

New Horizons Mental Health –CIO Annual Impact Report and Financial Statement 1st April 2022 – 31th March 2023

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 2022- 2023

INDEX

Page	Item
4	<i>Legal & administrative information</i>
5	<i>Chair's Report</i>
6	<i>Staffing</i>
7	<i>Patrons</i>
8	<i>Trustees' Report</i>
9	<i>Aims, objectives & activities</i>
10-34	<i>Summary of achievements</i>
35	<i>Financial Review, Reserves policy and Risk Management</i>
36	<i>Volunteers – Thank you</i>
37	<i>Acknowledgements for funding</i>

Enclosure

Independently examined accounts for the financial year ending 31st March 2023

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.org.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 2022 – March 2023

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Sophie Morris (Treasurer)- resigned Aug 2022
- Natalie Griffiths
- Brian Mitchell
- Kath Jones
- Jayne Dyer
- Karl Koomansingh
- Marcus Longley (appointed March 2023)

Bankers:

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

Independent Examiner:

Richard Knoyle ACA FCCA
Baker Knoyle Accountancy Ltd
Orbit Business Centre
Rhydycar Business Park
Merthyr Tydfil



2022/23 Chair's report – Phil Gillard

Hello and welcome to our Annual Report 2022-23

During the year the effects of the pandemic started to reduce. Thanks go to the staff team, trustees and volunteers for the way they continued to respond to the challenges.

Following Covid it remained evident that there continued to be an increasing need for mental health support across our communities and New Horizons is committed to playing its part in offering these.

The Management Committee and staff team continue to consider and evaluate the ways in which face-to-face and digital services can be offered as a hybrid model so that access to our services suits everyone.

During 2022-23 the charity continued to offer on line services with some face to face. Those who were not able to access digital services were also supported through phone calls and ideas for art and craft continued to be posted out. The response of New Horizons to Covid highlighted the key role of this charity continues to play 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 to be held during 2020 but unfortunately they had to be put on hold and we were pleased to finally be able to hold our celebratory event to celebrate in February 2023.

The Management Committee have been pleased that a number of the funding bids submitted by the Director and Business Development officer were 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.

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

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 our Lloyds Bank Foundation charity mentor.

Phil Gillard, Chair

21/11/2023

Staffing

April 2022- March 2023

- Janet Whiteman Director
- Tracy Thomas Deputy Director
- Carly Griffiths Admin Officer
- Steve Curry Business Development Officer /consultant
- Debra Winstanley Information & Signposting Officer
- Tony Hendrickson Cultural Competency Officer
- Dean Clements Digital Officer/Men's project coordinator
- Helen Hughes Activity Coordinator

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 the High Sheriff cutting the cake for the charity's delayed 30th anniversary event in 2023

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 2023

The trustees who served during the period were-

Trustees during the period April 2022 – March 2023

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Sophie Morris (Treasurer)- resigned August 2022
- Natalie Griffiths
- Brian Mitchell
- Kath Jones
- Jayne Dyer
- Karl Koomansingh
- Marcus Longley (appointed March 2023)

Trustees' responsibility for the financial statements

Charity law requires the trustees to prepare financial statements for each financial year which give a fair and true view of the state of affairs of the charity and of the surplus or deficit of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make adjustments and estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue to operate

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

Recruitment and appointment of new trustees

Due to the diversity of the charity an effort is made to maintain a broad skill mix of trustees. In the event of skills being lost due to retirement, suitable individuals are approached to offer themselves for election to the Board. To enhance the scope of recruitment for key positions the charity will also recruit through open advertisement.

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 2022-23 New Horizons offered a range of support services for adults experiencing mental health issues including -

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

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

2022-2023 Achievements

- **Recovery College:** Twenty nine courses were offered during the year including - Managing Anxiety, Anger Management and Stress Management. 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 were over-subscribed and waiting lists have been kept-thus demonstrating the demand for the courses. There were also courses offered in Bridgend during 2022-23 thanks to funding from Bridgend CBC
- **Befriending & 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.
- **Information & 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
- **Outdoor activities/walking groups-**the groups encourage social inclusion and confidence building
- **Volunteering opportunities:** With New Horizons and the wider community
- **Digital/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 2022- March 2023 there is an ongoing need for New Horizons' services-

What did we achieve?

In 2022-2023 across Cwm Taf Morgannwg there were-

- 29 Recovery College courses were offered
- 343 Enrolment forms were received
- 437 Attendances on the courses
- 92 Learning accreditations awarded
-
- 189 Attendances for peer support
- 508 Attendances for soft skills eg music and art & craft

What was our impact?

Recovery College-outcomes

Warwick-Edinburgh well being assessment results 2022-23

At the beginning and end of each of the courses students complete the Warwick - Edinburgh well being assessment tool. The results demonstrate for 2022-23 demonstrating the following progress

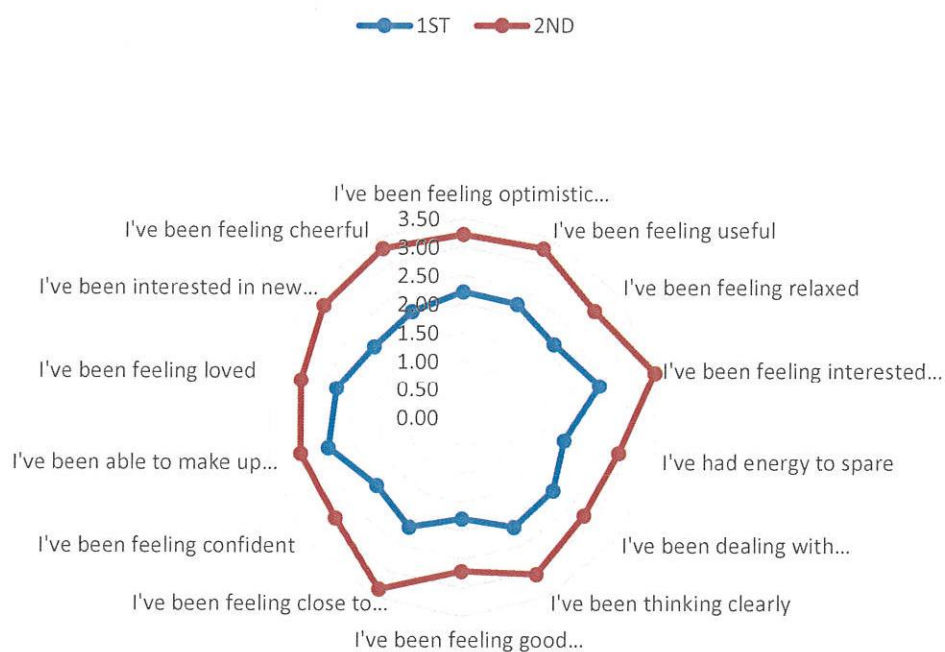
Are we making a difference / who is benefiting?

Objective	Qtr 1-%	Qtr 2 %	Qtr 3%	Qtr 4 %	Total %
I've been feeling optimistic about the future	42.86%	30.77%	40.00%	45.16%	158.79%
I've been feeling useful	42.86%	50%	54.55%	48.39%	195.8%
I've been feeling relaxed	50.00%	60%	63.16%	44.83%	217.99%
I've been feeling interested in other people	28.57%	50%	38.46%	40%	157.03%
I've had energy to spare	60.00%	10.00%	52.63%	53.85%	176.48%
I've been dealing with problems well	42.86%	45.45%	50%	34.48%	172.79%
I've been thinking clearly	42.86%	45.45%	26.09%	43.33%	118.73%
I've been feeling good about myself	33.33%	62.50%	47.62%	52%	195.45%
I've been feeling close to other people	14.29%	25%	37.50%	56.67%	133.46%
I've been feeling confident	28.57%	16.67%	39.13%	48.15%	132.52%
I've been able to make up my own mind about things	0.00%	33.33%	32%	20.59%	85.92%
I've been feeling loved	0.00%	30.77%	54.55%	28.13%	113.45%
I've been interested in new things	25%	63.64%	40%	57.14%	185.78%
I've been feeling cheerful	28.57%	-18.18%	41.67%	58.62%	165.22%

What was our impact? A summary

Quarter 1	60 % of the students reported an increase in energy to spare
Quarter 2	Over 62 % of the students reported an increase in feeling good about themselves
Quarter 3	Over 39 % students said that they felt more confident
Quarter 4	Over 200% of students reported an increase in being more relaxed

An example of the outcomes recorded from January- March 2023



Cwm Taf Morgannwg Recovery College

Throughout 2022-23 New Horizons offered 29 courses to meet increased demand. Courses were offered via Teams and students were supported to get used to using the technology with some even being loaned devices by partner organisation to be able to participate.

Courses offered included-

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

Feedback from some of the Recovery College students-

"The course is very well presented and easy to follow. I feel very positive and am using the skills already".

"Meeting other people, learning new skills"

"I have learned practical strategies to help manage my condition".

"I feel more confident in myself"

"It's helped me become of my listening skills and how attentive I'm being to other people".

Funding was received from the Community Foundation in Wales to develop an on line Recovery College Stress Management course. The filming was undertaken in 2021 involving students of the Recovery College and is to be installed on the New Horizons' website in summer 2022 and the outcomes are being monitored and evaluated.

Bridgend Recovery College courses- funded by Bridgend CBC

In 2022-23 New Horizons offered Recovery College courses at The ARC including a pilot Attention Deficit Hyperactive Disorder project in partnership. Funding was awarded to support those who are waiting (due to waiting lists being several years wait) a diagnosis by providing courses and workshops. This has proved very successful with participants learning to understand ADHD more and how it affects them, plus what can support them better and being able to have conversations with their employer.

Feedback below from participants;

'The workshops were very in depth and informative, and discussed things I wouldn't have thought about if I didn't attend. There was also a good spread of information from a medical and personal perspective in regard to adhd. Workshops with people who themselves had adhd made the experience much more comfortable.'

'The workshops have helped me tremendously. My understanding of my condition has dramatically improved and has helped me understand why I do the things I do and why I struggle to accomplish other things. It has also helped me better communicate my condition to others as well. The workshops have also helped me professionally through providing me with information on what is available to help me in work and getting work. This has helped me in searching for new jobs and has improved my self-confidence to apply to them. The workshops have generally reduced my anxiety about my condition in personal and professional settings, through a greater understanding of adhd and potential coping mechanisms to use in the future.'

Since the success of this pilot there has been great interest from other areas within CTM UHB about the possibility of New Horizons delivery across the whole CTM area.

Telephone Support

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

Befriending zoom group

A weekly on line befriending group is offered that includes a quiz and peer support. The weekly group continues to be well attended.

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: 1157115 Mental Health Matters Charity No: 1123842

Feedback from a volunteer and member of the befriending and walking group – "I enjoy speaking to people on zoom helping with any problems they wish to talk about, doing a quiz and virtual trips all over the world. Many service users enjoy this .And I like to see them being happy even for a short time. Also going for a walk around the park helps them feel better in the fresh air talking to people, then having a coffee and a chat. I feel good for them".

Walking Groups

During the year there were two walking groups offered in both Aberdare and Pontypridd Parks. This was a great service 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. During the year the walking groups have been in demand with xxx attendances (60% men and 35% women and 5% no data) and this has helped to address



Feedback from participants on the walks

"The walks in Aberdare Park were an important part of my week, to get outdoors and be in nature"

"Such a lovely walk"

"REALLY ENJOYED THE WALKING GROUP IN ABERDARE AREA. IT WAS A REAL RELAXED AND ENJOYABLE MEETING OTHER PEOPLE."

"The walks are a lifeline and means that we get to come out, socialize, exercise, meet new people and get opportunities to give feedback on local community events and programs"

"Happy to attend longer walks in Aberdare and Pontypridd"

"The walks are great for myself as it means I can get out and about meet people and get to know you all."

"We all look forward to these walks as it's chance to gain new friends and acquaintances for that chance to be able to get out and about which otherwise may be impossible to do."

Soft skills

Art & Craft – Arts for well being

Examples of art & craft work undertaken by members of the weekly groups that met during the year in the community face to face and on line



National Grid- Christmas community donation

In December 2022 New Horizons was awarded £500 from the National Grid to support adults experiencing mental health issues to help reduce isolation and increase levels of confidence - thanks to the support of our local MP Beth Winter for this.

Cost of Living – Interlink small grant

In January 2023 New Horizons was awarded £500 from Interlink to offer a warm space

CUPPA & NATTER

Come and keep warm with us.
Enjoy hot drinks and great chat

Starts 12th January
Thursdays 10am -12pm

16A Dean Street
Aberdare, CF44 7BN



✉ info@newhorizons-mentalhealth.co.uk

☎ 01685 881113

🌐 newhorizons-mentalhealth.org.uk



Partnership project

Cwm Taf Morgannwg Self Harm support project- Interlink and Maerdy Wind Farm funding

Funding was secured in 2020/21 to develop a much needed support group for adults experiencing issues around Self Harm. The partnership project with Mental Health Matters, Eye to Eye and the Samaritans started in 2021 and continued as an online peer support group in 2022/23.



**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**



New Horizons Charity Number: 1131175

The project has offered a weekly peer support group and access to workshops with the Samaritans and to counselling with Eye to Eye.

The group is an open, confidential space where group members have felt able to speak openly about their struggles. Group members have been able to discuss techniques which have helped them, and have offered support to each other outside the group. New members quickly settled and felt able to talk in depth and at length about their situations, and would also contact staff outside the group as they had grown to trust them. One group member experienced a mental health crisis and staff stayed with the person to ensure they were safe and supported them to access a Crisis Team assessment when they spoke about needing more intervention from NHS services.

A partnership with the University of South Wales is being developed to support students with the funding from MWF.

National Lottery Community Fund - Analogue & Digital project

Digital Officer's report

At the beginning of the year my focus was the review and implementation of our Cyber Security policy in partnership with the Administration, Monitoring & Evaluation Officer, Digital Trustee and Director as well as a redesign of the 'Fundraising' and 'Donate' pages of the website in partnership with the New Fundraising officer.

Before undertaking the review, I attended two extra training sessions on cyber security to ensure I was up to date with the latest practices. After this, I reviewed the current plan before meeting with the Administration, Monitoring & Evaluation Officer, Digital Trustee and Director where we agreed changes and the new security measures to be introduced.

A presentation was designed for the other staff members to update them on the incoming changes and new security practices.

To redesign the 'Fundraising' and 'Donate' pages I worked in partnership with the New Fundraising Officer. Firstly, we discussed what they hoped to achieve with the pages and then we agreed a basic layout and the information to be included. I then redesigned the pages to the new specifications before holding review meetings to further refine the design. Once everyone was happy with the final design, the pages were published and relocated to make them more visible on the website.

After publishing the pages, we began integrating new fundraising tools into the website, including a new digital application for volunteers and revising the ways we can accept and process donations. We also began advertising our new fundraising opportunities and partnerships.

I then had to focus on adapting to the content posted on social media as the two main platforms we use; Twitter and Facebook had introduced changes which reduced the organic reach of posts that link to outside websites. This has meant I have had to maximise our use of secondary links such as QR codes and comments on content to share more contact information.

I have begun to optimise the website to make it as accessible as possible for all users. I have done this by attending training to ensure I was up to date on the latest practices and then I ran several accessibility tests on the website, correcting any issues which has led to the website testing well in all areas of accessibility.

In addition, I have continued to update both the website and our social media accounts and continued to monitor our Digital Stress management course.

Information & Signposting Project for the Annual Report 2022 - 2023

The Lottery funded Information & Signposting Service was launched in June 2021 and the development of the project was reported in the previous annual report.

The purpose of the project was to better respond to an increase in demand, and to provide information to clients, carers and other agencies enquiring about New Horizons' services, or services and support available in the wider community.

To do this effectively, a second strand of the work involves developing good working links with stakeholders, partner agencies, and other agencies across the sector, to foster a robust two-way means of client referral and join up services to the benefit of clients.

All new client enquiries receive short-term one-to-one support, with appropriate tailored, client-centered signposting or referral to external services.

The officer works more closely with some clients over a longer period, when there is more complexity and on-going issues, or there are a range of presenting needs.

In the period between April 2022 and March 2023:

- We responded to 330 client enquiries.
- We responded to 183 enquiries from organisations.
- We referred 79 clients to external services for additional support.
- We received 69 referrals from external agencies.

Clients are signposted and referred to us from a range of external agencies.

These include; GP Surgeries, The Job Centre, Oasis Domestic Abuse Services, Llamau, UHB Outpatient Service, Interlink, Platform, MHP CTM UHB, Mental Health Matters, RCT Tenancy Support, Communities for Work, Travallis, Social Services, Barod, People Plus, Safer Wales, and Mind.

A high proportion of the referrals we receive come from the Oasis Domestic Abuse Service, and the Interlink Wellbeing Team.

We have partnered with Citizens Advice, giving us access to their Refernet system, which is funded by the Welsh Government. Enabling us to refer and fast-track clients to this service.

We have partnered with The Trussell Trust and Merthyr & Cynon Foodbanks, enabling us to issue food vouchers directly to clients where needed.

The officer has continued to survey clients accessing the service.

Please see a sample of client comments below:

"I was feeling very much alone but after reaching out to horizons and the help they give is invaluable to people like me, I don't feel so alone now they understand and give many options of all services to contact. Lifesavers really."

"I found the assistance I received to be extremely reassuring and beneficial."

"I have had kind and informed guidance - welcoming and respectful the service I have encountered to date."

"I felt I wasn't alone and was supported."

"Brilliant wish I'd made contact sooner."

"For the first time in 30 years it was amazing to have someone who didn't judge me and has helped me both mentally and physically. I owe them so much."

"Extremely supportive and friendly service."

"Useful and easier than others."

"Very satisfactory."

"Refreshing and so much appreciated."

"Extremely supportive and encouraging."

"Amazing."

"They are very warm and approachable. They give what suggestions and advise that they can."

"They were very quick to get in touch and really helped to put my mind at ease."

"Very helpful, very friendly, understanding, and non-judgmental."

"It was a fantastic help."

"I contacted you as a first step to helping me understand my issues and gain help in dealing with them. The service was very professional, and the information given was tremendous."

"Made me feel at ease and listened too."

WCVA – Voluntary Sector Resilience Funding

Men's Project

The aim of the Men's project is to provide a no-pressure, safe space for men to talk freely, to offer peer support to one another and to offer guest speakers on topics picked by the group members. Finally, it is a platform for members to give their own talks on a subject/skill and to plan and undertake activities picked by the group members. The hope is to develop a trusting environment where men can share their thoughts and feelings, whilst building a network of support.

Throughout year the regular number of attendees of the men's group has grown with a mixture of new and returning members with meetings regularly including 6 members and a total of 12 members all together each week.

As well as this the men's group received funding from the Tesco Community Grant which the members have decided to use to fund face to face meet ups in the summer including walks and other social activities.

The group currently has one volunteer who helps lead and moderate discussions as well as offering support and sharing his lived experience with other members of the group.

The group's discussions include a range of subjects including their mental and physical health, the challenges they face in life, sharing stories of success and failure, opinions on current affairs, hobbies and interests and family life. This has led to all members of the group to be more open about their conditions and the issues they face. This has allowed me to signpost members to complimentary support.

Quotes from the Men's group members:

"I have really enjoyed tonight it's just so relaxed and fun it made my night"

"The benefits of coming to the Men's Group for me is the cheerful conversation"

"The main benefit for me is being able to get insight into other people's ideas"

"It's just nice to have a place to talk"

"You guys crack me up it really cheers me up"

"It's nice to meet in the evening as I don't have to worry about getting somewhere or doing something"

"Sometimes it nice to just listen to you all and have company"

"I like meeting in the evening on zoom because it's (the meetings) really relaxing and once we're done, I don't have to worry about getting home I can just keep relaxing"

"It's good because I don't have to worry about travel"

"I have really been looking forward to tonight it's been a really long day"

The user lead nature of the group has meant a relaxed atmosphere has developed, this has helped the group open up more about how they are feeling or issues that have affected them. The group has developed a good level of peer support that often leads to group members doing individual research on topics to support other members or just to have better awareness.

Cultural Competency Officer's Report - Tony Hendrickson

New Horizons has embarked on extending its reach and ensuring that its services can be increasingly accessible to people identified as Black Asian & Minority Ethnic. Since the initial engagement with Diverse Cymru in 2019, we as an organisation have participated in addressing each section within the framework they have provided. The Cultural Competency Self-Assessment framework identifies 4 key areas which are:

- Environment and Management Commitment
- Communication and Consultation
- Cultural Competence and Professional Development
- Outcomes and Engagement

New Horizons has sought to adopt an approach that will enable the organisation, as a whole, to adapt and change to the opportunities and challenges its current aspiration will provide. By ensuring we address race and broader equalities and inclusion policies and practices as part of all strategic and delivery meetings these areas will be mainstreamed into broader conversations.

During 2022-2023 New Horizons made various changes that have enabled us to show our commitment providing an inclusive accessible service.

The recruitment of a Cultural Competency Officer meant that we had a steer in fulfilling our aspirations to become fully accessible to ethnically minoritized people and communities and achieve accreditation under the Cultural Competency Certification Scheme led by Diverse Cymru and validated by the Royal College of Psychologists.

Environment & Management Commitment; While we no longer deliver activities and services at the office/premises since the 2020 lockdown. We continue to provide activities at various venues and spaces. Pre-lockdown we had already sought to change signage to be multi-lingual in preparation for increasing our client base from ethnically and faith diverse communities.

With more information moving online we have changed our website so that it can be navigated in 8 community languages. While this isn't exhaustive, it is a start to enabling more speakers of non-UK languages to access our information. We have also made the website more accessible for people with varying levels of sight loss.

We have been more in increasing our networks and pro-active in sharing information from people and organisations that represent and/or support people from target communities. We are always keen to recognise and promote key dates and celebrations. For example for Black History Month.

During 2022 we continued to identify ways to include Black Asian & Minority Ethnic people and communities throughout the organisation and our activities.

We were really pleased to have received the Cultural Competency quality mark award in October 2022- as a small local charity this was a great achievement!



Postcode Lottery- Stepping Forward project

Funding was received from the Postcode Lottery to offer a range of outdoor activities in 2021 to boost mental well-being for service-users of New Horizons Mental Health in partnership with Cambrian Village Trust.

New Horizons has shifted services to online and by-phone since March 2020 and recently successfully offered walking groups due to the sharp increase in demand resulting from Covid-19 and, the sharp decrease in mental well-being among existing and new service-users caused by the pandemic.

The range of activities will be offered by the new service mostly outdoors but also utilising some inside space at the Clydach Vale country park centre, whenever safe and within guidance. Some equipment: jackets, walking poles and mats will be provided for those who don't own such equipment and would struggle to purchase





Feedback from participants

"I learned so much from the gardening workshops, on how to make my own fresh herb tea, how to plant carrots correctly and enjoying planting my own flowers and painting my pot for my flowers. The activities I attended have been a blast, really enjoyed them and it was a shame that they came to end, but hoping they'll be continued in the future 🙌"

"The Soundscape was an interesting class because we never knew how much natural sounds are around us especially within the natural nature of things. Bird song, wind, even tapping different things. I personally did street sounds, buskers singing then market stall owners selling their goods. I have also subscribed to the online audacity and have a few things that I can do with different things I have on my phone that you can see!!"

"Highlight of my week".

"Look forward to these sessions. Improves my physical health and mental health wellbeing"

"Great course which keeps you active while also having fun and meeting other people. Lots of different activities to do which you can do at your own pace. Lovely way to keep fit while having fun."

"Physical wellbeing is quite magical for me personally as it enables me to get out and meet others. Fresh air is the best medicine whatever anybody can say. Different activities such as shooting hoops, dribbling football through cones, playing cricket, the point of it all gentle exercises. Yoga helps you to especially manage stress. There is so much to say about these activities I could just go on and on!!"

Coalfields Regeneration Trust funding

In 2022 New Horizons was pleased to receive funding from CRT for a Volunteer fundraiser co-ordinator post. Helen Hughes started in this new post in July 2022 and supported the following fundraising activities during the year-

Treochy Comprehensive	First Give
Treochy Comprehensive	First Give
Amy Hiat	collection bucket
One to One Gym Amy Hiat/ Kathy	collection bucket
James Swankie	DJ Christmas kids party
Treochy Comprehensive / Bleddyn Richards class	First Give / bake sale
MINDSET Physical Fitness	Bake Sale
RAMSDENS Aberdare	Just Give Checkout
Anonymous	Just Give Checkout
Anonymous Donation	Improving Emotional Wellbeing Locally Crowdfunder

A new Volunteer Fundraising pack was developed and a new t shirt designed for the volunteers



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
- Bridgend County Borough Council
- Community Mental Health Team
- Crisis Team
- Cwm Taf Morgannwg Mind
- Cwm Taf Morgannwg UHB
- Diabetes Peer support
- Diverse Cymru
- Eye to Eye
- Plattform
- Interlink/VAMT/BAVO
- Job Centres
- Mental Health Matters
- Oasis Centre
- Plattform
- Primary Care
- RHA
- Samaritans
- Spectacle Theatre
- Valleys Steps
- Visible Project
- Women's Aid

New Horizons staff members are active members of the following networks

- Befriending Network - MT & RCT
- CTM Co-occurring SM & MH Forum
- CTM Social Values Network
- CTM Third Sector MH forum
- DAMHSN - Bridgend
- Health, Social Care & Wellbeing - Bridgend
- Health & Wellbeing - Merthyr Tydfil
- Suicide & Self Harm Engagement Group/Forum

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 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 was awarded the Diverse Cymru Cultural Competency Quality Mark in October 2022



Trusted Charity

New Horizons was very pleased to be awarded the PQASSO/ Trusted Charity Quality Mark in 2018 and is working towards securing the quality mark again in 2023-24

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"*

30th anniversary celebrations- Heritage Lottery funding

Following a successful bid to the Heritage Lottery New Horizons was planning to hold a number of events during 2020 to celebrate our' 30th anniversary including an oral history project and producing two publications one celebrating the history of the charity (by a founder member) and one to work with current service users.

The two publications were completed and a celebration event was held in February 2023. The publications included a history of the charity by Delia Powell (founder member and patron) and a poetry book written by members of the creative writing group.



A poem from the poetry book

*Surf Surf Surf
Is all I ever knew
Even in the rain
Is what will come again
The heat is all around
From the sun it beat down
The final curtain calls
As the tide rolls away*

*You think ill fly away
Like the ladybird of rhyme
Fly away home
Only on a plane*



Lloyds Bank Foundation funding

New Horizons was very pleased to be awarded funding from the Lloyds Bank Foundation for the employment of a Business Development Officer post for 2 years (2022-24) to help support the charity to develop funding bids and the long term sustainability of the charity.

Business planning and Development Officer's report- Steve Curry

We continue to receive fantastic support from funders, Lloyds Bank Foundation in terms of continued unrestricted funding to support our part-time Business Development role from June 2022 for two years. The Pears Foundation grant plus support to research new potential grant funders outside of Wales. This project linked us up with Cranfield Trust who have volunteers in the business world offering support to charities. We've had the help of our volunteer from Principality Building Society, to help us develop our new business plan as it evolved during the last year.

Having this overarching framework document which helps guide us with annual or project plans to be developed from it. This approach has already proven its value with our National Lottery Community Fund bid and another recent grant bid that required a business plan to be supplied.

Several surveys of our communities in 2022 also fed-into our new business plan and Lottery bid with the surveys showing that 87% of people we spoke to had experienced a MH issue themselves or, through friends or family, but most hadn't heard of New Horizons and only 10% had sought help from any third sector organisation in this respect

The Theory of Change exercise that we undertook in Jan 2023 revisited our overall organisation aims, outcomes and the activities we need to offer in order to achieve these aims, such as empowering people to feel more in control and more hopeful as well as developing the reputation and resilience of New Horizons as a trusted and effective, charity service provider.

As a mental health charity, New Horizons understands that it needs to reach and support more people, to continue mapping and building relationships with relevant agencies, groups and individuals and continue to improve its communications, both digital and analogue. We were supported by a Lottery Covid-19 grant and we asked National Lottery Community Fund Cymru to invest in this journey with us to fund: our Digital Officer's continuation to develop NH's digital presence and online growth as more people interact with us digitally. Helping us provide tools for people with disabilities such as sight-loss to access our services and supporting volunteers, groups and service-users to make use of the growing online resources for mental wellbeing. Also, our Information & Signposting service to help the growing number of NH client contacts and build connections with the many organisations that make up our Service Directory and follow-up referrals and track service-user's journeys. An Activities Co-ordinator to develop the activities and opportunities people use as tools to maintain, re-set and improve their mental wellbeing (MWB), again building upon our work during the Covid pandemic in outdoor activities, using the many accessible and beautiful spaces in our area.

Our Cultural Competency work will develop inclusivity into our services for ethnic and other minority groups and allow us to reach-out to minoritised communities to help them deal with their MH challenges and, equip them to better help each other. Our extra Men's and Out-of-Hours work will attract more men and those who can't access daytime services. The Lottery Community Fund support will fund this work over three years to 2026.

Bridgend Council and ARC awarded funding from September 2022 for NH to provide Recovery College courses designed for ADHD management to help people awaiting diagnosis and/or support services, which represents a large group with unmet needs in the health system.

The Cooperative Foundation partnered with Crowdfunder in a campaign to match donations and provide a small grant. They approved our application in December 2022 and we used a local campaign to fund our extra support sessions through the winter of 2022-23.

Coalfields Regeneration Trust and the Postcode Trust have both allowed us extend and continue the projects funded through them, and we're grateful for this flexibility.

Some exciting areas of work we are looking to develop include ongoing talks with University of South Wales in a collaborative project to develop a service to support adults living with self-harm. We are also looking to re-start our volunteer work and bring in a dedicated co-ordinator to support this pathway in the recovery journey of some of our clients. We have also discussed a proposal with the Pen-y-Cymoedd wind farm fund outreach work, partnering community organisations in two, key heads-of-the-valleys locations.

Finally, we are excited to be in discussions with a new and innovative private sector technology firm looking to offer virtual reality as a tool to help people cope with low-level anxiety and depression and we hope to be part of a new set of trials for this product soon.



Lloyds Bank Foundation

New Horizons was very pleased to be awarded funding from the Lloyds Bank Foundation for the employment of a Business Development Officer post for 2 years (from Sept 2022) to help support the charity to develop funding bids and the long term sustainability of the charity. Please see Steve Curry's report on pages 27-28.

Charity Mentors for New Horizons - New Horizons is very pleased to have support from a business mentor through the Lloyds Bank Foundation- Mathew Sturgess



Fundraising in the community

Coalfields Regeneration Trust

We were really pleased that funding was received from CRT to support the charity to employ a Volunteer Fundraiser Coordinator to help us to recruit and support our volunteer fundraisers.

A big 'Thank You' to all of our supporters who undertook fundraising for New Horizons during the year including-

- Amy Hiatt – Fundraising events were organised at the One to One gym in Treforest



- DJ Swankie- held online music events to fundraise for New Horizons and other local charities



- Treorchy comprehensive students



TRUSTEES

The trustees in office during the year at the date of this report are listed on page 4.

Financial review

The largest single source of income for our Charity continues to be the Service Level Agreement with Cwm Taf Morgannwg 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 again been lucky to secure a number of new sources of grant and other income.

A number of our ongoing projects are still suffering delays due to the covid pandemic, with the unspent funds being carried forward with the agreement of the funders, to be used in the current financial year.

Our recognized income for the financial year decreased from £301,705 to £190,946 and total expenditure during the financial year also increased slightly from £263,018 to £264,703.

We recognized a surplus on unrestricted funds during the year of £14,497.

The deficit reported on Restricted Funds is as a result of project expenditure relating to income received in previous years, which was included in the Restricted Fund balances brought forward.

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 an ideal level of reserves would equate to 6 months total expenditure.

As at 31st March 2023, our free reserves amounted to £100,483, against a target of £132,351. Every effort will be made to secure additional funding in the upcoming year to increase the free reserves level further and to achieve the target.

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 2022-March 2023

- Nigel Bennett
- Jayne Dyer
- Phil Gillard
- Natalie Griffiths
- Andrea Hatch
- Amy Hiatt
- Sabine Ingeborg
- Kath Jones
- Karl Koomansingh
- Marcus Longley
- David Loring
- Carrie Anne McKendley
- Brian Mitchell
- Sophie Morris
- Jan Pope
- Ieuan Riggs
- Kara Smith
- Matt Sturgess
- James Swankie
- Craig Thomas

Acknowledgements for funding

Bridgend CBC

Coalfields Regeneration Trust

Community Foundation in Wales

Co-op Local Community Fund

Cwm Taf Morgannwg University Health Board

Heritage Lottery

Interlink RCT

National Grid

National Lottery Community Fund and Arts for wellbeing

Lloyds Bank Foundation

Maerdy Wind Farm

Postcode Lottery

WCVA

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
NEW HORIZONS MENTAL HEALTH CENTRE

Independent examiner's report to the trustees of New Horizons Mental Health Centre ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Richard Knoyle ACA FCCA

Baker Knoyle Chartered Accountants
Orbit Business Centre
Merthyr Tydfil
CF48 1DL

Date: 21/11/2023

NEW HORIZONS MENTAL HEALTH CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	17,891	172,715	190,606	301,662
Investment income	3	340	-	340	43
Total		<u>18,231</u>	<u>172,715</u>	<u>190,946</u>	<u>301,705</u>
EXPENDITURE ON					
Charitable activities	4				
Mental health support day services and projects		<u>3,734</u>	<u>260,969</u>	<u>264,703</u>	<u>263,018</u>
NET INCOME/(EXPENDITURE)		14,497	(88,254)	(73,757)	38,687
RECONCILIATION OF FUNDS					
Total funds brought forward		85,987	214,519	300,506	261,819
TOTAL FUNDS CARRIED FORWARD		<u><u>100,484</u></u>	<u><u>126,265</u></u>	<u><u>226,749</u></u>	<u><u>300,506</u></u>

The notes form part of these financial statements

NEW HORIZONS MENTAL HEALTH CENTRE

BALANCE SHEET
31 MARCH 2023

	Notes	2023 £	2022 £
CURRENT ASSETS			
Debtors	11	375	1,498
Cash at bank and in hand		251,736	318,962
		<u>252,111</u>	<u>320,460</u>
CREDITORS			
Amounts falling due within one year	12	(25,362)	(19,954)
		<u>226,749</u>	<u>300,506</u>
NET CURRENT ASSETS			
		<u>226,749</u>	<u>300,506</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>226,749</u>	<u>300,506</u>
NET ASSETS			
		<u>226,749</u>	<u>300,506</u>
FUNDS	15		
Unrestricted funds		100,483	85,987
Restricted funds		126,266	214,519
		<u>226,749</u>	<u>300,506</u>
TOTAL FUNDS			
		<u>226,749</u>	<u>300,506</u>

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

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

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 21/11/2023 and were signed on its behalf by:


P Gillard - Trustee

The notes form part of these financial statements

NEW HORIZONS MENTAL HEALTH CENTRE

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

New Horizons Mental Health and Emotional Wellbeing Resource Centre is a private Charitable Incorporated Organisation in the United Kingdom, and limited by guarantee. The address of the registered office is given in the charity information page 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.

Financial reporting standard 102 - reduced disclosure exemptions

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

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

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.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES - continued

Income

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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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.

Tangible fixed assets

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

Plant and machinery - 20% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

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

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

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.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

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.

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.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES - continued

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.

Going Concern

Cwm Taf University Health Board is currently carrying out a review of its Service Level Agreement with New Horizons, which is due to expire in March 2024. The Trustees are confident that the SLA will be renewed along similar terms to the current SLA, however, should the SLA not be renewed on similar terms, then it is possible that ongoing, the charities activities would need to be reviewed.

The Trustees consider it appropriate to prepare the accounts on a going concern basis.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	3,141	3,686
Grants	187,465	297,976
	<hr/>	<hr/>
	190,606	301,662
	<hr/>	<hr/>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Cwm Taf Morgannwg University Health Board	156,079	158,589
Mental Health Matters - Befriending and Mentoring Project	-	5,199
Lloyds Bank Foundation	23,886	18,049
Lottery Information & Signposting Officer, Digital Officer	-	30,825
Interlink - Self Harm Project	-	35,728
WCVA Cultural Competency	-	14,849
Interlink	-	237
Bridgend County Borough Council	5,000	5,000
Community Foundation in Wales - PEARS	-	2,000
Coalfields	-	6,941
Interlink - Winter Pressures	-	4,591
Local Giving	-	500
Postcode Lottery	-	15,468
Interlink - Warm HUB	500	-
National Grid - Warm HUB Project	500	-
Tesco - Community Fund	1,500	-
	<hr/>	<hr/>
	187,465	297,976
	<hr/>	<hr/>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	340	43
	<u>340</u>	<u>43</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Mental health support day services and projects	257,967	6,736	264,703
	<u>257,967</u>	<u>6,736</u>	<u>264,703</u>

5. SUPPORT COSTS

	Governance costs £
Mental health support day services and projects	6,736
	<u>6,736</u>

Support costs, included in the above, are as follows:

	2023 Mental health support day services and projects £	2022 Total activities £
Independent examination	2,580	2,580
Other accountancy services	4,156	7,037
	<u>6,736</u>	<u>9,617</u>

6. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Independent examination	2,580	2,580
Other accountancy services	4,156	7,037
	<u>6,736</u>	<u>9,617</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

8. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	151,474	156,704
Social security costs	8,890	9,629
Other pension costs	3,100	3,277
	<u>163,464</u>	<u>169,610</u>

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

	2023	2022
	6	7
Charitable activities	<u>6</u>	<u>7</u>

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

Total key management remuneration amounted to £41,671 (2022: £39,490) which includes employers' national insurance and pension contributions.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,579	299,083	301,662
Investment income	43	-	43
Total	<u>2,622</u>	<u>299,083</u>	<u>301,705</u>
EXPENDITURE ON			
Charitable activities			
Mental health support day services and projects	137	262,881	263,018
NET INCOME	2,485	36,202	38,687
Transfers between funds	9,728	(9,728)	-
Net movement in funds	12,213	26,474	38,687
RECONCILIATION OF FUNDS			
Total funds brought forward	73,773	188,046	261,819
TOTAL FUNDS CARRIED FORWARD	<u>85,986</u>	<u>214,520</u>	<u>300,506</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

10. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2022 and 31 March 2023	4,051
DEPRECIATION	
At 1 April 2022 and 31 March 2023	4,051
NET BOOK VALUE	
At 31 March 2023	-
At 31 March 2022	-

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other debtors	375	1,498

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	6,316	3,816
Other creditors	-	350
Pension creditor	973	758
Deferred income	12,500	9,136
Accrued expenses	5,573	5,894

Deferred Income

Deferred income represents income received from contributing agencies where the contribution was restricted to a fixed time period project which extends beyond the current financial year. Income is deferred on the basis that the contribution was to the project as a whole, the time period of the project was fully disclosed to the contributing agencies and that time period is certain.

The deferred income carried forward is analysed as follows:

	2023	2022
	£	£
Opening balance	9,136	17,012
Movement in the year	3,364	(7,876)
Deferred income carried forward	12,500	9,136

Deferred income analysed by project:

	2023	2022
	£	£
Lloyds Foundation (unrestricted)	12,500	-
Lloyds Bank Foundation	-	9,136
	12,500	9,136

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

13. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	2,935	2,935
Between one and five years	8,806	11,740
	<u>11,741</u>	<u>14,675</u>

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Fixed Assets	-	-	-	-
Net Current Assets	100,483	126,266	226,749	300,506
	<u>100,483</u>	<u>126,266</u>	<u>226,749</u>	<u>300,506</u>

15. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	85,987	3,324	89,311
Lloyds Foundation	-	11,172	11,172
	<u>85,987</u>	<u>14,496</u>	<u>100,483</u>
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	56,423	(22,980)	33,443
Community Foundation in Wales - Coronavirus Resilience Fund	5,984	(5,984)	-
Lloyds Bank Foundation	3,650	(3,650)	-
Lottery Analogue & Digital Fund	23,610	(23,610)	-
Interlink - CTM Self Harm Project	9,318	(4,702)	4,616
WCVA - Cultural Competency	11,323	(11,323)	-
Mental Health Support Website	2,508	(560)	1,948
Rhondda Project	15,000	-	15,000
Maerdy Wind Farm	1,090	-	1,090
Heritage Lottery	9,900	(5,247)	4,653
TEDS	50,000	-	50,000
Bridgend Small Grants Scheme	1,000	(358)	642
Coalfields	6,557	(3,297)	3,260
Interlink - Winter Pressures	2,688	(295)	2,393
Postcode Lottery	15,468	(7,747)	7,721
Tesco Community Grant Fund	-	1,500	1,500
	<u>214,519</u>	<u>(88,253)</u>	<u>126,266</u>
TOTAL FUNDS	<u>300,506</u>	<u>(73,757)</u>	<u>226,749</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,481	(157)	3,324
Lloyds Foundation	14,750	(3,578)	11,172
	<u>18,231</u>	<u>(3,735)</u>	<u>14,496</u>
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	156,080	(179,060)	(22,980)
Community Foundation in Wales - Coronavirus Resilience Fund	-	(5,984)	(5,984)
Lloyds Bank Foundation	9,136	(12,786)	(3,650)
Lottery Analogue & Digital Fund	-	(23,610)	(23,610)
Interlink - CTM Self Harm Project	-	(4,702)	(4,702)
WCVA - Cultural Competency	-	(11,323)	(11,323)
Mental Health Support Website	-	(560)	(560)
Heritage Lottery	-	(5,247)	(5,247)
Bridgend Small Grants Scheme	4,999	(5,357)	(358)
Coalfields	-	(3,297)	(3,297)
Interlink - Winter Pressures	-	(295)	(295)
Postcode Lottery	-	(7,747)	(7,747)
Interlink Warm HUB	500	(500)	-
National Grid Warm HUB Project	500	(500)	-
Tesco Community Grant Fund	1,500	-	1,500
	<u>172,715</u>	<u>(260,968)</u>	<u>(88,253)</u>
TOTAL FUNDS	<u>190,946</u>	<u>(264,703)</u>	<u>(73,757)</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	73,773	2,486	9,728	85,987
Restricted funds				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	7,827	48,596	-	56,423
MHM Suicide & Self Harm Project	2,840	(2,840)	-	-
MHM - Befriending Project	9,632	(9,632)	-	-
Community Foundation in Wales - Coronavirus Resilience Fund	8,951	(2,967)	-	5,984
Community Foundation Wales - MH Support in Rhydfelin	4,808	(4,808)	-	-
Moondance Foundation - MH Support in Rhydfelin	4,000	(4,000)	-	-
Lloyds Bank Foundation	8,979	(5,329)	-	3,650
RCTCBC Bereavement Support	3,875	(538)	(3,337)	-
RCTCBC Resilience for Covid	1,714	(191)	(1,523)	-
Comic Relief	8,482	(8,482)	-	-
Lottery Analogue & Digital Fund	18,308	5,302	-	23,610
Valleys Kids - MH Consultation Project	1,073	(2,573)	1,500	-
Interlink - CTM Self Harm Project	5,111	3,710	497	9,318
WCVA - Cultural Competency	16,198	(4,875)	-	11,323
Interlink	500	(3)	(497)	-
Big Lottery Fund - Arts for our wellbeing	2,117	(2,117)	-	-
Mental Health Support Website	2,940	(432)	-	2,508
Youth Project	3,201	-	(3,201)	-
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	-	1,090
Valley Kids	1,500	-	(1,500)	-
Heritage Lottery	9,900	-	-	9,900
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	-	1,000	-	1,000
Cooperative Fund	-	(332)	332	-
Community Foundation in Wales (PEARS)	-	2,000	(2,000)	-
Coalfields	-	6,557	-	6,557
Interlink - Winter Pressures	-	2,688	-	2,688
Magic Little Grants	-	(1)	1	-
Postcode Lottery	-	15,468	-	15,468
	<hr/> 188,046	<hr/> 36,201	<hr/> (9,728)	<hr/> 214,519
TOTAL FUNDS	<hr/> <hr/> 261,819	<hr/> <hr/> 38,687	<hr/> <hr/> -	<hr/> <hr/> 300,506

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,622	(136)	2,486
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	158,589	(109,993)	48,596
MHM Suicide & Self Harm Project	-	(2,840)	(2,840)
MHM - Befriending Project	5,199	(14,831)	(9,632)
Community Foundation in Wales - Coronavirus Resilience Fund	-	(2,967)	(2,967)
Community Foundation Wales - MH Support in Rhydfelin	-	(4,808)	(4,808)
Moondance Foundation - MH Support in Rhydfelin	-	(4,000)	(4,000)
Lloyds Bank Foundation	18,049	(23,378)	(5,329)
RCTCBC Bereavement Support	-	(538)	(538)
RCTCBC Resilience for Covid	-	(191)	(191)
Comic Relief	-	(8,482)	(8,482)
Lottery Analogue & Digital Fund	30,825	(25,523)	5,302
Valleys Kids - MH Consultation Project	-	(2,573)	(2,573)
Interlink - CTM Self Harm Project	35,728	(32,018)	3,710
WCVA - Cultural Competency	14,849	(19,724)	(4,875)
Interlink	237	(240)	(3)
Big Lottery Fund - Arts for our wellbeing	-	(2,117)	(2,117)
Mental Health Support Website	-	(432)	(432)
Bridgend Small Grants Scheme	5,000	(4,000)	1,000
Cooperative Fund	1,107	(1,439)	(332)
Community Foundation in Wales (PEARS)	2,000	-	2,000
Coalfields	6,941	(384)	6,557
Interlink - Winter Pressures	4,591	(1,903)	2,688
Magic Little Grants	500	(501)	(1)
Postcode Lottery	15,468	-	15,468
	<hr/>	<hr/>	<hr/>
	299,083	(262,882)	36,201
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	301,705	(263,018)	38,687
	<hr/>	<hr/>	<hr/>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	73,773	5,810	9,728	89,311
Lloyds Foundation	-	11,172	-	11,172
	<u>73,773</u>	<u>16,982</u>	<u>9,728</u>	<u>100,483</u>
Restricted funds				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	7,827	25,616	-	33,443
MHM Suicide & Self Harm Project	2,840	(2,840)	-	-
MHM - Befriending Project	9,632	(9,632)	-	-
Community Foundation in Wales - Coronavirus Resilience Fund	8,951	(8,951)	-	-
Community Foundation Wales - MH Support in Rhydfelin	4,808	(4,808)	-	-
Moondance Foundation - MH Support in Rhydfelin	4,000	(4,000)	-	-
Lloyds Bank Foundation	8,979	(8,979)	-	-
RCTCBC Bereavement Support	3,875	(538)	(3,337)	-
RCTCBC Resilience for Covid	1,714	(191)	(1,523)	-
Comic Relief	8,482	(8,482)	-	-
Lottery Analogue & Digital Fund	18,308	(18,308)	-	-
Valleys Kids - MH Consultation Project	1,073	(2,573)	1,500	-
Interlink - CTM Self Harm Project	5,111	(992)	497	4,616
WCVA - Cultural Competency	16,198	(16,198)	-	-
Interlink	500	(3)	(497)	-
Big Lottery Fund - Arts for our wellbeing	2,117	(2,117)	-	-
Mental Health Support Website	2,940	(992)	-	1,948
Youth Project	3,201	-	(3,201)	-
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	-	1,090
Valley Kids	1,500	-	(1,500)	-
Heritage Lottery	9,900	(5,247)	-	4,653
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	-	642	-	642
Cooperative Fund	-	(332)	332	-
Community Foundation in Wales (PEARS)	-	2,000	(2,000)	-
Coalfields	-	3,260	-	3,260
Interlink - Winter Pressures	-	2,393	-	2,393
Magic Little Grants	-	(1)	1	-
Postcode Lottery	-	7,721	-	7,721
Tesco Community Grant Fund	-	1,500	-	1,500
	<u>188,046</u>	<u>(52,052)</u>	<u>(9,728)</u>	<u>126,266</u>
TOTAL FUNDS	<u>261,819</u>	<u>(35,070)</u>	<u>-</u>	<u>226,749</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,103	(293)	5,810
Lloyds Foundation	14,750	(3,578)	11,172
	<u>20,853</u>	<u>(3,871)</u>	<u>16,982</u>
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	314,669	(289,053)	25,616
MHM Suicide & Self Harm Project	-	(2,840)	(2,840)
MHM - Befriending Project	5,199	(14,831)	(9,632)
Community Foundation in Wales - Coronavirus Resilience Fund	-	(8,951)	(8,951)
Community Foundation Wales - MH Support in Rhydfelin	-	(4,808)	(4,808)
Moondance Foundation - MH Support in Rhydfelin	-	(4,000)	(4,000)
Lloyds Bank Foundation	27,185	(36,164)	(8,979)
RCTCBC Bereavement Support	-	(538)	(538)
RCTCBC Resilience for Covid	-	(191)	(191)
Comic Relief	-	(8,482)	(8,482)
Lottery Analogue & Digital Fund	30,825	(49,133)	(18,308)
Valleys Kids - MH Consultation Project	-	(2,573)	(2,573)
Interlink - CTM Self Harm Project	35,728	(36,720)	(992)
WCVA - Cultural Competency	14,849	(31,047)	(16,198)
Interlink	237	(240)	(3)
Big Lottery Fund - Arts for our wellbeing	-	(2,117)	(2,117)
Mental Health Support Website	-	(992)	(992)
Heritage Lottery	-	(5,247)	(5,247)
Bridgend Small Grants Scheme	9,999	(9,357)	642
Cooperative Fund	1,107	(1,439)	(332)
Community Foundation in Wales (PEARS)	2,000	-	2,000
Coalfields	6,941	(3,681)	3,260
Interlink - Winter Pressures	4,591	(2,198)	2,393
Magic Little Grants	500	(501)	(1)
Postcode Lottery	15,468	(7,747)	7,721
Interlink Warm HUB	500	(500)	-
National Grid Warm HUB Project	500	(500)	-
Tesco Community Grant Fund	1,500	-	1,500
	<u>471,798</u>	<u>(523,850)</u>	<u>(52,052)</u>
TOTAL FUNDS	<u>492,651</u>	<u>(527,721)</u>	<u>(35,070)</u>

Funds

Restricted funds

Restricted funds represent balances held to fund future projects where the resources have been received and are required by the donors to fund a specific project.

Transfers between funds

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

Transfers between funds arise where unrestricted funds have been used to fund shortfalls in restricted projects. The free reserves are available to provide funds to cashflow projects funded on a retrospective basis and are available with the approval of the trustees to fund any expenditure on projects or expenses which fall within the organisations general aims and objectives. They are accumulated in accordance with the reserve policy as stated in the Trustee Report.

During the year, the trustees decided that previously held designated unrestricted funds were no longer needed to be identified separately and so a transfer was made to release those funds back to General Reserves.

Designated funds

Designated funds represent the amounts set aside to write down the remaining net book value of fixed assets held against unrestricted funds.

Activities undertaken within each major restricted fund

The restricted funds of the charity have been applied during the year or are held for future expenditure in the following area:

Cwm Taf LHB (Provision of day services and resource centre)

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

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 see it is an important part of the charity's activities.

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.

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.

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.

Interlink - CTM Self-Harm Project

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

15. MOVEMENT IN FUNDS - continued

A collaborative approach with partners to support adults and their carers living with self-harm. The others 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 - Coronations 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.

RCTCBC Bereavement Support

Funding to develop and manage a peer support group for adults who have experienced bereavement

Lottery Analogue & Digital

In response to increased needs around mental health with the pandemic- to improve our Information and Signposting service and employ a Digital Officer to improve our digital services and support

Interlink - Self Harm Project

Working in partnership with Samaritans, Eye to Eye and mental health matters to develop and manage a support project for people experiencing issues around self harm including a peer support group and training

Interlink Winter pressures

Arts for well being-art workshops to support adults experiencing mental health issues around reducing isolation and increase levels of confidence

Postcode Lottery

Following the pandemic - to develop and manage a range of outdoor activities for adults experiencing mental issues to help improve mental health & well being

Bridgend CBC Small Grants Scheme

To provide Recovery College courses designed for ADHD management to help people awaiting diagnosis and/or support services, which represents a large group with unmet needs in the health system.

Interlink Warm Hub

To offer a warm space.

National Grid Warm Hub Project

To support adults experiencing mental health issues to help reduce isolation and increase levels of confidence.

Tesco Community Grant

To fund face to face meet ups in the summer including walks and other social activities.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

16. RELATED PARTY DISCLOSURES

Mrs Janet Whiteman, the charity director, is also a Trustee and Vice Chair ,representing New Horizons, on the Board of Interlink RCT. During the year the charity received £500 from Interlink for the Warm HUB Project.

At the 31st March 2023, there was an Interlink RCT trade debtor balance of £Nil (2022: £1,498).

17. CONTROL

The charity is controlled by its Board of Trustees.

18. GIFTS IN KIND

Volunteer time

The value of volunteer time is not quantified in terms of money but the time contributed by volunteers is an invaluable resource in terms of the outstanding contribution made by them. The number of hours contributed by volunteers in the year was 786 (2022: 762).

NEW HORIZONS MENTAL HEALTH CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,141	3,686
Grants	187,465	297,976
	<u>190,606</u>	<u>301,662</u>
Investment income		
Deposit account interest	340	43
	<u>190,946</u>	<u>301,705</u>
Total incoming resources		
	190,946	301,705
EXPENDITURE		
Charitable activities		
Wages	151,474	156,704
Social security	8,890	9,629
Pensions	3,100	3,277
Day service costs and support	94,503	83,791
	<u>257,967</u>	<u>253,401</u>
Support costs		
Governance costs		
Independent examination	2,580	2,580
Other accountancy services	4,156	7,037
	<u>6,736</u>	<u>9,617</u>
Total resources expended	264,703	263,018
Net (expenditure)/income	<u>(73,757)</u>	<u>38,687</u>

This page does not form part of the statutory financial statements