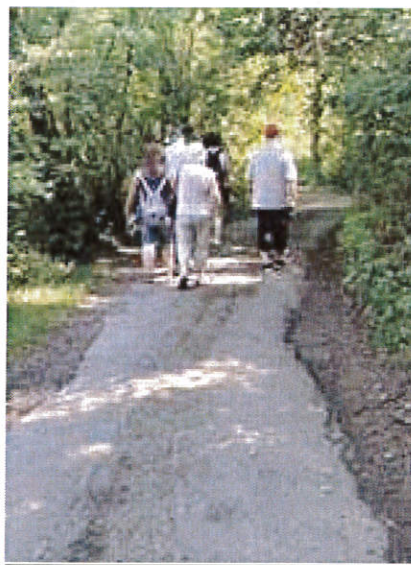




New Horizons Mental Health –CIO Annual Impact Report and Financial Statement 1st April 2023 – 31th March 2024

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 2023- 2024

INDEX

Page	Item
4	<i>Legal & administrative information</i>
5-6	<i>Chair's Report</i>
7	<i>Staffing</i>
8	<i>Patrons</i>
9	<i>Trustees' Report</i>
10	<i>Aims, objectives & activities</i>
11- 33	<i>Summary of achievements</i>
34- 35	<i>Fundraising- thankyou</i>
36	<i>Summary of Trustees responsibilities</i>
37	<i>Volunteers – Thank you</i>
38	<i>Acknowledgements for funding</i>

Enclosure

Independently examined accounts for the financial year ending 31st March 2024

LEGAL & ADMINISTRATIVE INFORMATION

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

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 2023 – March 2024

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths
- Brian Mitchell
- Kath Jones
- Karl Coomansingh
- Jayne Dyer (resigned October 2023)
- Marcus Longley
- Ieuan Riggs (appointed April 2024)

Bankers:

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

Independent Examiner:

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



2023/24 Chair's report – Phil Gillard

Hello and welcome to our Annual Report 2023-2024

During 2023-24 the charity continued to go from strength to strength with our biggest achievement during the year being the award of three year funding from the National Lottery to further develop our digital and information & signposting services plus additional, activities and progressing our diversity and inclusion work to ensure that our services are more culturally competent. We were also very pleased to be awarded the all Wales Diverse Cymru quality mark for Cultural Competency at the Silver Plus level in October – as a small local charity this is a great achievement.

We continued to offer services face to face and on line to support the delivery of Recovery College courses and activities to ensure that they could be accessed across the whole of Cwm Taf Morgannwg (from Bridgend to Merthyr Tydfil) and were more accessible in the cost of living crisis.

The Management Committee have been pleased that a number of the funding bids submitted by the Director and Business Development officer were successful- including the three year grant from the National Lottery People and Places 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 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.

We believe that this charity continues to play a vital role support in our local community to support adults experiencing mental health issues.

Phil Gillard, Chair



Adroddiad y Cadeirydd 2023/24 – Phil Gillard

Helô a chroeso i Adroddiad Blynnyddol 2023–2024

Yn ystod 2023–24, parhaodd yr elusen i fynd o nerth i nerth a'n cyflawniad mwyaf yn ystod y flwyddyn oedd derbyn cyllid tair blynedd gan y Loteri Genedlaethol. Bydd yr arian hwn yn ein helpu i ddatblygu ein gwasanaethau digidol a gwybodaeth a chyfeirio ymhellach ynghyd â gweithgareddau ychwanegol. Bydd hefyd yn datblygu ein gwaith ar amrywiaeth a chynhwysiant i sicrhau bod ein gwasanaethau yn fwy cymwys yn ddiwylliannol. Roeddem hefyd yn falch iawn o dderbyn marc ansawdd Cymru gyfan Diverse Cymru ar gyfer Cymhwysedd Diwylliannol ar lefel Arian Plws ym mis Hydref. Fel elusen leol fach, mae hyn yn dipyn o gamp.

Fe wnaethom barhau i gynnig gwasanaethau wyneb yn wyneb ac ar-lein i gefnogi'r gwaith o ddarparu cyrsiau a gweithgareddau'r Coleg Adfer i sicrhau bod modd eu cyrchu ledled holl ardal Cwm Taf Morgannwg (o Ben-y-bont ar Ogwr i Ferthyr Tudful) a'u bod yn fwy hygrych yng nghanol yr argyfwng costau byw.

Mae'r Pwyllgor Rheoli yn falch bod llawer o'r ceisiadau am arian a gyflwynwyd gan y Cyfarwyddwr a'r Swyddog Datblygu Busnes wedi bod yn llwyddiannus – gan gynnwys y grant tair blynedd gan raglen Pawb a'i Le y Loteri Genedlaethol sydd wedi ein helpu i symud yn nes at ein nod o amrywio ein ffrydiau ariannu. Er hyn, rydym yn parhau'n ddiolchgar iawn am gefnogaeth Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg am adnewyddu'r CLG. Diolch i bawb sydd wedi codi arian hefyd ar ran New Horizons yn ystod y cyfnod adolygu hwn.

Braf hefyd yn ystod y flwyddyn oedd croesawu aelod newydd i'r Pwyllgor Rheoli fel bod profiad ac arbenigedd y Pwyllgor yn parhau i gael eu cryfhau ymhellach.

Mae'r Ymddiriedolwyr yn dal i werthfawrogi cefnogaeth barhaus Sefydliad Banc Lloyds, yn enwedig y gefnogaeth a dderbyniwyd gan eu Rhaglen Volunteer Reach i recriwtio Ymddiriedolwyr newydd. Diolchwn hefyd am gefnogaeth barhaus Mathew Sturgess, ein mentor elusen yn Sefydliad Banc Lloyds.

Credwn fod yr elusen hon yn parhau i chwarae rhan hollbwysig yn ein cymuned leol i gefnogi oedolion sy'n profi problemau iechyd meddwl.

Phil Gillard, Cadeirydd

Staffing

April 2023- March 2024

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

New Horizons' Patrons

Ongoing thanks go to New Horizons' patrons - our founder member Delia Powell and Boyd Clack (actor and writer) and his partner Kirsten Jones 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."



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." Deli Powell

Trustees' report

The Trustees present their annual report and the financial statements for the year ended 31st March 2024

The trustees who served during the period were-

Trustees during the period April 2023 – March 2024

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths
- Brian Mitchell
- Kath Jones
- Karl Coomansingh
- Jayne Dyer (resigned October 2023)
- Marcus Longley (appointed March 2023)
- Ieuan Riggs (appointed April 2024)

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 Morgannwg or elsewhere for the benefit of persons who are ordinarily resident in this area".

During 2023-24 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
- Digital support and information
- 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

2023-2024 Achievements

- **Recovery College:** One hundred and twenty five enrolment forms were received for Recovery College courses 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 2023-24.
- **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 2023- March 2024 there is an ongoing need for New Horizons' services-

What did we achieve?

Recovery College

- 15 Recovery College courses were offered
- 125 Enrolment forms were received
- 214 Attendances on the courses
- 50 Learning accreditations awarded

Activities

- 448 Attendances for peer support
- 681 Attendances for soft skills eg music and art & craft

What was our impact?

Recovery College-outcomes

Warwick-Edinburgh well being assessment results 2023-2024

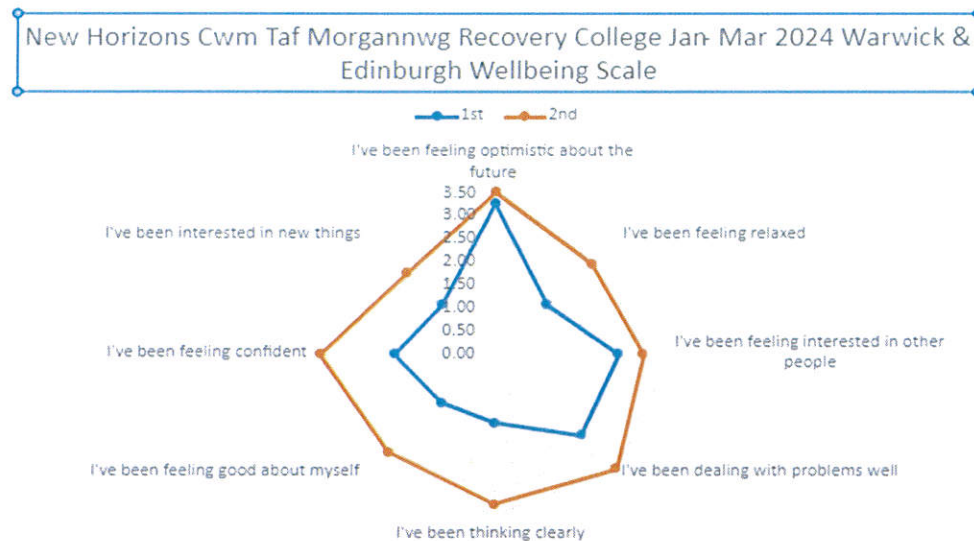
At the beginning and end of each of the courses students complete the Warwick - Edinburgh well being assessment tool. The results demonstrate for 2022-23 demonstrating the following progress

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	-5.26%	100%	16.67%	7.69%	119.61%
I've been feeling useful	-15.00%	0	n/a	N/A	N/A
I've been feeling relaxed	-15.79%	50%	55.56%	83.33%	173.10%
I've been feeling interested in other people	-15.00%	200%	18.18%	20%	223.18%
I've had energy to spare	-6.25%	0	n/a	N/A	N/A
I've been dealing with problems well	-25%	100%	44.44%	40%	159.44%
I've been thinking clearly	0.00%	50%	44.44%	116.67%	211.11%
I've been feeling good about myself	-11.11%	100%	42.86%	100%	231.75%
I've been feeling close to other people	-10.00%	100%	n/a	N/A	N/A
I've been feeling confident	-16.67%	100%	57.14%	75%	215.74%
I've been able to make up my own mind about things	-21.74%	100%	n/a	N/A	N/A
I've been feeling loved	-14.29%	100%	n/a	N/A	N/A
I've been interested in new things	5.56%	100%	16.67%	66.67%	188.90%
I've been feeling cheerful	-15.79%	200%	n/a	N/A	N/A

Please note the greatest % increases are in bold

During the year-a review of the number of questions asked as part of the Warwick-Edinburgh well being self assessments was reviewed and agreed to reduce to 7 from 14 in order to encourage more students to complete the forms at the start and end of the courses and activities- shown by N/A from quarter 3



Service delivery

Cwm Taf Morgannwg Recovery College

Throughout 2023-24 New Horizons offered 15 courses to meet increased demand. Courses were offered face to face and on line via Teams and students were supported to get used to using the technology with some even being loaned devices by partner organisations 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 involving students of the Recovery College and was 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 2023-24 New Horizons was funded by Bridgend CBC to offer Recovery College courses including a workshops on Attention Deficit Hyperactive Disorder and ND. 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.

Activities

Physical Health and Wellbeing



Physical Health & Wellbeing

**Invigorating!
A good game
with good
friends**



Registered Charity Number 153115



It's the reason I get up
on a Monday morning
and helps the week off
at a good start

**Healthy body,
healthy mind**



Quotes from participants

"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."

"Literally getting out and about meeting others Fresh air and generally interaction with others It's just so important to try and engage with other service users and maybe benefit other service user's"

"Being out in the fresh air among other participants and just being able to chill! In a word. And I thank the person/s responsible for making this all possible,!!"

"I was really uplifting just to be involved with people doing the activities. It got me out house on Monday morning. Something to look forward too over weekend when nothing happens."

"Physical wellbeing just means that, the greatness of this is that it was allowed to be extended and if outdoors was unpredictable then the activities were still allowed to go on in the pavilion I think we are all in agreement here the fact that activities could go on let's say inclement weather all attendees did gain benefit from these activities Well done to all concerned!!"

"Personally I thought it was a great idea but it was a pity that there wasn't more people attending Maybe a different day/time but on a personal basis I found it couldn't be better maybe the other participants have their own idea about time + place It's just a shame this activity has to come to an end!!"

"Please bring it back it was thoroughly enjoyable, gave me some physical activity which I was missing and helped lift my mood."

YOGA & RELAXATION



Yoga & Relaxation is about improving energy levels, strength and flexibility and relaxing your mind and body. The Service Users take part in chair yoga exercises.

Feedback from participants

"Enjoy Yoga very much. Not too strenuous and you are advised to do only what you're comfortable with. Both Steph and Helen are there on hand if we have any questions and are happy to help. It's a lovely relaxing group."

"The meditation was more than what I expected, made me feel so better in myself, felt very chill out and easy to follow, my mind has been all over the place, but that day my mind was clear and empty, have not felt like for years, was really happy will be attending again many thanks Andrea"

BEFRIENDING GROUP

Number of Attendances	274
Number of sessions	46
Number of different people	16
Male	7
Female	8

The Befriending group is an online group where people can chat and take a quiz. We regularly have guest speakers coming to the group, including the local councilor, a Local History Tutor, the Samaritans and Stagecoach.

Every month we also hold a Service User Meeting during the Befriending group for both and update Service Users about New Horizons Activities and courses, and for the Service Users to give feedback about the groups and guest speakers.

Feedback from participants

"I find the befriending group very good rewarding and I appreciate that it exists I would be lost without it .it is something I look forward to and very rewarding the only negative is there is not enough woman members attending the group I feel it would be balanced out a bit more if there were more women."

"The group is great for finding people to communicate with and interact with, which is massively helpful to someone like me that has trouble getting out of the house to meet people. Helen is great for keeping order and having a laugh with us all. I've made many friends on the befriending group and have had a lot of advice on topics such as my PIP review from Helen and Dean which has been a big help, unfortunately I have been unable to attend the face-to-face meetings because of my anxiety but I'd enjoy having one on a Thursday also. Very grateful to the team and I look forward to the meetings every week."

"Befriending group is good and allows opportunities for peer support and I enjoy the guest speakers"

"Befriending group is good and allows opportunities for peer support"

ARTS AND CRAFTS



Number of Attendances	195
Number of sessions	45
Number of different people	23
Male	8
Female	14

The Arts and Crafts group is a space for Service Users to be creative, whether that is working on their own projects or taking part in activities planned by the Activity Coordinator. The arts and craft group worked towards and held an art exhibition in Ynysangharad Memorial Park, Pontypridd, for Mental Health Awareness week. The Arts and Crafts group has also visited Cynon Valley Museum to see an exhibition of one of our Service Members.

Staff from the Welsh Ambulance service visited the group twice talking about the Welsh Ambulance service and NHS Direct and has given Practical Emergency First Aid demonstration to the group.

WALKING GROUP



Number of Attendances	179
Number of sessions	39
Number of different people	31
Male	15
Female	15

The Walking group is for service users who like to go outside for a walk and meet and chat to people and to get some fresh air and gentle exercise. The walking group went on a few trips during the year with TFW Confidence Travel Scheme including Barry Island, Cardiff Museum and Cynon Organic Adventures.

Feedback from participants-

"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"

"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."

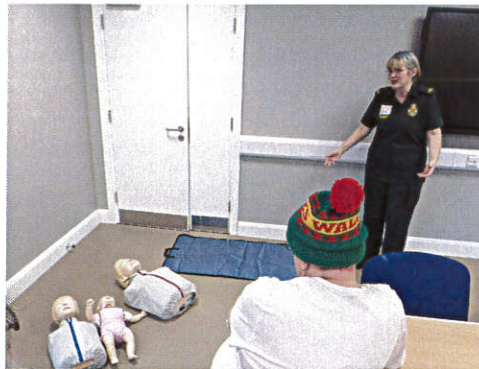
"The walks help reduce stress"

Cuppa & Natter



Number of Attendances	62
Number of sessions	14
Number of different people	16
Male	10
Female	5

The Cuppa and Natter is a group for Service Users who like to have cup of tea/coffee and chat. We have had several different organisations come along to the Cuppa and Natter including RCT Community Domestic Abuse Service. Isobel from Welsh Ambulance service have visited the group twice talking about the Welsh Ambulance service and NHS Direct and has given Practical Emergency First Aid demonstration to the group.



We also went through the engagement pack of both Welsh Government Suicide & Self-harm Prevention Strategy and Mental Health & Wellbeing Strategy with the Service Users at the Cuppa and Natter group and gave their feedback about the strategies.

Every month we also hold a Service User Meeting during the Cuppa and Natter group for both the walking group and Cuppa and Natter group. We update Service Users about New Horizons Activities and courses, and for the Service Users to give feedback about the groups and guest speakers.

Partnership project

Cwm Taf Morgannwg Self Harm support project

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 continues as an online peer support group – longer term funding is being sought for this project.



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.

Mens' on line peer support group

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. 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 participants-

"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.

National Lottery funding

New Horizons is very pleased to have been awarded £286,515 (3 year funding) by the National Lottery Community Fund in July 2023

New Horizons had previously received funding for 12 months during Covid from the Lottery to pilot new services including- Information & Signposting and Digital support. The evidence from this pilot demonstrated the need for these services to continue. We are pleased to confirm that New Horizons has been awarded People & Places funding for 3 years from the National Lottery to continue to offer both of these projects and to increase the activities that we offer and the work that we are doing around ensuring that our services are culturally competent.

An event to celebrate the funding award was held in August 2023



Quote from Phil Gillard, Chair of New Horizons

We are delighted to have received £286,515 (over 3 years) from the National Lottery Community Fund. This is an accumulation of a lot of hard work over a number of years. Thanks go to the staff team and to all who attended on the Day to join us in our celebrations of this amazing achievement".



The National Lottery Community Fund/ Cronfa Gymunedol y Loteri Genedlaethol

3 h · 🌐

Great news is just the icing on the cake. [New Horizons Mental Health](#) is celebrating £286,515 of [#NationalLottery](#) money.

New Horizons will continue to offer arts and outdoor activities to help disengaged minority ethnic people, men and young people to feel more a part of their community. We can't wait to see the amazing work that you'll do for your community.

Newyddion gwych i [New Horizons Mental Health](#) sy'n dathlu £286,515 o gyllid y [#LoteriGenedlaethol](#).

Bydd New Horizons yn parhau i gynnig gweithgareddau celfyddydol ac awyr agored i helpu pobl ethnig leiafrifol, dynion a phobl ifanc i deimlo'n rhan o'u cymuned. Edrychwn ymlaen at weld eich gwaith gwych yn y gymuned.

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 refresher 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 online 'Digital Stress Management' course.

Stats for stress management course 2023-2024

- Total number of views- 310
- YouTube views- 94 (30.33% of total views)
- Facebook views- 216 (69.67 % of total views)
- Of the views on YouTube 57.5% came from external websites and apps (such as our own website) and 42.5% came from or YouTube page
- Our most popular video was Lesson 1 'What is Stress?' which accounted for 103 views (33.23% of total views)
- The average view time of the videos was 1 minute and 33 seconds
- Of the views on YouTube-
 - 58.5% came from computers
 - 41.5% came from mobile phones
 - 100% of views came from Females
 - The age range was 35-44
 - 85.71% were on weekdays
 - 14.29% were on weekends

Facebook

Reach: 45,660 which is an increase from last year of 172.9%

Followers: 1857 which has grown by 237 from last year which is a 44.5% increase

We have had 987 views of our video content which is an increase of 28.7% and for a total of 4 hours and 3 minutes viewed which is an increase of 18.6%

Instagram (started in November 23)

Reach: 105

Followers: 75

Website

Session: 7212

Visitors: New 88% Returning 12%

Device Breakdown: Desktop 65% Tablet 2% Mobile 33%

Information & Signposting Project

The Lottery funded Information & Signposting Service was launched in June 2021 and we secured a further three year's funding from the Lottery in August 2023.

The project's purpose is 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 2023 and March 2024:

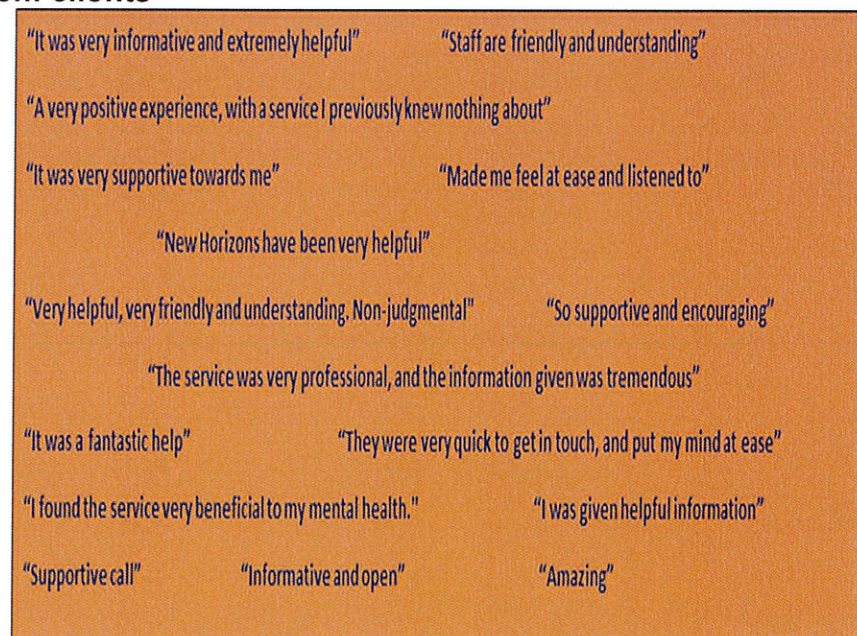
- We responded to 437 enquiries
- 287 client enquiries.
- 150 enquiries from organisations.
- We referred 76 clients to external services for additional support.
- We received 77 referrals from external agencies.

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 their service. In the Autumn of 2023, Citizens Advice invited us to work in closer partnership with them and offered us a grant of £10,000 towards this work.

We provided community information events in partnership with Citizens Advice, in Rhondda Cynon Taff, Merthyr Tydfil, and Bridgend.

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

Feedback from clients



Postcode Lottery- Stepping Forward project

Funding was received from the Postcode Lottery to offer a range of outdoor activities from 2021- 2023 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

Throughout the project we achieved a total of 229 attendances including 114 males and 85 females from the age of 26 upwards with the highest numbers being over 50. We collected the Warwick- Edinburgh data and most participants reported feeling more relaxed and feeling closer to other people.



Feedback from a participant

" It gets me out of the house and lets me get some fresh air and keep my fitness up without pressure"

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 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. The Oral History project is ongoing with members of the Creative Writing group undertaking training to interview members of New Horizons about the experiences with New Horizons.



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*



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 report - Steve Curry

We continue to receive fantastic support from our funder, Lloyds Bank Foundation (LBF) which includes continued, unrestricted funding to support our part-time Business Development role from June 2022 for two years.

LBF Has also offered New Horizons sessions where staff from across the UK business talk with us during a 3-hour session to generate ideas and tips for our work. LBF has extended this idea by developing a Skills Exchange programme for which NH had been selected to participate during Spring/Summer 2024 – this will have a focus on developing our marketing and communications skills.

Support from Cranfield Trust continued by way of a volunteer mentor helping us to develop a new Business Plan. This now provides an overarching framework document to guide us with annual or project plans, derived from it. The plan has already proven its value with our National Lottery Community Fund (TNLCF) grant from August 2023 to July 2026.

The Lottery Community Fund grant covers the three posts of Digital Officer, Information & Signposting Officer and Activities Coordinator, all for a three-year period.

Both our local research with service users, partners and communities as part of our TNLCF preparation as well as national and international research is telling us that the need for mental health support is exceptionally high, with our surveys showing that 87% of the people we spoke to having experienced a mental health issue themselves or via friends or family, and whereas Covid lockdowns had contributed to a greater acceptance and more help-seeking behaviours in general, not many people were using third sector services in this respect, which points us towards greater awareness-raising and closer partnership-working.

Our latest Theory of Change exercise in 2023 recognised New Horizons 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, amongst communities, funders and particularly our health board, CTM-UHB.

As a mental health support charity, New Horizons understands that it needs to reach and support more people who are in need, seeking to learn about mental health, support others in their family/community and create greater resilience in themselves and others.

To do so we will continue mapping and building relationships with the relevant agencies, groups and individuals and continue to improve our communications, both digital and analogue. We're now supported by a Lottery Community Fund grant to develop New Horizons' 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.

The National Lottery Community Fund also supports our Information & Signposting service to help NH client contacts and build connections with local organisations as well as following-up referrals and tracking service-user's journeys. Also, our Activities Co-ordinator who develops activities and opportunities can people start to use as tools to maintain, re-set and improve their mental wellbeing (MWB), building upon our work during the pandemic.

Finally, our Cultural Competency work will develop under this grant to ensure our services attract and work for ethnic and other minority groups, allowing us to reach out to communities of identity to deal with MH challenges that they are more likely to be confronted with.

Bridgend Council and ARC awarded funding in 2022 and 2023 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 and we hope for further funding to continue this work.

Two exciting new areas of work we are looking to develop include building on the Pen y Cymoedd (PyC) micro-grant awarded for research in three Heads of the Valleys target communities to explore outreach work to bring Recovery College courses into these locations, partnering with local community anchor organisations. We plan to develop a PyC Vision Fund bid for three years of Recovery College courses in these three areas and linking to our other new service venture, Virtual Reality (VR):-

New Horizons through a contact of the Business Development Officer, began to work with Tend-VR who have developed a mindfulness-based cognitive therapy course on a VR headset. We helped in a home-use trial study in 2023-24 which showed indications of high effectiveness in people with mild to moderate anxiety and depression. We are seeking health board approval and funding to develop this service in small peer support group format and available to loan for suitable, individual, service-users at NH's base, once they have been inducted in use of the equipment and programme.

New Horizons is very pleased to have support from a business mentor through the Lloyds Bank Foundation- Mathew Sturges

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 at the Silver Plus level in October 2023



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.

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 2023-2024 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 all of activities face to face since the 2020 lockdown we continued 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 2023-24 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 at the Silver Plus level in October 2023- as a small local charity this was a great achievement!





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 2024-25.

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"*

.....

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 Morgannwg 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 Morgannwg 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.



Fundraising in the community

Coalfields Regeneration Trust funding

In 2022 New Horizons was pleased to receive funding from CRT for a Volunteer fundraiser co-ordinator post for 12 months. 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 was also designed for the volunteers



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

- Tracy Thomas Deputy Director and her sister Melanie Salsbury did a Zip Wire fundraiser in May 2023 in memory of their late brother Mark who they lost to suicide in 1999.



- 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 School students



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 Morgannwg University Health Board. This agreement has recently been extended to run until 2025. 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,

Due to additional sources of income, our recognized income for the financial year increased from £190,946 to £273,316 and total expenditure during the financial year decreased from £264,703 to £254,130.

We recognized a surplus on funds during the year of £19,186.

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.

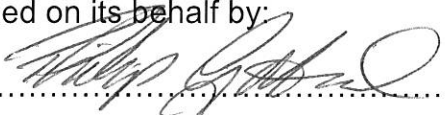
As at 31st March 2024, our free reserves amounted to £97,625, against a target of £127,065. Every effort will be made to secure additional funding in the upcoming year to increase the levels further.

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.

Approved by order of the board of trustees on 5th November 2024 and signed on its behalf by:


.....

P Gillard – Trustee and Chair



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 2023-March 2024

- Nigel Bennett
- Karl Coomansingh
- Jayne Dyer
- Phil Gillard
- Natalie Griffiths
- Andrea Hatch
- Amy Hiatt
- Sabine Ingeborg
- Kath Jones
- Marcus Longley
- David Loring
- Brian Mitchell
- Jan Pope
- Delia Powell
- Ieuan Riggs
- Kara Smith
- Melanie Salsbury
- Matt Sturgess
- James Swankie
- Craig Thomas
- Tracy Thomas

Acknowledgements for funding

Bridgend CBC

CA RCT, Bridgend and Merthyr

Coalfields Regeneration Trust

Community Foundation in Wales

Co-op Local Community Fund

Cwm Taf Morgannwg University Health Board

Heritage Lottery

Interlink RCT

National Lottery

Lloyds Bank Foundation

Maerdy Wind Farm

Penycymoedd windfarm

Postcode Lottery

Valleys Kids

VAMT

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 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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: 05/11/2024

NEW HORIZONS MENTAL HEALTH CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	27,647	244,063	271,710	190,606
Investment income	3	1,606	-	1,606	340
Total		<u>29,253</u>	<u>244,063</u>	<u>273,316</u>	<u>190,946</u>
EXPENDITURE ON					
Charitable activities	4				
Mental health support day services and projects		<u>15,579</u>	<u>238,551</u>	<u>254,130</u>	<u>264,703</u>
NET INCOME/(EXPENDITURE)		13,674	5,512	19,186	(73,757)
Transfers between funds	15	<u>5,206</u>	<u>(5,206)</u>	<u>-</u>	<u>-</u>
Net movement in funds		18,880	306	19,186	(73,757)
RECONCILIATION OF FUNDS					
Total funds brought forward		100,483	126,266	226,749	300,506
TOTAL FUNDS CARRIED FORWARD		<u><u>119,363</u></u>	<u><u>126,572</u></u>	<u><u>245,935</u></u>	<u><u>226,749</u></u>

The notes form part of these financial statements

NEW HORIZONS MENTAL HEALTH CENTRE

BALANCE SHEET
31 MARCH 2024

	Notes	2024 £	2023 £
CURRENT ASSETS			
Debtors	11	2,341	375
Cash at bank and in hand		274,998	251,736
		<u>277,339</u>	<u>252,111</u>
CREDITORS			
Amounts falling due within one year	12	(31,404)	(25,362)
		<u>245,935</u>	<u>226,749</u>
NET CURRENT ASSETS			
		<u>245,935</u>	<u>226,749</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		245,935	226,749
NET ASSETS		<u>245,935</u>	<u>226,749</u>
FUNDS	15		
Unrestricted funds		119,362	100,483
Restricted funds		126,573	126,266
TOTAL FUNDS		<u>245,935</u>	<u>226,749</u>

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

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

The trustees acknowledge their responsibilities for

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

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

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

5th November 2024



.....
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 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

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 exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

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.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued **FOR THE YEAR ENDED 31 MARCH 2024**

1. ACCOUNTING POLICIES - continued

Income

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.

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.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued **FOR THE YEAR ENDED 31 MARCH 2024**

1. ACCOUNTING POLICIES - continued

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.

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 has recently renewed its Service Level Agreement with New Horizons for the period to March 2025. Therefore the Trustees consider it appropriate to prepare the accounts on a going concern basis.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	2,644	3,141
Grants	269,066	187,465
	<u>271,710</u>	<u>190,606</u>

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

	2024	2023
	£	£
Cwm Taf Morgannwg University Health Board	166,981	156,079
Lloyds Bank Foundation	25,000	23,886
Valley Kids	6,000	-
Bridgend County Borough Council	1,563	5,000
Interlink - Warm HUB	-	500
National Grid - Warm HUB Project	-	500
Tesco - Community Fund	-	1,500
National Lottery Community Fund	64,470	-
Pen Y Cymoedd Wind Farm Community Fund	2,552	-
Voluntary Action Merthyr Tydfil	2,500	-
	<u>269,066</u>	<u>187,465</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>1,606</u>	<u>340</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Mental health support day services and projects	<u>247,590</u>	<u>6,540</u>	<u>254,130</u>

5. SUPPORT COSTS

	Governance costs £
Mental health support day services and projects	<u>6,540</u>

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

	2024 Mental health support day services and projects £	2023 Total activities £
Independent examination	2,340	2,580
Other accountancy services	<u>4,200</u>	<u>4,156</u>
	<u>6,540</u>	<u>6,736</u>

6. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Independent examination	2,340	2,580
Other accountancy services	<u>4,200</u>	<u>4,156</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

7. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

8. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	163,469	151,474
Social security costs	10,027	8,890
Other pension costs	3,444	3,100
	<hr/>	<hr/>
	176,940	163,464
	<hr/>	<hr/>

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

	2024	2023
Charitable activities	6	6
	<hr/>	<hr/>

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

Total key management remuneration amounted to £43,558 (2023: £41,671) 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	17,891	172,715	190,606
Investment income	340	-	340
	<hr/>	<hr/>	<hr/>
Total	18,231	172,715	190,946
	<hr/>	<hr/>	<hr/>
EXPENDITURE ON			
Charitable activities			
Mental health support day services and projects	3,734	260,969	264,703
	<hr/>	<hr/>	<hr/>
NET INCOME/(EXPENDITURE)	14,497	(88,254)	(73,757)
	<hr/>	<hr/>	<hr/>
RECONCILIATION OF FUNDS			
Total funds brought forward	85,987	214,519	300,506

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>100,484</u>	<u>126,265</u>	<u>226,749</u>

10. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2023 and 31 March 2024	<u>4,051</u>
DEPRECIATION	
At 1 April 2023 and 31 March 2024	<u>4,051</u>
NET BOOK VALUE	
At 31 March 2024	<u>-</u>
At 31 March 2023	<u>-</u>

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other debtors	<u>2,341</u>	<u>375</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Social security and other taxes	3,731	6,316
Pension creditor	711	973
Deferred income	20,559	12,500
Accrued expenses	6,403	5,573
	<u>31,404</u>	<u>25,362</u>

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:

	2024 £	2023 £
Opening balance	12,500	9,136
Movement in the year	8,059	3,364
Deferred income carried forward	<u>20,559</u>	<u>12,500</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR - continued

Deferred income analysed by project:	2024	2023
	£	£
Lloyds Foundation (unrestricted)	12,500	12,500
National Lottery Community Fund	8,059	-
	<hr/>	<hr/>
	20,559	12,500
	<hr/>	<hr/>

13. LEASING AGREEMENTS

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

	2024	2023
	£	£
Within one year	2,935	2,935
Between one and five years	5,870	8,806
	<hr/>	<hr/>
	8,805	11,741
	<hr/>	<hr/>

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	2024Total Funds £	2023Total Funds £
Fixed Assets	-	-	-	-
Net Current Assets	119,362	126,573	245,935	226,749
	<hr/>	<hr/>	<hr/>	<hr/>
	119,362	126,573	245,935	226,749
	<hr/>	<hr/>	<hr/>	<hr/>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

15. MOVEMENT IN FUNDS

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	89,311	3,108	5,206	97,625
Lloyds Foundation	11,172	11,370	-	22,542
RCT CAB	-	(805)	-	(805)
	<u>100,483</u>	<u>13,673</u>	<u>5,206</u>	<u>119,362</u>
Restricted funds				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	33,443	(21,973)	1,293	12,763
Interlink - CTM Self Harm Project	4,616	(4,616)	-	-
Mental Health Support Website	1,948	(709)	-	1,239
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	-	1,090
Heritage Lottery	4,653	(619)	-	4,034
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	642	362	194	1,198
Coalfields	3,260	(1,922)	-	1,338
Interlink - Winter Pressures	2,393	-	-	2,393
Postcode Lottery	7,721	(6,584)	(1,137)	-
Tesco Community Grant Fund	1,500	(1,344)	(156)	-
ADHD Cwm Taf Psycho Social Support for ND Patients	-	4,283	-	4,283
National Lottery Community Fund	-	32,283	(5,400)	26,883
Pen Y Cymoedd Wind Farm Community Fund	-	1,282	-	1,282
Valley Kids Dementia Fund	-	3,461	-	3,461
VAMT Loneliness and Isolation Fund	-	1,609	-	1,609
	<u>126,266</u>	<u>5,513</u>	<u>(5,206)</u>	<u>126,573</u>
TOTAL FUNDS	<u>226,749</u>	<u>19,186</u>	<u>-</u>	<u>245,935</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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	4,253	(1,145)	3,108
Lloyds Foundation	25,000	(13,630)	11,370
RCT CAB	-	(805)	(805)
	<hr/>	<hr/>	<hr/>
	29,253	(15,580)	13,673
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	158,421	(180,394)	(21,973)
Interlink - CTM Self Harm Project	-	(4,616)	(4,616)
Mental Health Support Website	-	(709)	(709)
Heritage Lottery	-	(619)	(619)
Bridgend Small Grants Scheme	1,562	(1,200)	362
Coalfields	-	(1,922)	(1,922)
Postcode Lottery	(1)	(6,583)	(6,584)
Tesco Community Grant Fund	-	(1,344)	(1,344)
ADHD Cwm Taf Psycho Social Support for ND Patients	8,561	(4,278)	4,283
National Lottery Community Fund	64,469	(32,186)	32,283
Pen Y Cymoedd Wind Farm Community Fund	2,551	(1,269)	1,282
Valley Kids Dementia Fund	6,000	(2,539)	3,461
VAMT Loneliness and Isolation Fund	2,500	(891)	1,609
	<hr/>	<hr/>	<hr/>
	244,063	(238,550)	5,513
TOTAL FUNDS	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	273,316	(254,130)	19,186

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

15. MOVEMENT IN FUNDS - continued

Comparatives for 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
	<hr/>	<hr/>	<hr/>
	85,987	14,496	100,483
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
	<hr/>	<hr/>	<hr/>
	214,519	(88,253)	126,266
TOTAL FUNDS	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	300,506	(73,757)	226,749

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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	3,481	(157)	3,324
Lloyds Foundation	14,750	(3,578)	11,172
	<hr/>	<hr/>	<hr/>
	18,231	(3,735)	14,496
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
	<hr/>	<hr/>	<hr/>
	172,715	(260,968)	(88,253)
	<hr/>	<hr/>	<hr/>
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 2024

15. MOVEMENT IN FUNDS - continued

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

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	85,987	6,432	5,206	97,625
Lloyds Foundation	-	22,542	-	22,542
RCT CAB	-	(805)	-	(805)
	<u>85,987</u>	<u>28,169</u>	<u>5,206</u>	<u>119,362</u>
Restricted funds				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	56,423	(44,953)	1,293	12,763
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	(9,318)	-	-
WCVA - Cultural Competency	11,323	(11,323)	-	-
Mental Health Support Website	2,508	(1,269)	-	1,239
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	-	1,090
Heritage Lottery	9,900	(5,866)	-	4,034
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	1,000	4	194	1,198
Coalfields	6,557	(5,219)	-	1,338
Interlink - Winter Pressures	2,688	(295)	-	2,393
Postcode Lottery	15,468	(14,331)	(1,137)	-
Tesco Community Grant Fund	-	156	(156)	-
ADHD Cwm Taf Psycho Social Support for ND Patients	-	4,283	-	4,283
National Lottery Community Fund	-	32,283	(5,400)	26,883
Pen Y Cymoedd Wind Farm Community Fund	-	1,282	-	1,282
Valley Kids Dementia Fund	-	3,461	-	3,461
VAMT Loneliness and Isolation Fund	-	1,609	-	1,609
	<u>214,519</u>	<u>(82,740)</u>	<u>(5,206)</u>	<u>126,573</u>
TOTAL FUNDS	<u>300,506</u>	<u>(54,571)</u>	<u>-</u>	<u>245,935</u>

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

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	7,734	(1,302)	6,432
Lloyds Foundation	39,750	(17,208)	22,542
RCT CAB	-	(805)	(805)
	<hr/>	<hr/>	<hr/>
	47,484	(19,315)	28,169
Restricted funds			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	314,501	(359,454)	(44,953)
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	-	(9,318)	(9,318)
WCVA - Cultural Competency	-	(11,323)	(11,323)
Mental Health Support Website	-	(1,269)	(1,269)
Heritage Lottery	-	(5,866)	(5,866)
Bridgend Small Grants Scheme	6,561	(6,557)	4
Coalfields	-	(5,219)	(5,219)
Interlink - Winter Pressures	-	(295)	(295)
Postcode Lottery	(1)	(14,330)	(14,331)
Interlink Warm HUB	500	(500)	-
National Grid Warm HUB Project	500	(500)	-
Tesco Community Grant Fund	1,500	(1,344)	156
ADHD Cwm Taf Psycho Social Support for ND Patients	8,561	(4,278)	4,283
National Lottery Community Fund	64,469	(32,186)	32,283
Pen Y Cymoedd Wind Farm Community Fund	2,551	(1,269)	1,282
Valley Kids Dementia Fund	6,000	(2,539)	3,461
VAMT Loneliness and Isolation Fund	2,500	(891)	1,609
	<hr/>	<hr/>	<hr/>
	416,778	(499,518)	(82,740)
TOTAL FUNDS	<hr/>	<hr/>	<hr/>
	464,262	(518,833)	(54,571)

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 2024**

15. MOVEMENT IN FUNDS - continued

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 Morgannwg UHB (Provision of day services and resource centre)

New Horizons is commissioned by Cwm Taf Morgannwg 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.

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.

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.

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

15. MOVEMENT IN FUNDS - continued

Funds - continued

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

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.

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 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.

Tesco Community Grant

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

ADHA Cwm Taf Psycho Social Support for ND Patients

New Horizons was commissioned by CTM UHB to offer a range of workshops to raise awareness of ADHD and Neuro Diversity across CTM

National Lottery Community Fund

Following a successful pilot project - the funding was awarded to further develop the Information and Signposting and Digital projects and to support the work around Diversity & Inclusion to ensure that our services are culturally competent and additional activities to meet the needs of our service users.

Pen Y Cymoedd Wind Farm Community Fund

To facilitate 3 workshops across RCT (in the Penycymoedd wind farm area) to understand in more detail the mental health & well being needs in the three communities and to gather evidence for a future funding bid

Valley Kids Dementia Fund

New Horizons was commissioned by Valleys Kids as partner with Bridgend Carers and the Gellideg Foundation to offer workshops for carers of people living with Dementia across CTM to help improve their mental health & well being

VAMT Loneliness and Isolation Fund

New Horizons facilitated a consultation exercise in Merthyr with partners to determine the interest in attending Recovery College courses and then offered two bespoke Recovery College courses for adults living in Merthyr Tydfil - Managing Anxiety and mental Health & Well being

NEW HORIZONS MENTAL HEALTH CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. RELATED PARTY DISCLOSURES

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

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 158 (2023: 786).

NEW HORIZONS MENTAL HEALTH CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,644	3,141
Grants	269,066	187,465
	<hr/>	<hr/>
	271,710	190,606
Investment income		
Deposit account interest	1,606	340
	<hr/>	<hr/>
Total incoming resources	273,316	190,946
 EXPENDITURE		
Charitable activities		
Wages	163,469	151,474
Social security	10,027	8,890
Pensions	3,444	3,100
Day service costs and support	70,650	94,503
	<hr/>	<hr/>
	247,590	257,967
 Support costs		
Governance costs		
Independent examination	2,340	2,580
Other accountancy services	4,200	4,156
	<hr/>	<hr/>
	6,540	6,736
 Total resources expended	<hr/>	<hr/>
	254,130	264,703
 Net income/(expenditure)	<hr/>	<hr/>
	19,186	(73,757)
	<hr/>	<hr/>

This page does not form part of the statutory financial statements