTEES REPORT (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2021

RESPONSIBILITIES OF TRUSTEES

The trustees (who are also the directors of The Mentor Ring Ltd for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

A resolution to appoint Gordon Down & Company Limited as independent examiner for the ensuing year will be proposed at the Annual Governance Meeting.

DECLARATION

This report was approved by the board on 7th July 2021

Signed on behalf of the charity's trustees



Mrs Sujatha Thaladi – Company Secretary

THE MENTOR RING LTD

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE MENTOR RING LTD

I report on the accounts of the charity for the year ended 31st March 2021 set out on pages 4 to 9.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 and that an independent examination is needed. The Charity is required by law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) b of the 2011 Act), and;
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:
 - proper accounting records are kept in accordance with section 386 of the Companies Act 2006, and;
 - accounts are prepared which agree with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005).or:
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

9/7/2021

L.S.Cohen FCA
Independent Examiner
Gordon Down & Company
Accountants
Temple Court
13A Cathedral Road
Cardiff CF11 9HA

THE MENTOR RING LTD
STATEMENT OF FINANCIAL ACTIVITIES (Incorporating the income and expenditure account)
FOR THE YEAR ENDED 31ST MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Incoming Resources	2				
Voluntary Income		41,561	52,964	94,525	85,223
Total Incoming Resources		<u>41,561</u>	<u>52,964</u>	<u>94,525</u>	<u>85,223</u>
Resources Expended	3				
Governance Costs		0	595	595	675
Charitable Activities		0	70,014	70,014	54,400
Total Resources Expended		<u>0</u>	<u>70,609</u>	<u>70,609</u>	<u>55,075</u>
Net (outgoing)/incoming resources for the year and net income/(expenditure) for the year		41,561	-17,645	23,916	30,149
Funds brought forward		<u>17,678</u>	<u>29,156</u>	<u>46,833</u>	<u>46,833</u>
Funds carried forward		<u>59,239</u>	<u>11,511</u>	<u>70,749</u>	<u>76,982</u>

THE MENTOR RING LTD
BALANCE SHEET
AS AT 31ST MARCH 2021

	Note	2021		2020	
		£	£	£	£
Current Assets					
Other Debtors					
Cash at Bank		<u>76,701</u>		<u>50,520</u>	
		76,701		50,520	
Creditors: Amounts falling due within one year	4	<u>5,952</u>		<u>3,687</u>	
Net Current Assets			<u>70,749</u>		<u>46,833</u>
Total Assets less Current Liabilities			<u>70,749</u>		<u>46,833</u>
Net Assets			<u>70,749</u>		<u>46,833</u>
Funds					
General Unrestricted Funds	7		59,239		17,678
Restricted Funds	7		<u>11,511</u>		<u>29,156</u>
			<u>70,749</u>		<u>46,833</u>

THE MENTOR RING LTD

**BALANCE SHEET (CONTINUED)
AS AT 31ST MARCH 2021**

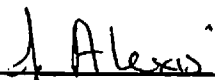
The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

These financial statements are approved by the trustees on 7th July 2021

And are signed on their behalf by:



**James Alexis
Treasurer**

The notes on pages 6 to 9 form an integral part of these financial statements.

THE MENTOR RING LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2021

1 Accounting policies

Basis of accounting – The financial statements have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standards applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Cash flow statement – The directors have taken advantage of the exemption in Financial Reporting Standard No. 1 from including a cash flow statement on the grounds that the company is small.

Incoming resources – All incoming resources are recognised when receivable and when all conditions for receipt have been met. No expenditure has been netted off incoming resources in the Statement of Financial Activities.

Resources expended – costs of activities in furtherance of the charity's objects represent those costs incurred directly in connection with charitable activities. Management and administration costs comprise costs associated with managing and administering the charity and include an appropriate apportionment of overheads.

Funds structure – Unrestricted funds are those available for general use by the charity. Designated funds are unrestricted funds which have been set aside by the Trustees for specific purposes. Restricted funds are those where the donor has imposed restrictions on their use.

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2021

2 Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Voluntary Income				
Grants and Donations				
Moondance Foundation	6,900	0	6,900	0
Waterloo Foundation	0	6,875	6,875	0
Community Foundation Wales (CFW))	2,000	0	2,000	8,200
Groundwork	500	0	500	0
The National Lottery Community Fund	0	9,980	9,980	0
Neighbourly Ltd - Giving	400	0	400	0
Swansea University	0	20,000	20,000	0
WCVA -	30,054	0	30,054	0
BAWSO	0	8,000	8,000	0
CAF	600	0	600	0
HMRC- JRS Grants	0	8,109	8,109	0
Local Giving	896	0	896	0
Other Donations	211	0	211	163
Various - MEC Health Fair	0	0	0	1,750
WCVA - Active Inclusion BTGF	0	0	0	5,079
Health Charity Fund	0	0	0	2,040
Big Lottery - Mentoring Matters	0	0	0	49,965
The Ernest Hecht Charitable Fund	0	0	0	1,500
Welsh Church Act Fund	0	0	0	4,315
C3SC (Comic Relief Catch Them Young	0	0	0	8,596
Didymus	0	0	0	2,695
Other Donations	0	0	0	920
	<u>41,561</u>	<u>52,964</u>	<u>94,525</u>	<u>85,223</u>
Total Incoming Resources	<u>41,561</u>	<u>52,964</u>	<u>94,525</u>	<u>85,223</u>

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2021

3 Resources Expended	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Governance Costs				
Professional Fees	0	595	595	675
Total Governance Costs	0	595	595	675
Cost of Charitable Activities				
Management and Administration Costs				
Staffing Costs				
Salaries	0	37,834	37,834	36,581
Pensions	0	1,331	1,331	488
Sessional Staff	0	6,708	6,708	1,966
Travel and Subsistence	0	618	618	1,293
	0	46,491	46,491	37,875
Premises Costs				
Rent	0	4,723	4,723	4,809
Insurance	0	939	939	449
Telephone and Fax	0	0	0	903
	0	5,662	5,662	6,161
General Administrative Expenses				
Office Costs and Project costs	0	6,827	6,827	1,108
Software and IT Support	0	0	0	1,241
Advertising and PR	0	0	0	223
Subscriptions	0	123	123	96
Companies House	0	0	0	13
Other professional fees	0	2,394	2,394	65
Staff Training and Welfare	0	1,357	1,357	0
Equipment Hire	0	0	0	273
Donations	0	496	496	0
	0	11,197	11,197	3,019
Other Expenses				
Expensed Equipment	0	1,603	1,603	720
	0	1,603	1,603	720
Cost of Generating Voluntary Income				
Other Direct Costs	0	5,061	5,061	4,170
	0	5,061	5,061	4,170
Total Cost of Charitable Activities	0	70,014	70,014	51,945
Total Resources Expended	0	70,609	70,609	52,620

THE MENTOR RING LTD
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31ST MARCH 2021

4 Creditors: Amounts falling due within one year

	2021	2020
Accruals	595	595
Pensions	376	95
Paye	4,981	2,997
	<u>5,952</u>	<u>3,687</u>

5 Payments to Trustees

No trustee received any remuneration from the charity during the year.

6 Analysis of Net Assets Between Funds

	Net Current Assets	Total
Unrestricted Funds	59,239	59,239
Restricted Funds	11,511	11,511
	<u>70,749</u>	<u>70,749</u>

7 Fund Balances

	Balances at 31/03/2020	Movement	Balances at 31/03/2021
Unrestricted Funds	17,678	41,561	59,239
Restricted Funds	29,156	-17,645	11,511
Total Charity Funds	<u>46,833</u>	<u>23,916</u>	<u>70,749</u>