

New Horizons Mental Health –CIO Annual Impact Report and Financial Statement 1st April 2020 – 31st March 2021

New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services-mission statement



New Horizons Mental Health

Annual Report 2020- 2021

INDEX

Page	Item
3	<i>Legal & administrative information</i>
4	<i>Chair's Report</i>
5	<i>Staffing</i>
6	<i>Patrons</i>
7-27	<i>Trustees' Report</i>
28	<i>Independent Examiners Report</i>
29-42	<i>Financial Statements</i>

LEGAL & ADMINISTRATIVE INFORMATION

New Horizons Mental Health is a registered CIO (Charitable Incorporated Organization). The charity commission number is: 1153115

The registered office

16A Dean Street, Aberdare, RCT CF44 7BN

Telephone number: 01685 881113

E-mail: newhorizons2001@btconnect.com

www.newhorizons-mentalhealth.co.uk

www.mentalhealthsupport.co.uk

Governing document: Constitution dated 1-10-2013

Governing Body:

Management Committee elected in accordance with the constitution

Trustees during the period April 2020 – March 2021

- Carolyn Sansom (Chair until 3rd June 2020 and resigned as a Trustee 14th October 2020)
- Phil Gillard (Chair from 3rd June 2020)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths (Secretary)
- Gemma Lewis (resigned 4th June 2020)
- Brian Mitchell
- Kath Jones
- David Loring (from June 3rd 2020- 9th January 2021)
- Jayne Dyer (appointed 1st July 2020)
- Karl Koomansingh (appointed 1st July 2020)

Bankers:

The Cooperative Bank
PO Box 101
1 Balloon Street
Manchester
M60 4EP

Independent Examiner:

Richard Knoyle FCCA ACA
Baker Knoyle Chartered Accountants
Orbit Business Centre
Rhydycar
Merthyr Tydfil
CF48 1DL



2020/21 Chair's report

Hello and welcome to our Annual Report 2020-2021. A year like no other- we all felt the effects of the pandemic throughout the 12 month period. It was a difficult time for us all and thanks go to the staff team, trustees and volunteers for the way they responded to the challenges that arose.

The Management Committee and staff team continue to consider and evaluate the ways in which face-to-face and digital services still need to be further developed as a hybrid model as it is clear that the pandemic will continue to be a challenge for all of us for some time yet. It became clear during the year that there is an increasing need for mental health support across our communities and New Horizons is committed to playing its part in offering these.

The charity responded to the pandemic by turning services around from one week to the next - from being face to face to being on line to keep all safe. Those who were not able to access digital services were also supported through phone calls and ideas for art and craft being posted out. The response of New Horizons to the pandemic highlights the importance of this charity in providing vital support in our local community.

In 2019 we had started to plan a series of events to celebrate New Horizons' 30th Anniversary during 2020 but unfortunately they had to be put on hold and we are looking to hold events to celebrate in the future still when services are able to reopen again widely.

It was also pleasing during the year to welcome new members to the Management Committee so that the experience and expertise on the Committee continues to be further strengthened.

The Management Committee have been pleased that a number of the funding bids submitted by the Director and Business Development officer have been successful, which has helped us move nearer to our goal of diversifying our funding streams, although we remain very thankful for the support of Cwm Taf Morgannwg University Health Board for renewing the three year SLA . We thank all those who have done fund-raising as well on behalf of New Horizons through this review period.

Trustees continue to appreciate the continued support of Lloyds Bank Foundation. Especially the support received from their Volunteer Reach Programme to recruit new Trustees as well as the continued support from Mathew Sturgess and Richard Evans, our Lloyds Bank Foundation charity mentors.

Working together has been absolutely essential this year!

Phil Gillard, Chair

18th January 2022

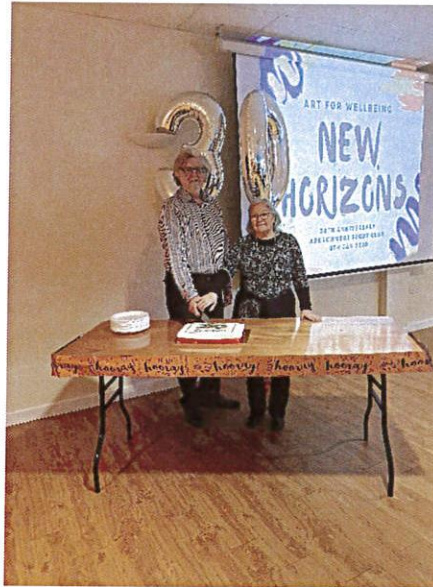
DETAILS OF STAFF - 2020-2021

- Janet Whiteman Director
- Natalie Jones Service Manager Cynon (resigned Nov 2020)
- Tracy Thomas Service Manager-Rhondda/Taff Ely
- Carly Griffiths Admin Officer
- Chris Goldring Activity Coordinator
- Steve Curry Business Development Officer /consultant

New Horizons' Patrons

Ongoing thanks go to New Horizons' Patron Boyd Clack actor and writer (and his partner Kirsten Jones) and our founder member Delia Powell for their ongoing support.

Quote from Boyd Clack - "I am proud to have been associated with New Horizons over the years and by appearing at various events, functions, fundraising and saying a few words we hope that this helps to bring further attention and increase charity funds. This in turn enables the continuation of the good work the charity brings to many, that transforms suffering into joy and increases confidence, self worth and self esteem to those that seek help."



Delia and Boyd cutting the cake for the charity's 30th anniversary event in January 2020

Quote from Delia Powell

"I was over the moon to have been asked to be a Patron for New Horizons! I am so happy to see the vision that we had 30 years ago for mental health services in the Valleys for all age groups - in particular for young people- still alive with a great staff team and Management Committee at New Horizons."

Delia Powell

Trustees' report

The Trustees present their annual report and the financial statements for the year ended 31st March 2021

The trustees who served during the period were-

Trustees during the period April 2020 – March 2021

- Carolyn Sansom (Chair until 3rd June 2020 and resigned as a Trustee 14th October 2020)
- Phil Gillard (Chair from 3rd June 2020)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths (Secretary)
- Gemma Lewis (resigned 4th June 2020)
- Brian Mitchell
- Kath Jones
- David Loring (from June 3rd 2020- 9th January 2021)
- Jayne Dyer (appointed 1st July 2020)
- Karl Koomansingh (appointed 1st July 2020)

AIMS, OBJECTIVES & ACTIVITIES

Mission Statement

"New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services".

Constitutional Objective

To promote mental health and assist people with mental health problems by providing support and information. The charity will operate in the area of Cwm Taf Local Health Board or elsewhere for the benefit of persons who are ordinarily resident in this area".

During 2020-21 New Horizons offered a range of support services for adults experiencing mental health issues including -

- The Recovery College - access to a range of accredited training and self development courses
- Self-help initiatives including peer support
- Opportunities to volunteer with new Horizons and partner organisations
- Signposting to information and advice from partner agencies
- Soft skill development- Art & craft and creative writing
- Walking groups

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular the trustees consider how planned activities will contribute to the aims and objectives they have set.

For further information and opening times please telephone 01685 881113 or email info@newhorizons-mentalhealth.co.uk

2020-2021 Achievements

- **Recovery College:** A range of Agored Cymru accredited training courses including Managing Anxiety, Anger Management and Personal Confidence. The courses are delivered in partnership with a number of organisations. The outcomes that students achieve from the training courses are monitored and evaluated using the Warwick-Edinburgh well-being assessment scale. A number of the courses have been over-subscribed and waiting lists have been kept-thus demonstrating the demand for the courses
- **Peer Support groups:** the groups encourage social inclusion via informal 'safe space' opportunities, where individuals can come together to talk about their experiences of mental health problems and learn from each other.
- **Soft skills: including** - Art for well being, creative writing and the walking groups
- **Signposting:** to information and advice from a range of partner agencies
- **Art for Well-being-**a range of creative opportunities including creative writing, music and art & craft
- **Volunteering opportunities:** With New Horizons and the wider community
- **Website- Mental Health Support Website & Directory:** providing information and advice on a range of mental health and social issues whilst offering a directory of local support organisations.

Evidence of need

The data below shows that from April 2020- March 2021 there is an ongoing need for New Horizons' services-

What did we achieve?

In 2020-21 across Cwm Taf Morgannwg there were-
251 enrolment forms received for the Recovery College courses
331 attendances on the courses
817 attendances for peer support
890 attendances for soft skills eg music and art & craft

What was our impact?

Recovery College-outcomes

Warwick-Edinburgh well being assessment results 2020-2021

At the beginning and end of each of the courses students complete the Warwick - Edinburgh well being assessment tool. The results demonstrate for 2020-21 demonstrating the following progress

Objective	Target	Q1	Q2	Q3	Q4	total
I've been feeling optimistic about the future	80%	25%	18.70	22.33	25	116.03
I've been feeling useful	80%	20%	18.11	37.45	8.33	83.89
I've been feeling relaxed	80%	50%	35.81	24.72	30	140.53
I've been feeling interested in other people	80%	20%	11.45	49.81	62.50	143.76
I've had energy to spare	80%	66%	14.42	37.45	9.09	126.96
I've been dealing with problems well	80%	25%	14.96	37.45	66.67	144.08
I've been thinking clearly	80%	25%	14.96	57.51	8.33	105.80
I've been feeling good about myself	80%	50%	24.22	22.33	30	126.55
I've been feeling close to other people	80%	66%	15.85	37.45	44.44	163.74
I've been feeling confident	80%	100%	29.33	12.36	30	171.69
I've been able to make up my own mind about things	80%	0%	8.55	49.81	55.56	113.92
I've been feeling loved	80%	0%	2.37	85.84	15.38	103.59
I've been interested in new things	80%	-28%	14.96	85.84	16.67	88.18
I've been feeling cheerful	80%	20%	9.06	24.72	87.50	141.28

What was our impact? A summary

Quarter 1	100% of the students reported an increase in feeling more confident, 66% reported feeling that they had more energy to spare and 66% reported that had been feeling closer to other people
Quarter 2	Over 37% students said that they felt more relaxed, 29% students reported feeling more confident, over 24% reported that they felt that they were feeling good about themselves.
Quarter 3	Over 85% of the students reported an increase in feeling more loved and over 85% reported feeling more interested in new things
Quarter 4	Over 87% of students reported an increase in feeling more cheerful and 66% reported an increase in dealing with their problems.

New Horizons Recovery College Jan- Mar 2021



New Horizons Recovery College courses 2015-2019 – an independent evaluation

Two volunteers from the Welsh Government Analytical Volunteer project (AVP) (who are statisticians) worked with New Horizons to independently analyze the data from the New Horizons' Recovery College over the last 4 years. *"This report shows that New Horizons recovery colleges have consistently made an improvement on the wellbeing of the students who have attended their courses. When comparing the data by item on the Warwick-Edinburgh scale, the data shows positive percentage increases on each item per term and per year. Moreover, when comparing the average total wellbeing, the data shows that from 2015-2019 students attending the Recovery College courses have had an improvement in their wellbeing ranging from 7-23%".*

Recovery College

Due to the Covid 19 Pandemic face to face courses were temporarily suspended in March 2020. Working with our partner Adult Learning Wales we were able to adapt and offer courses online from May 2020, throughout the period New Horizons offered a substantial number of courses to meet increased demand. Courses were offered via Teams and students were supported to get used to using the new technology with some even being loaned devices by partner organisation to be able to participate. Some courses were offered during the evening as those who work were unable to access daytime and the pandemic caused a great increase in people's anxieties.

Courses offered included-

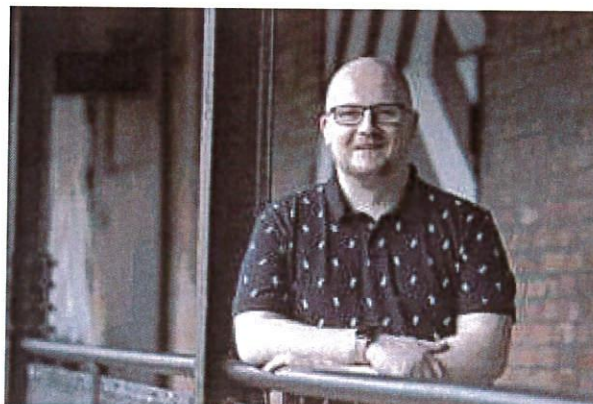
- Anger Management
- Confidence Building
- Managing Anxiety
- Mental Health & Wellbeing
- Stress Management
- Resilience Skills

There were several courses that were interrupted by Covid 19 pandemic in March 2020 but by December those who had been close to completing the Counselling Skills course were able to finish the course and achieved their qualification in December 2020 and received their certificates electronically in January 2021.

Quote from a partner organisation-

"Many thanks for the timetable always nice to see the new ones every season, I have had some great feedback from people that have attended the courses, they have enjoyed them very much and always ask for the new timetable so I shall be sending them out." Platfform

Congratulations to one of our students



Due to the Covid 19 Pandemic – the Adult Learner Wales 2020 Awards, that should have taken place in May 2020, were put on hold until September 2020 and there was brilliant news - one of New Horizons' Recovery College students- Jamie Evans from Rhondda - won the Health & Wellbeing Learner Award. Please see further details below from the Award.

.....

Jamie Evans - Health and Well-being Award Winner Nominated by: Addysg Oedolion Cymru | Adult Learning Wales

Jamie Evans' depression and anxiety saw him isolate himself from others, to a point where he would go weeks without human contact and was using prescribed drugs to medicate himself from the pain.

He said: "I started suffering with anxiety when I was a teenager. I had health problems that were affecting me daily, which meant I was missing school, and that's where it all began."

Jamie was diagnosed with Chron's disease and his anxiety became a huge barrier, stopping him from working, socialising and seeing anyone outside of his home.

"At my lowest, I wouldn't get out of bed, I wouldn't wash, I wouldn't eat. I wouldn't answer my phone when my family called, and I would make excuses when friends invited me out, so eventually they stopped asking. I had been out of work for 10 years because of my anxiety, depression and my health problems, and I had no aspirations or plans for the future - I was just surviving day to day.

"I had been prescribed painkillers for the pain I was feeling but began relying on them more and more, and I started taking more and more because I was so unhappy. Eventually, when they weren't enough, I turned to stronger drugs and my problems really started to spiral. I was assigned a peer mentor through my substance misuse support worker."

There, he was given a leaflet about a 12-week Psychology course with Adult Learning Wales, run in partnership with New Horizons mental health charity, and he signed up.

"On the first day, I stood outside the class for about 20 minutes looking at the door, terrified to go in. My anxiety was through the roof, I felt sick and I almost turned around. But something inside of me had clicked and I forced myself into the class. My first class was

amazing. I immediately felt at home and the classes couldn't come quick enough – I just wanted to learn more."

When the course was coming to an end, Jamie didn't feel ready to stop, and enrolled on a Criminology class with the same tutor, despite it being a 40-minute drive away. After a few weeks, he was on a third course in confidence building, sitting three courses a week, before eventually enrolling onto an Access course in humanities and social science at Coleg y Cymoedd.

"I met so many new people and my anxiety just seemed to melt away. I was enjoying myself and had a constant positive feeling inside of me. I felt like I had a purpose in life."

"I used to have the fear of the unknown, but now going into class, I meet new people and know that everyone is going through their own things and dealing with problems of their own, and no one is judging me. I've got so much more out of learning that I ever could have expected. Not just the subject knowledge from the classes, but valuable skills, self-belief, resilience, friendship and better mental health.

.....

Groups/Activities April 2020 – March 2021

- Peer Support – delivered via telephone and online zoom, WhatsApp, other social media avenues.
- Creative Writing – Continued on zoom and then on teams with facilitator from Life Long Learning Centre.
- Art & Craft – Funding was secured from Interlink for art and craft boxes and these were sent out to members of the art and craft group as well as weekly ideas for projects.

Just to let you know the craft boxes that have been ordered by ILS for individuals have been a great success with very positive feedback given to the key workers. As a team we all feel this has been an excellent resource for individuals to use during these exceptionally difficult times." Quote from the Taff Ely ILS team



Quotes from recipients of the art and craft boxes-'I just want to say thank you so so much for my craft box, I cried when I opened it as its incredible to be sent something so amazing to help calm me and keep me busy so I don't over think and get anxious.' 'I've already started sketching motivation quotes and making them arty for my fridge.'

'Can't wait to try the leaf art tomorrow.' 'It might not be much to some people but it's a lot to me and I am very grateful.'

'So, thank you for my craft box again.' CP Rhondda

Walking Groups

The walking group in the Rhondda restarted in August 2021 and continued until December when we had another lockdown.



In August 2020 we also started a walking group in Cynon in Aberdare Park this was great to help those who did not have the technology or IT equipment to access groups online with the opportunity of having face to face support in a safe environment.
Befriending Project



The project is being delivered in partnership with Mental Health Matters for those living in RCT. Telephone befriending calls, zoom session and a walking group in Ynysangharad Park, Pontypridd since November 2020. Due to walking groups being suspended due to lockdown restrictions we continued to offer walks virtually visiting Switzerland, USA, Hungary, Italy plus many more.



**NEW HORIZONS
MENTAL HEALTH**

WALKING GROUP

WEDNESDAY MORNINGS
10.30AM

ABERDARE PARK

MEET BY BOTTOM GATE
ON GLAN ROAD FOR A
RELAXED AND EASY
WALK AROUND THE
PARK

CALL 01685 881113 OR EMAIL
CHRISGOLDRING@NEWHORIZONS-MENTALHEALTH
TO JOIN

WELSH GOVERNMENT SOCIAL DISTANCING GUIDELINES WILL BE IN PLACE



**NEW HORIZONS
MENTAL HEALTH**

WALKING GROUP

FRIDAYS AT 10.30AM

YNYSSANGHARAD PARK

PONTYPRIDD




MEET BY THE GATES ON
BRIDGE STREET FOR A
RELAXED AND EASY
WALK AROUND THE
PARK

CALL 01685 881113 OR EMAIL
CHRISGOLDRING@NEWHORIZONS-MENTALHEALTH
TO JOIN


Telephone Support

New Horizons has endeavored to keep in contact with service users via various means and contact them as much as we can by phone, this is to ensure they are kept updated on what is happening but mostly to ensure they are coping/managing well during the pandemic.

Befriending zoom group

Befriending Zoom Groups



Every Tuesday - Time: 10.30am - 12.00pm

Meeting ID: 853 7685 4575
Passcode: 561442

For friendly supportive chats and information.
Please contact us and we can email the links to you

For further information please contact Tracy Thomas on
01685 881113 or email info@newhorizons-mentalhealth.co.uk

New Horizons - Charity No: 1153115 Mental Health Matters Charity No: 1123842

Additional projects

Comic Relief – Pilot project for courses in Bridgend was due to start in March 2020 but was delayed and commenced in September 2020 (to deliver six courses in Bridgend). During September 2020 – March 2021 New Horizons offered two Managing Anxiety & two Stress Management.

RCT Next Chapter – Courses for volunteers agreed were Resilience Skills and Peer Mentoring. The Resilience Skills commenced in March 2021.

Welsh Government Covid Relief Fund for Volunteers – New Horizons offered a Mental Health & Wellbeing course in March 2021.

Self Harm- funding was secured to develop a much needed support group for adults experiencing issues around Self Harm. A partnership project with Mental health matters, Eye to eye and the Samaritans was started in December 2020.



Cwm Taf Morgannwg Self-Harm Support Group

New Horizons Mental Health and
Mental Health Matters Wales
are providing online self-harm support to anyone in the
Cwm Taf Morgannwg Health board area
from January 11th 2021.

Join us every Monday from 3:30pm
on Zoom for open and confidential discussion around
self-harm and learn distraction techniques and alternatives
to help you deal with your self-harm in your own way

**To join the group, contact Chris at
chris.goldring@newhorizons-mentalhealth.co.uk**



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

New Horizons Charity Number: 1153115

Partnership working

New Horizons recognizes the importance of working in partnership with other organisations to help deliver the best possible service.

A - Z of partnership working:

New Horizons developed strong working partnerships in Cynon with the following organisations:

- Adult Learning Wales
- BAROD
- Community Mental Health Team
- Crisis Team
- Cwm Taf Morgannwg Mind
- Cwm Taf Morgannwg UHB
- Diabetes Peer support
- Drink wise Age Well
- Eye to Eye
- Plattform
- Heads above the Waves
- Interlink/VAMT/BAVO
- Job Centres
- Mental Health Matters
- Merthyr and the Valleys Mind
- Oasis Centre
- Plattform
- Primary Care
- Samaritans
- Spectacle Theatre
- TEDS
- University of South Wales
- Valleys Steps
- Visible Project
- Women's Aid
- Project unity

Mental Health Support website

www.mentalhealthsupport.co.uk

New Horizons was commissioned by RCT CBC to develop a website which would act as a local service directory for people looking for support online in the mental health arena.

The Mental Health Support (MHS) website includes:

- Information about general mental wellbeing and illnesses, including signs and symptoms
 - Information and links to other local organizations providing a holistic approach for visitors to the site
 - A service user area to display poems/artwork
 - Information and support for carers and young people
 - Information about local events
 - Volunteering opportunities
-
- The Mental Health Support website hosts the Mental Health Service Directory for the Cwm Taf Third Sector Mental Health Forum.
 - The MHS website and Directory address the priorities in the Welsh Government's 'Together for Mental Health' strategy for mental health and The Social Services and Well being Act where it is a priority to ensure that the people of Cwm Taf are able to access information, advice and assistance.
 - One off funding was awarded from the UHB to update the website in 2020
 - Sustainable funding is being sought to maintain and update the website and Directory into a wider Information and Advice service.

Quality & Monitoring

New Horizons has established a Quality and Monitoring sub group that meets bi-monthly and includes volunteers, trustees & staff in reviewing the charity's monitoring & evaluation tools and the quality measurements for our services.



Diverse Cymru Cultural Competence quality mark

New Horizons is pleased to confirm that the Charity is working towards achieving the Diverse Cymru Cultural Competency Quality Mark.



Charlies Willie and Suzanne Duval from Diverse Cymru met with the New Horizons' Quality and Monitoring Sub Group to discuss the next steps for New Horizons to achieve the Diverse Cymru BME Mental Health Workplace Good Practice Certification.

New Horizons' Black Lives Matter statement

New Horizons Mental Health unites with the world to show Black Lives Matter and Black Mental Health Matters both in Wales and around the World. We strive to ensure equality throughout the mental health sector.

Racism and discrimination have an untold and corrosive impact on mental health. They deepen health inequalities across communities. They create fear, anxiety and distrust. And they erode the sense of wellbeing that so many of us enjoy and take for granted.

In mental health, as in other areas of life, there is a huge disparity in how black and minority ethnic population are listened to and supported at every level. Numerous studies have detailed that there are significant mental health, health and justice inequalities for Black and minority ethnic people and they are:

- More likely to experience mental health problems
- Less likely to receive psychological therapies for mental health issues
- More likely to be compulsorily admitted to hospital
- More likely to be on a medium or high secure ward
- More likely to experience a poor outcome from treatment

As an organisation set up to tackle mental health stigma and discrimination, we fully support the movement to end racism and tackle the unfair, and unjust discrimination that black people, and the wider BAME community still face.

Regardless of colour or ethnic background, everyone who uses a mental health service (or cares for someone who does) should have equitable access to effective interventions, and equitable experiences and outcomes. New Horizons' aim for mental health services it delivers is to be culturally capable and able to address the diverse needs of a multi-cultural population through effective and appropriate forms of support while taking into account the cultural/spiritual needs and religion of those requiring support.

We are currently working towards achieving the Diverse Cymru Good Practice Workplace Certification Scheme which recognises our commitment to continually develop ways in which our organisation can improve services and provide culturally appropriate mental health services. We will do this through offering practical support and by ensuring everyone accessing New Horizons' services receives the support, dignity and respect they deserve.

.....



Trusted Charity

As a small local charity New Horizons was very pleased to be celebrating the 2nd anniversary of being awarded the PQASSO/ Trusted Charity Quality Mark in April 2020.

The name of the Quality Mark was changed to "Trusted Charity" as it needed to make it clearer what the award is for, The NCVO chief Stuart Etherington said at the launch - *"the Trusted Charity quality mark enhances how your organisation operates and therefore people can put their trust in you"*

New funding opportunities



New Horizons was very pleased to be awarded funding from the Lloyds Bank Foundation for the employment of a Business Development Officer post from 2019-2022 to help support the charity to develop funding bids and the long term sustainability of the charity.

New Horizons also receives support from two mentors from the Bank- Mathew Sturgess and Richard Evans- we thank them for their ongoing support

Business planning and development- Steve Curry

May 2020 Away day

Introduced by our Chair, Carolyn Sansom, this was NH's first ever digital away-day, attended by staff, volunteers, Trustees, observers, students and our Lloyds Bank Foundation mentors.

Service and business updates were given by staff interspersed with some poetry by from our service-users. Workshop sessions discuss the past year (pre-lockdown), the current situation (lockdown due to Covid pandemic) and what hopes and fears were arising.

Ideas that were generated included:

- A new strapline: *NH digital – from analogue to digital: two worlds, one purpose*
- Proactive partnership working - who do we want to work with?
- Keeping people connected digitally and ways to offer in-person services
- Post-pandemic event to celebrate the great work done

Some self-care tips were offered by our University of South Wales facilitator, Billy Hardy



Feedback: 100% attendees felt listened-to, 100% felt they were given enough time to offer their views and 100% found the information presented useful.

Comments: "Given this was our first Zoom awayday I think it went well and appreciated the planning that had gone into it" and "Zoom meeting went very well."

Away days are a fundamental element of New Horizons', service-user-led business planning process and our Business Plan is being evolved in light of the change, opportunities and threats arising since March 2020, the first Covid lockdown.

Opportunities are mostly short-term as the health crisis is ongoing, as of 31 March 2021 and New Horizons has responded, where appropriate to the situation as it unfolds. We are working in partnership but in a more deliberative way seeking to work with those organisations that fit our values and ways of working.

New Horizons new Business Development Officer has also been successful with several applications to the following funders:

- Lloyds Foundation and Community Foundation in Wales – one-off funding to allow adaptations to Covid. Bid for PPE and training to be developed for online delivery of a Recovery College course. £8,951 granted June 2020
- National Lottery – Covid funding – again one-off for a Digital Officer and an Information & Signposting Officer potentially providing evidence for a longer bid to the Lottery once normal funding programmes resume. £49,133 awarded Sept 2020
- Moondance Foundation matched with Community Foundation in Wales for Youth support project looking at education and employment opportunities for young people in Rhondda Cynon Taf, partnering Valleys Kids and Eye-to-Eye – a six-month pilot to offer evidence to be used to apply for longer-term funding for this area of work. £8,808 awarded Oct 2020
- Third Sector Mental Health Covid Response - a partnership bid working with Valleys Kids, Mental Health Matters and Eye To Eye tackling Self-Harm via Peer support groups and Recovery College courses with workshops delivered by Samaritans Cymru. Funding has been extended to Sept 2021, again this is to evidence impact for longer-term investment
- Voluntary Services Recovery Fund (WCVA) is funding a Cultural Competency Officer post to support NH's reaching-out to diversify our service-user base and engage more communities as well as support our Divers Cymru quality mark. It also funds some Out-of-Hours work and to launch a new Men's Service which is another group that is under-represented in our service-user groups. £25,848 awarded Nov 2020
- RCT-CBC Leaders Fund – NH bid to a discrete Council Leaders Fund in Rhondda Cynon Taf to cover courses around bereavement-by-suicide and develop support around 'long-Covid' or long-term support for Covid-19 bereaved. £5,000 awarded Dec 2020
- Cwm Taf Morgannwg LHB Winter Planning 'The Next Chapter' – partnership working with Mind, Eye to Eye and others providing online RC courses and peer support for volunteers involved in the Covid response for which NH was awarded £3463 with an extension beyond March 2021 expected.

Funding bids in development or awaiting outcomes include:

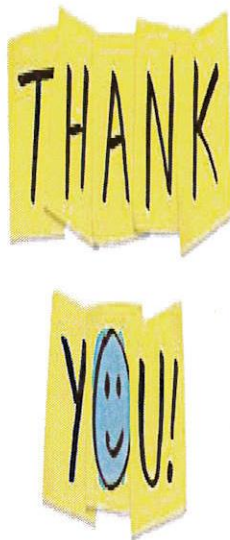
- The Postcode Trust - £15,468 a partnership in outdoor wellbeing activity with Cambrian Trust and others.
- First Campus - £14,000 learning theme: Mental Health barriers to learning. To offer Family support to re-engage students with face-to-face learning after lockdowns.

Unsuccessful bids during the year were:

- Media Trust – Headlining Mental Health - a support programme to develop a communications strategy for 20 charities UK-wide

- Mental Health Recovery Fund – a consortia bid, via Interlink, VAMT and BAVO for out-of-hours services and men's' projects with Welsh Government stating it is: 'aware of increasing demand on mental health services and the need to strengthen' tier 0/1'
- Screwfix Foundation – a £3,678 bid submitted in July 2020 for PPE in resource centres, now being funded by CFiW and Lloyds Foundation
- Morrisons Foundation - partnership with Cambrian Trust et al for outdoor wellbeing activities: 'due to the large volume of applications - unable to provide feedback'

Fundraising in the community



Our thanks go to the following people who very kindly undertook fundraising events for New Horizons during the year including –

- James Swankie
- Ellin Morgan
- Amy Hiatt

Your support is much appreciated especially as the events took place during the pandemic!

TRUSTEES

The trustees in office during the year at the date of this report are listed on page 3.

Financial review

The largest single source of income for our Charity continues to be the Service Level Agreement with Cwm Taf University Health Board. This agreement has recently been extended to run until at least 2024. This income is crucial to our Charity, as it provides us security in order to develop our ongoing services and plans. We firmly believe that the funds received from CTUHB provide great value to the community.

During the financial year, we have been lucky to secure a number of new sources of grant and other income. Some of this is as a direct result of the Covid pandemic.

A number of our ongoing projects have suffered delays due to the pandemic, with the unspent funds being carried forward with the agreement of the funders, to be used in the current financial year,

Due to the additional sources of income, our recognized income for the financial year rose to £291,359.

Expenditure also rose, to a lesser extent, and total expenditure during the financial year amounted to £184,225.

We recognized a surplus on unrestricted funds during the year of £18,643. This surplus was largely due to the £10,000 grant received from the local authority during the early stages of the pandemic.

Reserves policy

Reserves are needed to bridge the gap between the spending and receiving of income, and to cover unplanned emergency expenditure such as for repairs. The trustees consider that a ideal level of reserves would equate to 6 months total expenditure.

As at 31st March 2021, our free reserves amounted to £73,773, against a target of £92,000.

The trustees are currently considering a more detailed reserves policy.

Risk management

The Management Committee examine the main risks that the Charity faces, and have developed systems to monitor and control these risks, and to mitigate any impact that they may have on the future of the organization.

Volunteers

New Horizons believes that in order to achieve its' goals the active participation of the community is vital. To this end we encourage the involvement of volunteers at all levels in the organization and with all of our activities.

A special thank you to all of our volunteers from April 2020-21

- Nigel Bennett (Ab/ T)
- Becky Constance (WG)
- Joanne Davies (Ab)
- Richard Evans (LBF)
- Phil Gillard (T)
- Natalie Griffiths(T)
- Andrea Hatch(Ab)
- Sabine Ingeborg (Ab)
- Brioney Jones(Rh)
- Kath Jones(T)
- Stephanie Jones (Ab)
- David Loring (Ab/T)
- Carrie Anne McKendley (Ab)
- Courtney Loveridge (Ab)
- Brian Mitchell (T)
- Jan Pope (Rh)
- Carolyn Sansom (T)
- Kara Smith (Ab)
- Mathew Sturgess (LBF)
- Craig Thomas (WG)

Locations/role-

Ab-Aberdare

IT- USW IT Project

Rh- Rhondda

YP-youth project

T-Trustee

WG-AVP project

LBF- Lloyds Bank Foundation

Acknowledgements for Funding

Big Lottery- Heritage Lottery

Comic Relief

Cwm Taf Morgannwg University Health Board

Interlink – Covid 19

Lloyds Bank Foundation

Maerdy Wind Farm

Rhondda Cynon Taf County Borough Council

Partnership projects with-

Eye to Eye counselling

Mental Health Matters (Wales)

Samaritans

Valleys Kids

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Independent Examiners Report to the Trustees of New Horizons Mental Health

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

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in Section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Accountants in England & Wales.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Richard Knoyle ACA FCCA
Baker Knoyle Accountancy Limited

18th January 2022

Orbit Business Centre
Rhydycar Business Park
Merthyr Tydfil
CF48 1DL

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Statement of Financial Activities for the year ended 31st March 2021

	NOTE	Unrestricted Funds £	Restricted Funds £	£ Total 2021	£ Total 2020
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	4	18,553	272,716	291,269	246,565
Investments		90		90	243
Total		18,643	272,716	291,359	246,808
EXPENDITURE ON:					
Charitable activities	5		184,225	184,225	173,349
Total		-	184,225	184,225	173,349
NET INCOME		18,643	88,491	107,134	73,459
Transfers between funds				-	-
Net movement in funds		18,643	88,491	107,134	73,459
Total funds brought forward		55,130	99,554	154,684	81,225
TOTAL FUNDS CARRIED FORWARD	14	73,773	188,045	261,818	154,684

All income and expenditure has arisen from continuing activities

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Balance Sheet as at 31st March 2021

	NOTE	£	2021 £	£	2020 £
Fixed Assets					
Tangible assets	8		-	-	-
			-	-	-
Current Assets					
Debtors	9		-	2,500	
Cash at bank and in hand			284,300	173,720	
			284,300	176,220	
Creditors: amounts falling due within one year	10		(22,482)	(21,536)	
Net current assets			261,818	154,684	
Total assets less current liabilities			261,818	154,684	
Net assets			261,818	154,684	
Funds					
Unrestricted funds	14		73,773	55,130	
Restricted funds	14		188,045	99,554	
			261,818	154,684	

The financial statements were approved and authorised for issue by the Board on the 18th January 2022

Signed on behalf of the board of trustees

.....

Phil Gillard - Chair

The notes on page 31 to 42 form part of these financial statements.

1 Summary of significant accounting policies

(a) General information and basis of preparation

New Horizons Mental Health and Emotional Wellbeing Resource Centre is a Charitable Incorporated Organisation in the United Kingdom. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are that of promoting mental health, and assisting people with mental health problems.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

(b) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

(c) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement dated in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

(c) Income recognition (continued)

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

Where practicable, gifts in kind donated for distribution to the beneficiaries of the charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Fixed asset gifts in kind are recognised when receivable and are included at fair value. They are not deferred over the life of the asset.

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amounts can be measured reliably. If entitlement is not met then these amounts are deferred.

(d) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Costs of raising funds
- Expenditure on charitable activities
- Other expenditure represents those items not falling into the categories above.

(e) Support costs allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

(f) Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

- Office Equipment - 5 years straight line
- Computer Equipment - 3 years straight line

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

(g) Investments

Investments in subsidiaries/ joint ventures/ associates are measured at cost less impairment.

(h) Debtors and creditors receivable/ payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

(I) Provisions

Provisions are recognised when the charity has an obligation at the balance sheet date as result of a past event, it is probable that an outflow of economic benefits will be required in settlement and the amount can be reliably estimated.

(j) Leases

Assets acquired under finance leases are capitalised and depreciated over the shorter of the lease term and the expected useful life of the asset. Minimum lease payments are apportioned between the finance charge and the reduction of the outstanding lease liability using the effective interest method. The related obligations, net of future finance charges, are included in creditors.

Rentals payable and receivable under operation leases are charged to the SoFA on a straight line basis over the period of the lease.

(k) Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

(l) Going Concern

The trustees consider that no material uncertainties exist as towards the immediate future of the charity, and therefore the accounts have been prepared on a going concern basis.

(m) Financial Reporting Standard 102 - reduced disclosure exemptions

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

- the requirements of Section 7 Statement of Cash Flows.

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

2 Staff Costs

	2021 £	2020 £
Wages and salaries	103,703	105,345
Social security	4,951	5,745
Pension costs	2,163	2,175
Health insurance	312	326
Subcontractors	14,960	2,720
Other staff costs	1,260	
	<u>127,349</u>	<u>116,311</u>

No employee earned £60,000 pa or more

The average number of employees, analysed by function, was:

	2021	2020
Charitable Activities	<u>6</u>	<u>5</u>

The charity considers key management to comprise the role of its Director.

Total key management remuneration amounted to £40,014 (2020 £39,454), which includes employers national insurance and pension contributions.

No trustees received any remuneration during the period, nor were any reimbursed for expenses incurred.

3 Net income/(expenditure) for the year

Net income/(expenditure) for the year is stated after charging:

	2021 £	2020 £
Depreciation of tangible fixed assets	-	-
Independent examiners fees:		
Independent examination	2,580	2,100
Other services	3,990	3,754

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

4 Income from donations and legacies

	2021 Total £	2020 Total £
Cwm Taf University Health Board	153,919	153,019
Fundraising and donations	18,553	5,932
Community Foundation Wales - MH support	4,808	
Interlink - Self Harm Project	14,776	
Mental Health Matters Wales - Suicide and Self Harm Project	2,840	
Mental Health Matters Wales - Befriending and Mentoring Project	12,014	
Community Foundation Wales - Pandemic support	8,951	
Valleys Kids	2,000	
Comic Relief	7,481	
RCTBC Bereavement Support	5,000	
Moondance - MH support Rhydfelin	4,000	
Interlink	980	
WCVA Cultural Competency	16,198	
RCTBC - Resilience for Covid	3,463	
Lottery - Information & Signposting Officer, Digital Officer	18,308	
Lloyds Bank Foundation	17,978	9,065
Other income		1,680
TEDS		50,000
Asda		500
Valleys Kids		2,500
Comic Relief		2,494
Interlink		475
Big Lottery		9,900
RCT Mayor's Charity Donation		11,000
	<u>291,269</u>	<u>246,565</u>

5 Analysis of expenditure on charitable activities

	Activities undertaken directly £	Day Services £	Support Costs £	2021 Total £
Mental health support day services and projects		176,691	7,534	184,225
	<u>-</u>	<u>176,691</u>	<u>7,534</u>	<u>184,225</u>

6 Allocation of support costs

	Day Services £
Governance costs:	
Accountancy & payroll fees	6,570
H & S support costs	964
	<u>7,534</u>

7 Comparatives for the Statement of Financial Activities

	Unrestricted Funds £	Restricted Funds £	£ Total 2020
INCOME AND ENDOWMENTS FROM:			
Donations and legacies	18,612	227,953	246,565
Investments	243		243
Total	<u>18,855</u>	<u>227,953</u>	<u>246,808</u>
EXPENDITURE ON:			
Charitable activities		173,349	173,349
Total	<u>-</u>	<u>173,349</u>	<u>173,349</u>
NET INCOME	18,855	54,604	73,459
Transfers between funds	(13)	13	-
Net movement in funds	<u>18,842</u>	<u>54,617</u>	<u>73,459</u>
Total funds brought forward	36,288	44,937	81,225
TOTAL FUNDS CARRIED FORWARD	<u>55,130</u>	<u>99,554</u>	<u>154,684</u>

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

8 Tangible Fixed Assets

	Equipment £	Total £
Cost		
As at 1st April 2020	4,051	4,051
As at 31st March 2021	4,051	4,051
Depreciation		
As at 1st April 2020	4,051	4,051
Charge for the period	-	-
As at 31st March 2021	4,051	4,051
Net Book Value		
At 31st March 2020	-	-
At 31st March 2021	-	-

9 Debtors

	2021 £	2020 £
Grant debtor	-	2,500
	-	2,500

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors and accruals	5,470	4,990
Deferred income	17,012	16,546
	22,482	21,536

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

11 Deferred income

	2021 £	2021 £
Deferred income brought forward	16,546	-
Movement in year	466	16,546
Deferred income carried forward	<u>17,012</u>	<u>16,546</u>
Deferred income carried forward:		
Lloyds Bank Foundation	8,913	9,065
Comic Relief	-	7,481
WCVA Cultural Competency	8,099	-
	<u>17,012</u>	<u>16,546</u>

12 Analysis of Net Assets Between Funds

	General Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Tangible fixed assets	-	-	-	-
Net current assets	73,773	188,045	261,818	154,684
	<u>73,773</u>	<u>188,045</u>	<u>261,818</u>	<u>154,684</u>

13 Other Financial Commitments

	2021 £	2020 £
At the year end the Charity had annual commitments under non-cancellable operating leases as set out below:		
Operating leases which expire:		
within one year	936	936
within two to five years	1,872	2,808
in over five years	-	-

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

14 Statement of Funds

	Opening Balance £	Incoming £	Outgoing £	Transfers £	Closing Balance £
General funds	55,130	18,643			73,773
Restricted funds					
Mental Health Support Website	2,940				2,940
Provision of day services and resource centres	4,833	153,919	(150,925)		7,827
Youth Project	3,201				3,201
Rhondda Project	15,000				15,000
Maerdy Wind Farm	1,090				1,090
MHM - Suicide & Self Harm Project		2,840			2,840
MHM - Befriending Project		12,014	(2,382)		9,632
Community Foundation Wales - Coronavirus Resilience		8,951			8,951
CFW - MH Support in Rhydfelin		4,808			4,808
Moondance Foundation - MH Support in Rhydfelin		4,000			4,000
Lloyds Bank Foundation	5,961	17,978	(14,960)		8,979
RCTBC Bereavement Support		5,000	(1,125)		3,875
RCTCBC - Resilience for Covid		3,463	(1,749)		1,714
Big Lottery Fund - Arts for our Wellbeing	3,095		(978)		2,117
Comic Relief	2,034	7,481	(1,033)		8,482
Valleys Kids	1,500				1,500
Lottery - Analogue & Digital		18,308			18,308
Valleys Kids - MH Consultation Project		2,000	(927)		1,073
Interlink - CTM Self Harm Project		14,776	(9,665)		5,111
WCVA - Cultural Competency		16,198			16,198
Interlink		980	(480)		500
Heritage Lottery	9,900				9,900
TEDS	50,000				50,000
	154,684	291,359	(184,225)	-	261,818

Provision of day services and resource centres.

New Horizons is commissioned by Cwm Taf University Health Board to promote improved mental health recovery for adults experiencing mental health issues who live in Rhondda Cynon Taf and Merthyr Tydfil.

New Horizons offers a wide range of activities including:

- The Cwm Taf Recovery College courses and workshops
- Bespoke workshops eg Depression Busting and Understanding Self Harm
- Meaningful daytime activities including soft skills (art and craft) and peer support that both focus on building confidence and self esteem.
- Signposting to partner organisations
- Opportunities for volunteering
- Youth project
- Supporting volunteers with partner organisations including TooGoodtoWaste and Valleys Kids

14 Statement of Funds (Cont'd)

Mental Health Support Website

Funding for the operation of the Mental Health Support website, which was primarily received through Rhondda Cynon Taf.

Funding for this project has now ceased, but the trustees are looking at ways to restart the website operation, as they feel it is an important part of the charity's activities.

Rhondda Project

Funds received via a donation towards the provision of mental health support in the Rhondda Valley. The trustees are currently deciding how this fund may be best utilised.

Youth Project

The people who benefit from this service are those aged between 18 -25, who are living in RCT and are experiencing mental health problems.

The Young Persons Project in the Rhondda provides bespoke training projects and activities. The project is promoted with local colleges as well as other relevant partner organisations.

Funding has also been received from the Maerdy Wind Farm to allow specific activities for members of the project that will take place in 2018.

Lloyds Bank Foundation

A grant was received from the Foundation to enable New Horizons to employ a Business Development worker for 3 days per week (plus travel expenses) for 12 months to support the Charity to develop funding bids to support the sustainability of the Charity.

Big Lottery - Arts for our Wellbeing

A grant received to build on our successful Arts for our Wellbeing programme that runs in the Cynon and Rhondda Valleys for people experiencing mental health issues. The programme is aimed at bringing people together and to build strong relationships in and across communities. The grant will be used for subject tutors, equipment and materials to provide weekly arts-based activity for a 36/23 week programme.

Valleys Kids

Funding was received to operate a mental health support pilot project.

Heritage Lottery

This was funding towards the Charity's 30th Anniversary celebrations, including the publication of two books. These celebrations have been impacted by the pandemic, and an extension has been requested from the Heritage Lottery.

Comic Relief

This funding was to support the new provision of Recovery College courses in Bridgend.

TEDS

A donation was received from TEDS, a registered charity whose activities have ceased, to assist with direct service delivery to service users in the RCT area. This donation is currently unspent, and has been carried forward.

Community Foundation in Wales/Moondance Foundation

A jointly funded project, working with Eye to Eye and Valleys Kids to offer mental health support in Rhydfelin.

Valleys Kids

To support a collaborative approach to delivering a programme of specialist mental health interventions and training for adults.

New Horizons Mental Health and Emotional Wellbeing Resource Centre

Notes to the Financial Statements for the year ended 31st March 2021

Mental Health Matters Wales - Befriending & Mentoring Project

A project which meets the Cwm Taf vision, ensuring:

- People will feel more connected and less isolated
- People will be more active
- Increasing community capacity to tackle loneliness and isolation
- People will have better mental health and well-being.

Interlink - CTM Self-Harm Project

A collaborative approach with partners to support adults and their carers living with self-harm. The other in the project are Mental Health Matters Wales, Eye to Eye and The Samaritans. The partners will establish a steering group to plan the delivery of the project, and to evaluate and monitor the project.

RCTBC - Resilience for Covid

This funding will allow us to run specific Recovery College courses and peer support groups for people who are entering low-level mental health support services as a result of Covid's impact.

Community Foundation Wales - Coronavirus Resilience Fund

A grant received towards cleaning, equipment and setting out safe working for staff and volunteers, and also safe visiting protocols for service-users.

15 Comparatives for movements on funds

	As at 1.4.19 £	Incoming £	Outgoing £	Transfers £	As at 31.3.20 £
General funds	36,288	18,855		(13)	55,130
Restricted funds					
Mental Health Support Website	2,940				2,940
Provision of day services and resource centres	10,591	153,019	(158,777)		4,833
Youth Project	3,201				3,201
Rhondda Project	15,000				15,000
Maerdy Wind Farm	1,958		(868)		1,090
Tesco - Bags of Help	716		(716)		-
Pen y Cymoedd Wind Farm	341		(341)		-
Coalfields Regeneration Trust	1,096		(1,096)		-
Lloyds Bank Foundation	226	9,065	(3,330)		5,961
Big Lottery Fund - Arts for our Wellbeing	8,868		(5,773)		3,095
Comic Relief		2,494	(460)		2,034
Valleys Kids		2,500	(1,000)		1,500
Asda		500	(500)		-
Interlink		475	(488)	13	-
Heritage Lottery		9,900			9,900
TEDS		50,000			50,000
	81,225	246,808	(173,349)	-	154,684

16 Control

The Charity is controlled by its Board of Trustees.

17 Related party transactions

No related party transactions have been noted during the financial year.