



# **New Horizons Mental Health –CIO Annual Impact Report and Financial Statement 1<sup>st</sup> April 2024 – 31<sup>th</sup> March 2025**

*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 2024- 2025**

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#### **Enclosure**

Independently examined accounts for the financial year ending 31<sup>st</sup> March 2025

## **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](mailto:newhorizons2001@btconnect.com)

[www.newhorizons-mentalhealth.org.uk](http://www.newhorizons-mentalhealth.org.uk)

[www.mentalhealthsupport.co.uk](http://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 2024 – March 2025**

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths
- Brian Mitchell
- Kath Jones (resigned November 2024)
- Karl Coomansingh
- Marcus Longley
- Ieuan Riggs

### **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



## **2024/5 Chair's report – Phil Gillard**

Hello and welcome to our Annual Report 2024/5. During the year New Horizons continued to successfully offer a wide range of courses as part of the Cwm Taf Morgannwg Recovery College across Bridgend, RCT and Merthyr both on line and face to face.

We were pleased that there were 318 enrolment forms received and 114 students received accreditations. We also continued to offer the on-line Stress Management course that can be accessed 24/7. It was great to hear feedback from students including one student stating that *"On my first visit I felt ill, talking things through with tutors and other students has made an amazing difference over the six weeks"*.

New Horizons also continued to offer a range of peer support groups (including Self Harm, a peer support group for men and the Befriending group) and soft skills groups including art & craft, Creative Writing/Oral History and the walking group.

We were also pleased in January 2025 to launch the Oral History publication as produced by students from the Creative Writing Course and funded by the Heritage Lottery.

2024/2025 also saw the Digital, Information & Signposting and Diversity & Inclusion projects continue- funded through the National Lottery grant. During the twelve month period we received 465 enquiries for Information & Signposting. During the year New Horizons was pleased to learn that the new VR mindfulness and Stress Control project was accepted as a national Bevan Commission Bevan Exemplar project and will be showcased at the Senedd in early 2026.

The Management Committee were pleased that a number of funding bids submitted by the Director, Deputy Director and Business Development officer were successful- including funding being confirmed from Penycymoedd wind farm for the VR project 2025-26. This 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.

Trustees continue to appreciate the continued support of Lloyds Bank Foundation. Especially the support received from their Volunteer Reach Programme to recruit new Trustees

We are excited about the future and the celebration in 2025 of the 10 year anniversary of New Horizons delivering the CTM Recovery College.

**Phil Gillard, Chair** 2<sup>nd</sup> December 2025

## **Staffing**

**April 2024- March 2025**

- 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 (resigned January 2025)
- Ashleigh Jones Cultural Diversity & Inclusion Officer (July 2024)



### **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 30<sup>th</sup> anniversary event*

### **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 31<sup>st</sup> March 2025

The trustees who served during the period were-

### **Trustees during the period April 2024 – March 2025**

- Phil Gillard (Chair)
- Nigel Bennett (Vice Chair)
- Natalie Griffiths
- Brian Mitchell
- Kath Jones (resigned Nov 2024)
- Karl Coomansingh
- Marcus Longley
- Ieuan Riggs

### **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 2024-25 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](mailto:info@newhorizons-mentalhealth.co.uk)

## 2024-2025 Achievements

- **Recovery College:** 30 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. A 10 year celebration of delivering the Recovery College is planned for June 2025.
- **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/Oral History 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 2024- March 2025 there is an ongoing need for New Horizons' services-

### What did we achieve?

#### Recovery College

- 30 Recovery College courses were offered
- 318 Enrolment forms were received
- 436 Attendances on the courses
- 114 Learning accreditations awarded

#### Activities

- 638 Attendances for peer support
- 488 Attendances for soft skills eg music and art & craft



## What was our impact?

### Recovery College-outcomes

#### Warwick-Edinburgh well being assessment results 2024-2025

At the beginning and end of each of the courses students complete the Warwick - Edinburgh well being assessment tool. The results demonstrate for 2024-25 demonstrating the following progress

#### *Are we making a difference / who is benefiting?*

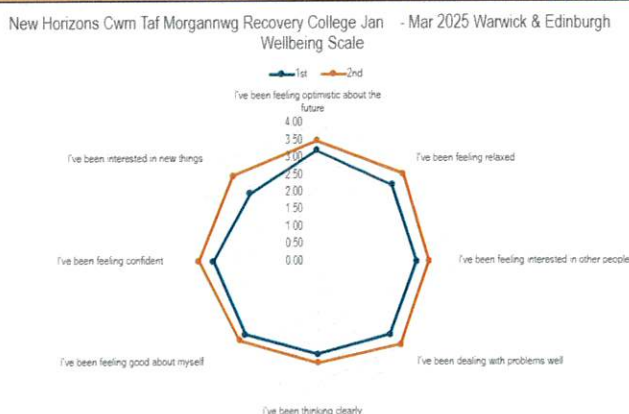
Objective	% Qtr 1	% Qtr 2	% Qtr 3 *	% Qtr 4	Total %
I've been feeling optimistic about the future	17.54%	16.67%	21.74%	8.11%	64.06 %
I've been feeling relaxed	14.04%	12%	<b>39.53%</b>	13.89%	79.46%
I've been feeling interested in other people	24.07%	8.70%	27.91%	11.94%	72.61%
I've been dealing with problems well	30.19%	15.38%	15.69%	14.49%	75.75%
I've been thinking clearly	22.00%	19.05%	23.81%	9.68%	74.54%
I've been feeling good about myself	<b>34.00%</b>	<b>22.73%</b>	66.67%	8.70%	<b>132.10%</b>
I've been feeling confident	21.15%	13.64%	27.66%	14.29%	76.74%
I've been interested in new things	28.85%	19.05%	27.27%	<b>25%</b>	99.82%

**Please note the greatest % increases are in bold**

#### Summary

The highest reported outcome for the year from the Recovery College students was "I have been feeling good about myself"

#### An example of the outcomes recorded from January- March 2025



## Service delivery

### Cwm Taf Morgannwg Recovery College

Throughout 2024-25 New Horizons offered 30 courses to meet increased demand. Courses were offered on line and face to face 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-*

- ADHD awareness
- Anger Management
- Assertiveness Skills
- Confidence Building
- Emotional Intelligence/Coping Skills
- Learning to Live your life well with Depression
- Managing Anxiety
- Mental Health & Wellbeing
- Resilience Skills
- Stress Management

#### ***Feedback from some of the Recovery College students-***

- ***Not really long enough***
- ***Very good tuition, friendly, on and fun***
- ***I was amazing and loved the support***
- ***I got a lot out of the course, and I am hopeful that what I have learned is beneficial to me going forward.***
- ***Having somewhere to be and with friendly people has given me a good start to the day, a non-judgmental place***
- ***Very insightful and informative, I know more now about different resources and where to turn.***
- ***On first visit I felt really ill, talking things through with tutors and other people has made an amazing difference over the six weeks***
- ***Hearing other people's stories made me feel that I am not alone, I feel more confident in tackling my anxiety. Even though I had a long way to go but it helped me start.***
- ***It's helped me to understand anxiety better and helped me to manage it better.***

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.



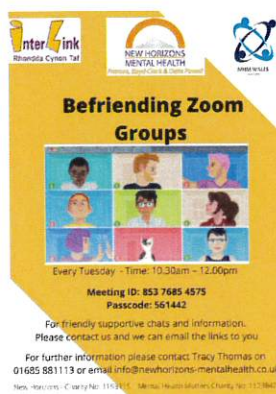
## Other projects;

- Pen y Cymoedd Micro grant gave us the opportunity to hold consultations in Treherbert, Maerdy and Penywaun to help gain evidence of need for New Horizons to apply to the Vision fund to expand RC innovation.
- Rif Dementia Fund – in partnership with Valleys Kids, Bridgend Carers and Gelli Deg Foundation – New Horizons offered wellbeing workshops for carers of those living with dementia (workshops included stress/anxiety, relaxation techniques and Gong Baths)
- CTM UHB – funding was granted to support adults who had recently been diagnosed or awaiting diagnosis of ADHD and/or Autism. New Horizons offered workshops and courses, this proved to be high in demand and is still generating much interest and need/demand for support. Many have struggled for years with anxiety and depression as a result of waiting assessment and little to no support.

## Activities

### 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.





### **Walking Group**

During the year there were 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. The majority of attendees during the year were men (75%) and this has helped to address the gap in services being accessed.



### **Cuppa and Natter group**

An extension of our Walking group, the Cuppa and Natter sessions provided a relaxed and welcoming space for service users to engage with one another and with external organisations. The sessions helped people to build their confidence and expand their knowledge and connections. Guest speakers from various organisations has given service users valuable information and practical skills, with topics such as travel confidence, emergency first aid, and domestic abuse services covered.

### **Soft skills**

#### **Art & Craft – Arts for well-being and Creative Writing**

A weekly face to face art & craft group is offered in the Aberdare resource centre





*The launch of the new Oral History project publication by members of the creative writing group (January 2025)*

### **Cwm Taf Morgannwg Self Harm support partnership 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.

## National Lottery funding

New Horizons was very pleased to be awarded three year funding from the National Lottery from August 2023 for 3 years.

### **The Information & Signposting Project April 2024 – March 2025**

#### **Summary**

The Information & Signposting service was initially funded by the National Lottery Community Fund for twelve months from 2021 - 2022. We were successful in securing a further three years' funding from the National Lottery, extending the project until 2026.

The purpose of the project is 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 other agencies across the sector and fostering a two-way means of client referral, to 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 or on-going issues with a range of presenting needs.

In the period April 2024 – March 2025 we have responded to 465 enquiries. Since the project's inception in mid 2021, by the end of March 2025 we had received and responded to 1,776 enquiries in total.

**Since the project's inception** in mid 2021, by the end of March 2025 we had received and responded to **1,776 enquiries in total.**

	2021	2022	2023	2024
January	0	39	48	56
Feb.	0	38	37	44
March	0	59	43	57
April	0	46	28	31
May	7	47	47	41
June	17	36	48	23
July	20	65	24	56
August	60	30	41	32
Sept.	41	40	38	38
Oct.	36	37	37	49
Nov.	42	36	34	54
Dec.	36	18	28	34
<b>Total for Years</b>	<b>259</b>	<b>491</b>	<b>453</b>	<b>466</b>

*How we involved people*



We are a client-centred service, and it is led by the needs of clients. We have invited clients to participate in surveys to enable us to better understand their experience of using the service and to hear of any suggestions they may have for future improvement.

We have worked in closer partnership with Citizens Advice. In September 2024, we started offering in-person advice sessions every Tuesday morning at our offices in Aberdare. The officer also has access to their internal secure online referral platform so that clients can be fast tracked to their service across Cwm Taff Morganwg. The officer liaises with Citizens Advice workers to ensure that specific client needs are met.

There are 475 agency contacts currently on our mailing list. They regularly receive news on new courses and other new initiatives being offered by New Horizons or by other external agencies.

Similarly, we feature as a contact with many external agencies and regularly receive news on services in the wider community so that we can share with clients. There is a continuous sharing of information across the sector, to foster a joined-up approach to the benefit of clients.

#### Differences the project has made

In the period April 2024 – March 2025 we have responded to 465 enquiries.

Since the project's inception in mid 2021, by the end of March 2025 we had received and responded to 1,776 enquiries in total.

In the period between April 2024 – March 2025

92 Referrals have been received into our service and we have made 94 referrals to external agencies. By the end of March, the project had a contact list of 1,327 individuals. This number includes clients and agency contacts, with a higher percentage being clients.

- 64% clients
- 36% contacts at other agencies
- For those newly accessing the Information & Signposting Service online:
  - 58% asked to be added to the mailing list
  - 15% did not wish to be added
  - 26% were not sure

Some clients elect to be added at a later stage.

Agency contacts move on to new jobs and drop off the list.

The list is therefore continuously fluctuating.

Contacts regularly receive information on our courses and activities, as well as other new appropriate services offered by partner agencies and those in the wider community.



**Feedback received from clients:**

*Very understanding. Listen well and have a very helpful attitude*

*Excellent communication.*

*Somebody to talk to*

*I had somebody listen to me*

*It exceeded my expectations.*

*Very helpful*

*Talking to somebody does help, and the people who work here do have time to listen.*

*It was very informative and extremely helpful*

*A very positive experience with a service that I previously knew nothing about.*

*Made me feel at ease and listened too*

*The service was very professional, and the information given was tremendous.*

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

*It was a fantastic help.*

*So supportive and Encouraging*

*Really informative and very helpful.*

*I found the service very beneficial to my mental health.*

*Very helpful and supportive*

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

*Supportive call.*

*Extremely helpful*

*Informative and open*

*Refreshing and so much appreciated*

*Useful and easier than others*

*Extremely supportive and friendly service*

*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 felt I wasn't alone and was supported*

*I have had kind and informed guidance*

*I found the assistance I received to be extremely reassuring and beneficial*

*I don't feel so alone now. They understand and give many options of all services to contact. Lifesavers really.*

*The officer "contacted me and amongst other things she referred me to Mind Advocacy".*

*It has been a miracle; I was so lost and overwhelmed and now better support is in place with Trivallis. Which has made such a tremendous difference to wellbeing."*

**What we have learnt**

While we promote self-help, and it is our intention to empower clients by providing the information to equip them to access appropriate services for themselves, we have found that a smaller number of clients do require on-going support, and we have tried to work with them on a longer-term basis where possible. This may be due to complexity with on-going issues, or when there are a range of presenting needs.

Additionally, clients who have used our service in the past often contact us again at a later stage with new enquiries and requests for help with new matters. This demonstrates that we are considered a trusted service



Initially identified through exchanges between clients and the Information & Signposting Officer, and pursued through surveys or other data, we have identified:

A need for a women's only group within New Horizons. A large percentage of clients are referred to us through domestic abuse services. Although not exclusively women, they do not feel comfortable in mixed groups due to their history. Out of 848 clients using the service, 70% identified as female. A need for a women's only group. A high percentage of clients are referred to us by the domestic abuse service. Although not exclusively women, they do not feel comfortable in mixed groups due to their history.

We receive regular enquiries from clients who are diagnosed later in life with autism and ADHD. As a result, we have provided courses and workshops and a peer support group.

#### *Neurodiversity*

We receive regular enquiries from clients who are being diagnosed later in life as neurodiverse, with Autism or ADHD. Others are waiting to be assessed. As a result, we have provided courses and workshops on this subject and offered a peer support group in the autumn of 2024. Out of a sample of 455 clients contacting the IS service, 8% identified as being neurodiverse. When we offered the online neurodiverse peer support group, we received requests from 95 applicants in a six-month period.

#### *Many clients are in full-time employment*

Many of the clients that contact us are working and cannot easily access daytime services. We currently have limited capacity to provide services in the evening or on weekends. However, we have provided some courses in the evening, and the Information & Signposting Officer has extended their working day to provide early evening appointments for clients.

#### *One-to-one support*

We receive regular enquiries requesting one-to-one support. With the highest number of requests focused on counselling or befriending services. The information & Signposting service is currently our only method of providing one-to-one support. Most of our services are group focused. There also appears to be limited capacity for one-to-one support in the wider community. This limits what we are able to signpost or refer to.

#### *Younger clients*

Younger clients may not necessarily engage with more traditional services.

Out of a sample of 455 clients contacting the IS service, 105 were between the ages of 18 – 30 = 23%. We are about to launch our new VR project in the hope of engaging younger clients.

We continue to monitor trends and requests through the Information & Signposting Service and will be informed by and influenced by that. The officer has regular opportunities to give feedback to the management team.

Despite promoting the service to diverse groups, being part of the Diverse Cymru Cultural Competency Scheme, and having a part-time cultural competency officer, only around 1% of clients identified as non-white British.

Many of the clients that contact us are working and cannot easily access daytime services. We currently have limited capacity to provide services in the evening or on weekends. However, we have provided some courses in the evening, and the Information & Signposting Officer has extended their working day to provide early evening appointments for clients.

There are regular enquiries requesting one-to-one support, such as counselling, the provision of a support worker, or befriending services. The information & Signposting service is currently our only method of providing one-to-one support. Most of our services are group focused. There also appears to be limited capacity for one-to-one support in the wider community and therefore not easily signposted or referred to. This is possibly something we could explore; however, this is dependent on funding and future capacity.

### *Conclusions*

We continue to receive enquiries and referrals weekly, and we anticipate further demand as more people become aware of the service. Demonstrating a clear need. Clients and agency contacts return, demonstrating trust in the service.

We continue to receive enquiries and referrals on a daily and weekly basis, demonstrating that the project is now well established, known, and needed

### **The story of the Digital project this year**

At the start the focus was reorganising our website layout to maximise views for the Digital Stress Management Course we'd put online, building a page specifically for the course and a link on the top menu means it can be reached from anywhere on the website.

Expanding our social media presence, opening an Instagram account which reaches an average of 105 people per post. The idea was to maximise the number of people we reach and increase the 18–25-year-olds we reach. We chose a channel whose largest user-base is this age group.

We also developed a basic computing skills course, covering subjects such as online safety, setting up an email address, using video call software, online shopping and general support with using smart devices. We ran the course for four weeks at Hwb Cana, helping people get online safely and keep in touch with family and friends who live far away. Recent surveys have shown that people between 17 and 25 years are really struggling with mental wellbeing, but also were 3 times more likely to be unable to afford to take part in suitable support activities.

As the year went on, we adapted our social media strategy from just posting service adverts to posting content that asks questions. This we hoped would improve interaction as well as provide information and help people enrol on our courses or join our groups.

This year, the focus of the Digital Project has also been on maintaining our website and social media presence. We've worked to ensure our platforms are up to date, accessible, and continue to reflect the values and services we provide to the community. Regular updates, new content, and engagement with our audience have helped keep our digital presence active and informative.

#### *How you've involved people from your community in the work we do*

We've continued to share stories, group updates, and resources through our digital platforms. This helps ensure service users and the wider community stay informed about the opportunities available. We've also encouraged feedback and engagement through comments, shares, and messages, creating a more responsive and community-driven online presence.

#### *The differences we are making*

By keeping our digital channels current and relevant, we've maintained a vital link with existing and potential service users. Our website has continued to serve as a central hub for course signups and information, while our social media presence provides updates, encouragement, and a space for connection, particularly for those unable to attend in person.

#### *What we've learned*

Maintaining a meaningful digital presence requires regular attention and adaptation. We've learned that the timing and tone of posts matter significantly when trying to reach and retain audiences, and that visual content performs best across platforms.

#### *How we are changing what we do*

This year, we made the decision to leave Twitter as the platform no longer aligns with our message or values. In its place, we've expanded on other platforms and opened a Bluesky account, which has allowed us to connect with a fresh and thoughtful audience. We continue to monitor emerging platforms and are excited by the opportunities they present to connect with our audience in new and meaningful ways, while staying true to our values.

#### *VR project 2025-2026*

The next step for the Digital project for 2025-26 is the development and delivery of a Recovery College course using VR headsets. New Horizons' data showed that the majority of our Recovery College students are women and aged 40+ therefore we have been looking at ways of engaging more men and younger people in the Recovery College. In order to try and address this gap- from June 2025 we will be working in the community to offer the use of VR headsets to deliver Recovery College courses in particular to men and young people (18-25). Working in partnership with Tend VR we will be monitoring and evaluating the project. We are really pleased that this project has been chosen as a Bevan Commission/Bevan Exemplar project- see link below- <https://bevancommission.org/the-future-of-mental-health-virtual-reality/>

## Men's Project

The aim of the Men's Project remains to provide a no-pressure, safe space for men to talk freely, offer peer support, invite guest speakers on topics chosen by members, and share their own knowledge or skills. This year, the group placed particular emphasis on supporting and maintaining physical health—an area group members identified as important to their overall wellbeing.

We explored ways to integrate physical activity into daily routines, shared personal goals around fitness and diet, and had regular discussions around motivation and accountability. Group members talked about routines, challenges, and small wins—such as walking more, cooking healthier meals, or restarting an old sport.

### *The differences we are making*

As in previous years, discussions covered topics such as mental and physical health, life's challenges, hobbies and interests, and current events. However, by highlighting physical health as a central theme, the group has encouraged members to take more active steps toward improving their overall wellbeing. For example:

- One member set up a home gym and now works out regularly, reporting improvements in energy and mood.
- Two members have made healthy changes to their diets, leading to weight loss and better focus during the day.
- One member began a regular walking routine, reporting improvements in sleep and mood.

This ongoing encouragement has helped reduce feelings of isolation and given members new tools to manage stress and low mood. All members report a greater sense of connection and confidence, and many share that they now view the group as a dependable part of their support network.

The group continues to meet regularly with consistent attendance of 3–4 participants per session. A volunteer supports and co-facilitates the group, sharing lived experience and moderating discussions.

### *How we have involved people from your community in the work you do*

We continued to promote the group widely through social media, our website, posters, and direct engagement at outreach events. Special effort was made to reach diverse communities, and to speak directly with men at risk of isolation or disengagement.

### *What we have learned*

By introducing physical health as a practical and relatable topic, members became more open to sharing their mental health challenges as well. We've learned that focusing on accessible goals—like “moving more” or “eating better”—helps build confidence and often leads naturally into deeper conversations around emotional wellbeing.

## *How we are changing what you do*

The group remains user-led, with members regularly shaping its direction. While some sessions used to feature guest speakers, the group has expressed a preference for informal conversation, peer-led advice, and mutual support. As a result, the format remains relaxed and conversational, with topics emerging organically based on members' needs and interests.

### **Quotes from the Men's Group**

***"It's really helped me get back on track—I've been walking again, eating better, and feeling better."***

***"It's just so relaxed here, it really lifts my mood every time."***

***"Talking about exercise and food might sound simple, but it's helped me understand my stress better."***

***"Being here gives me a bit of structure and encouragement. I don't feel so stuck."***

### **Cultural Competency**

The funding from the National Lottery also enables New Horizons to employ a Diversity and Inclusion Officer to lead on our work around making our services more culturally competent.

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 2024-2025 New Horizons made various changes that have enabled us to show our commitment providing an inclusive accessible service. Including the recruitment of a Diversity & Inclusion 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; 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. During 2024-25 we continued to identify ways to include Black Asian & Minority Ethnic people and communities throughout the organisation and our activities.

### **Cultural Diversity & Inclusion Officer timeline-**

July 1<sup>st</sup> 2024 – Started role with New Horizons

July 2024 – Met with staff at New Horizons to start understanding the charity, the roles & responsibilities.

July 2024 – First Quality & Monitoring Subgroup Committee Meeting Attended. New Horizons hold these meets every quarter to report on the work we have been undertaking. Notes are taken and shared with staff/volunteers/trustees involved after each meet.

August 2024 – Continued Meeting with colleagues to understand the roles and projects.

September 2024 – First staff meeting attended.

October 22<sup>nd</sup> 2024 – Attended Anti-Racist Wales Conference in Cardiff

October 23<sup>rd</sup> 2024 – Attended Diverse Cymru's Annual Conference in Cardiff.

November 2024 – Attended Welsh Government's first ArWAP Event in Merthyr Tydfil.

January 2025 – Joined Cwmpas' Online Misogyny Steering Group (ongoing)

February 2025

3<sup>rd</sup> & 4<sup>th</sup> – Race Equality Week Online Events joined.

### **Organisations Networked & linked with:**

- Diverse Cymru
- Welsh Government Anti-Racist Wales Action Plan Team
- BAVO
- Interlink
- VAMT
- Cwm Taf Morgannwg University Health Board (CTM UHB) Race Equality Network
- CTM Regional Partnership Board – All Wales Dementia Action Plan
- CTM UHB – Development Team
- CTM Regional Partnership Board – Children's Board
- Bridgend County Borough Council – Equalities Team
- Merthyr Tydfil Council – Community Cohesion Team
- Race Equality Matters
- Rhondda Cynon Taf County Borough Council (RCTCBC) - Community Safety Team
- RCTCBC – Resettlement Programme Team
- Barnardos
- All Wales People First
- Merthyr Tydfil Caffi Soar
- Merthyr Malayali Cultural Association
- Y Plant Affricaidd
- Coleg y Cymoedd

## **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 - Steve Curry**

We continue to receive fantastic support from our funder, Lloyds Bank Foundation (LBF). LBF has 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 was selected to participate during Spring/Summer 2024 – focussing on developing our marketing and communications skills.

Support from the **Cranfield Trust** continued by way of a volunteer mentor helping us to develop a Business Plan providing an overarching framework document to guide us with annual or project plans.

This has proven its value with our National Lottery Community Fund (TNLCF) application and 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.



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 widely attended Theory of Change exercise in 2023 recognised NH 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. Supported by a National Lottery Community Fund grant 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.

TNLCF supports our Information & Signposting service to help NH client contacts build connections with local organisations as well as following-up referrals and tracking service-user's journeys. 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 the MH challenges that they are, on average, more likely to be confronted with.

Building on the **Pen y Cymoedd Community Fund** micro-grant awarded for research in three Heads of the Valleys target communities to explore outreach work to bring Recovery College courses to these locations by partnering with local community anchor organisations, New Horizons has also developed a project idea to work with Tend-VR who developed a unique mindfulness-based cognitive therapy (MBCT) course delivered on a VR headset. A home-use trial study showed indications of effectiveness in people with mild to moderate anxiety and depression.



Cronfa Gymunedol Fferm Wynt  
**PEN Y CYMOEDD**  
Wind Farm Community Fund CIC

We have now secured a years' funding, from **Pen y Cymoedd Community Fund**, to develop this service in peer support group format and also available to loan for home use from our project locations once clients are inducted in use of the equipment and the MBCT programme.

**Co-op Local Community Fund** – through the Co-op grocery store chain, our organisation received approximately £2,00 via the Co-op Local Community Fund in November 2024, supporting our core work.



Thanks to all Coop members.

## 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 Silver Plus in October 2023



### **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"*



### **Mindful Employer**

New Horizons was awarded the quality mark as a Mindful Employer in 2024 following the biannual review. The quality mark is open to all employers recognises those employers who are committed to supporting the mental health of their staff - no matter how far along they may be in that journey - and it is about helping employers to adapt the best and most up-to-date clinical practice to achieve this goal.





**The Disability Confident scheme** is a UK government initiative designed to encourage employers to recruit, retain, and develop disabled people and those with health conditions. New Horizons has achieved L1 to date

### Working in the community



Staff and volunteers promoted the services of New Horizons in the community through various events with over 14 attended during this period.

There was staff participation in various forums/networks covering CTM area – over 15 covering various mental health, wellbeing, neurodiverse and community issues. Ensuring New Horizons voices the needs/concerns of those in our communities receive the support they much need, to help them live their lives well.

Fundraising – Treorchy Comprehensive School once again chose New Horizons as a charity and were successful in the First Give Project – resulting in New Horizons receiving £1000 for the new VR project.

St John Baptist High School holds memorial assemblies during the week of Holocaust Memorial Day in January, inviting New Horizons with the Chair and Staff member attending which is a privilege and honour to be part of each year



## **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 across Cwm Taf Morgannwg with the following organisations:

- Adult Learning Wales
- BAVO
- BAROD
- Bevan Commission
- Bridgend County Borough Council
- CAB
- Community Mental Health Team
- Crisis Team
- Cwm Taf Morgannwg Mind
- Cwm Taf Morgannwg UHB
- Diabetes Peer support
- Diverse Cymru
- Eye to Eye
- Gellideg Community Foundation
- Interlink
- Job Centres
- Mental Health Matters Wales
- Platform
- Primary Care
- RHA
- Samaritans
- Spectacle Theatre
- Tend VR
- Valleys Kids
- Valleys Steps
- VAMT
- 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 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](http://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**

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

### **Treorchy comprehensive students**

Students once again chose New Horizons as a charity and were successful in the First Give Project – resulting in New Horizons receiving £1000 which we will use to support our new VR project.



### **Kelly Hek and family**



On the 28th of October 2024 Kelly and her brother and sister took on the challenge of climbing Mount Toubkal in Morocco, North Africa's highest peak. They climbed 4,167 metres to summit on a three day trek to raise money for New Horizons Mental Health charity. They raised £1041 for New Horizons

**We would like to thank you all**

## **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 2026. 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 £273,316 to £288,610 and total expenditure during the financial year also increased from £254,130 to £259,665.

We recognized a surplus on unrestricted funds during the year of £26,951.

### **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 31<sup>st</sup> March 2025, our free reserves amounted to £113,873, against a target of £129,833. 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.



## **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 2024-March 2025**

- Nigel Bennett
- Candice Black
- Karl Coomansingh
- Jayne Dyer
- Phil Gillard
- Natalie Griffiths
- Andrea Hatch
- Amy Hiatt
- Sabine Ingeborg
- Kath Jones
- Marcus Longley
- David Loring
- Brian Mitchell
- Ieuan Riggs
- Craig Thomas

## **Acknowledgements for funding**

Co-op Local Community Fund

Cwm Taf Morgannwg University Health Board

Heritage Lottery

Interlink RCT

National Lottery

Lloyds Bank Foundation

Penycymoedd wind farm

**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 2025.

**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

2 December 2025



**NEW HORIZONS MENTAL HEALTH CENTRE**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	26,032	260,137	286,169	271,710
Other trading activities	3	470	-	470	-
Investment income	4	1,971	-	1,971	1,606
<b>Total</b>		<u>28,473</u>	<u>260,137</u>	<u>288,610</u>	<u>273,316</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
Mental health support day services and projects		<u>11,805</u>	<u>247,860</u>	<u>259,665</u>	<u>254,130</u>
<b>NET INCOME</b>					
Transfers between funds	16	<u>16,668</u> <u>10,283</u>	<u>12,277</u> <u>(10,283)</u>	<u>28,945</u> <u>-</u>	<u>19,186</u> <u>-</u>
<b>Net movement in funds</b>		<u>26,951</u>	<u>1,994</u>	<u>28,945</u>	<u>19,186</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>119,362</u>	<u>126,573</u>	<u>245,935</u>	<u>226,749</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>146,313</u></u>	<u><u>128,567</u></u>	<u><u>274,880</u></u>	<u><u>245,935</u></u>

The notes form part of these financial statements

**NEW HORIZONS MENTAL HEALTH CENTRE**

**BALANCE SHEET**  
**31 MARCH 2025**

	Notes	2025 £	2024 £
<b>CURRENT ASSETS</b>			
Debtors	12	-	2,341
Cash at bank and in hand		294,265	274,998
		<u>294,265</u>	<u>277,339</u>
<b>CREDITORS</b>			
Amounts falling due within one year	13	(19,385)	(31,404)
		<u>274,880</u>	<u>245,935</u>
<b>NET CURRENT ASSETS</b>			
		<u>274,880</u>	<u>245,935</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		274,880	245,935
<b>NET ASSETS</b>		<u>274,880</u>	<u>245,935</u>
<b>FUNDS</b>	16		
Unrestricted funds		146,312	119,362
Restricted funds		128,568	126,573
<b>TOTAL FUNDS</b>		<u>274,880</u>	<u>245,935</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 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 2 December 2025 and were signed on its behalf by:

P Gillard - Trustee

## **NEW HORIZONS MENTAL HEALTH CENTRE**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 MARCH 2025**

#### **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.

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 2025**

#### **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.

##### **Leases**

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**1. ACCOUNTING POLICIES - continued**

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 2026. Therefore the Trustees consider it appropriate to prepare the accounts on a going concern basis.

**2. DONATIONS AND LEGACIES**

	2025	2024
	£	£
Donations	4,532	2,644
Grants	281,637	269,066
	<u>286,169</u>	<u>271,710</u>

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

	2025	2024
	£	£
Cwm Taf Morgannwg University Health Board	163,332	166,981
Lloyds Bank Foundation	12,500	25,000
Valley Kids	-	6,000
Bridgend County Borough Council	-	1,563
National Lottery Community Fund	95,505	64,470
Pen Y Cymoedd Wind Farm Community Fund	-	2,552
Voluntary Action Merthyr Tydfil	-	2,500
RCTCBC Heating Grant	300	-
RCT Citizens Advice Bureau	10,000	-
	<u>281,637</u>	<u>269,066</u>

**3. OTHER TRADING ACTIVITIES**

	2025	2024
	£	£
Other income	<u>470</u>	<u>-</u>

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**4. INVESTMENT INCOME**

	2025	2024
	£	£
Deposit account interest	1,971	1,606
	<u>          </u>	<u>          </u>

**5. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 6) £	Totals £
Mental health support day services and projects	251,997	7,668	259,665
	<u>          </u>	<u>          </u>	<u>          </u>

**6. SUPPORT COSTS**

	Governance costs £
Mental health support day services and projects	7,668
	<u>          </u>

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

	2025 Mental health support day services and projects £	2024      Total activities £
Independent examination	2,340	2,340
Other accountancy services	5,328	4,200
	<u>          </u>	<u>          </u>
	7,668	6,540
	<u>          </u>	<u>          </u>

**7. NET INCOME/(EXPENDITURE)**

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

	2025	2024
	£	£
Independent examination	2,340	2,340
Other accountancy services	5,328	4,200
	<u>          </u>	<u>          </u>



**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**8. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**9. STAFF COSTS**

	2025	2024
	£	£
Wages and salaries	169,552	163,469
Social security costs	10,506	10,027
Other pension costs	3,501	3,444
	<u>183,559</u>	<u>176,940</u>

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

	2025	2024
	7	6
Charitable activities	<u>7</u>	<u>6</u>

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

Total key management remuneration amounted to £44,958 (2024: £43,558) which includes employers' national insurance and pension contributions.

**10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**11. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	4,051
<b>DEPRECIATION</b>	
At 1 April 2024 and 31 March 2025	4,051
<b>NET BOOK VALUE</b>	
At 31 March 2025	-
At 31 March 2024	-

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2024 £
Other debtors	-	2,341

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2024 £
Social security and other taxes	3,365	3,731
Pension creditor	628	711
Deferred income	7,909	20,559
Accrued expenses	7,483	6,403
	<u>19,385</u>	<u>31,404</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:**

	2025 £	2024 £
Opening balance	20,559	12,500
Movement in the year	(12,650)	8,059
Deferred income carried forward	<u>7,909</u>	<u>20,559</u>

**Deferred income analysed by project:**

	2025 £	2024 £
Lloyds Foundation (unrestricted)	-	12,500
National Lottery Community Fund	7,909	8,059
	<u>7,909</u>	<u>20,559</u>

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**14. LEASING AGREEMENTS**

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

	2025	2024
	£	£
Within one year	936	936
Between one and five years	936	1,872
	<u>1,872</u>	<u>2,808</u>

**15. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Unrestricted Funds £	Restricted Funds £	2025Total Funds £	2024Total Funds £
Fixed Assets	-	-	-	-
Net Current Assets	146,312	128,568	274,880	245,935
	<u>146,312</u>	<u>128,568</u>	<u>274,880</u>	<u>245,935</u>



**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**16. MOVEMENT IN FUNDS**

	At 1/4/24 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
<b>Unrestricted funds</b>				
General fund	97,625	5,965	10,283	113,873
Lloyds Foundation	22,542	3,315	-	25,857
RCT CAB	(805)	7,387	-	6,582
	<u>119,362</u>	<u>16,667</u>	<u>10,283</u>	<u>146,312</u>
<b>Restricted funds</b>				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	12,763	(14,107)	1,344	-
Mental Health Support Website	1,239	(421)	-	818
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	(1,090)	-
Heritage Lottery	4,034	(4,241)	207	-
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	1,198	(1,198)	-	-
Coalfields	1,338	-	(1,338)	-
Interlink - Winter Pressures	2,393	(993)	-	1,400
ADHD Cwm Taf Psycho Social Support for ND Patients	4,283	(3,588)	(695)	-
National Lottery Community Fund	26,883	41,567	(48,513)	19,937
Pen Y Cymoedd Wind Farm Community Fund	1,282	(1,282)	-	-
Valley Kids Dementia Fund	3,461	(3,013)	(448)	-
VAMT Loneliness and Isolation Fund	1,609	(1,446)	(163)	-
VR Project	-	1,000	40,413	41,413
	<u>126,573</u>	<u>12,278</u>	<u>(10,283)</u>	<u>128,568</u>
<b>TOTAL FUNDS</b>	<u>245,935</u>	<u>28,945</u>	<u>-</u>	<u>274,880</u>

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**16. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	5,973	(8)	5,965
Lloyds Foundation	12,500	(9,185)	3,315
RCT CAB	10,000	(2,613)	7,387
	<u>28,473</u>	<u>(11,806)</u>	<u>16,667</u>
<b>Restricted funds</b>			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	163,331	(177,438)	(14,107)
Mental Health Support Website	-	(421)	(421)
Heritage Lottery	-	(4,241)	(4,241)
Bridgend Small Grants Scheme	-	(1,198)	(1,198)
Interlink - Winter Pressures	-	(993)	(993)
ADHD Cwm Taf Psycho Social Support for ND Patients	(1)	(3,587)	(3,588)
National Lottery Community Fund	95,505	(53,938)	41,567
Pen Y Cymoedd Wind Farm Community Fund	1	(1,283)	(1,282)
Valley Kids Dementia Fund	-	(3,013)	(3,013)
VAMT Loneliness and Isolation Fund	1	(1,447)	(1,446)
RCTCBC Facilities Support Heating Grant	300	(300)	-
VR Project	1,000	-	1,000
	<u>260,137</u>	<u>(247,859)</u>	<u>12,278</u>
<b>TOTAL FUNDS</b>	<u>288,610</u>	<u>(259,665)</u>	<u>28,945</u>

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**16. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
<b>Unrestricted funds</b>				
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>
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 2025**

**16. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	4,253	(1,145)	3,108
Lloyds Foundation	25,000	(13,630)	11,370
RCT CAB	-	(805)	(805)
	<hr/> 29,253	<hr/> (15,580)	<hr/> 13,673
<b>Restricted funds</b>			
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/> 244,063	<hr/> (238,550)	<hr/> 5,513
<b>TOTAL FUNDS</b>	<hr/> <hr/> 273,316	<hr/> <hr/> (254,130)	<hr/> <hr/> 19,186

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**16. MOVEMENT IN FUNDS - continued**

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

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
<b>Unrestricted funds</b>				
General fund	89,311	9,073	15,489	113,873
Lloyds Foundation	11,172	14,685	-	25,857
RCT CAB	-	6,582	-	6,582
	<u>100,483</u>	<u>30,340</u>	<u>15,489</u>	<u>146,312</u>
<b>Restricted funds</b>				
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	33,443	(36,080)	2,637	-
Interlink - CTM Self Harm Project	4,616	(4,616)	-	-
Mental Health Support Website	1,948	(1,130)	-	818
Rhondda Project	15,000	-	-	15,000
Maerdy Wind Farm	1,090	-	(1,090)	-
Heritage Lottery	4,653	(4,860)	207	-
TEDS	50,000	-	-	50,000
Bridgend Small Grants Scheme	642	(836)	194	-
Coalfields	3,260	(1,922)	(1,338)	-
Interlink - Winter Pressures	2,393	(993)	-	1,400
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	-	695	(695)	-
National Lottery Community Fund	-	73,850	(53,913)	19,937
Valley Kids Dementia Fund	-	448	(448)	-
VAMT Loneliness and Isolation Fund	-	163	(163)	-
VR Project	-	1,000	40,413	41,413
	<u>126,266</u>	<u>17,791</u>	<u>(15,489)</u>	<u>128,568</u>
<b>TOTAL FUNDS</b>	<u>226,749</u>	<u>48,131</u>	<u>-</u>	<u>274,880</u>

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**16. 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 £
<b>Unrestricted funds</b>			
General fund	10,226	(1,153)	9,073
Lloyds Foundation	37,500	(22,815)	14,685
RCT CAB	10,000	(3,418)	6,582
	<u>57,726</u>	<u>(27,386)</u>	<u>30,340</u>
<b>Restricted funds</b>			
Cwm Taf Morgannwg UHB (Day Service & Resource Centre)	321,752	(357,832)	(36,080)
Interlink - CTM Self Harm Project	-	(4,616)	(4,616)
Mental Health Support Website	-	(1,130)	(1,130)
Heritage Lottery	-	(4,860)	(4,860)
Bridgend Small Grants Scheme	1,562	(2,398)	(836)
Coalfields	-	(1,922)	(1,922)
Interlink - Winter Pressures	-	(993)	(993)
Postcode Lottery	(1)	(6,583)	(6,584)
Tesco Community Grant Fund	-	(1,344)	(1,344)
ADHD Cwm Taf Psycho Social Support for ND Patients	8,560	(7,865)	695
National Lottery Community Fund	159,974	(86,124)	73,850
Pen Y Cymoedd Wind Farm Community Fund	2,552	(2,552)	-
Valley Kids Dementia Fund	6,000	(5,552)	448
VAMT Loneliness and Isolation Fund	2,501	(2,338)	163
RCTCBC Facilities Support Heating Grant	300	(300)	-
VR Project	1,000	-	1,000
	<u>504,200</u>	<u>(486,409)</u>	<u>17,791</u>
<b>TOTAL FUNDS</b>	<u>561,926</u>	<u>(513,795)</u>	<u>48,131</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**

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 Fixed Assets**

## **NEW HORIZONS MENTAL HEALTH CENTRE**

### **NOTES TO THE FINANCIAL STATEMENTS - continued** **FOR THE YEAR ENDED 31 MARCH 2025**

#### **16. MOVEMENT IN FUNDS - continued**

##### **Funds - continued**

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

##### **Lloyds Foundation**

This represents funding from the Lloyds Foundation to support any activities or costs that further charitable activities.

##### **RCT CAB**

This represents funding to facilitate 'Community Days' for adults in the community experiencing mental health issues to raise awareness of Citizens Advice and support them to access their services.

##### **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.

##### **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 2025**

#### **16. MOVEMENT IN FUNDS - continued**

##### **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.

##### **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.

##### **VR Project - Pen y Cymoedd**

This project is funding mental health support but delivered by using virtual reality headsets. This enables users to access mindfulness based cognitive therapy (MBCT) techniques to target improvement in an individual's mental wellbeing in their own home.

**NEW HORIZONS MENTAL HEALTH CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**17. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2025.

**18. CONTROL**

The charity is controlled by its Board of Trustees.

**19. 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 1,290 (2024: 158).

**NEW HORIZONS MENTAL HEALTH CENTRE**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	4,532	2,644
Grants	281,637	269,066
	<hr/> 286,169	<hr/> 271,710
<b>Other trading activities</b>		
Other income	470	-
<b>Investment income</b>		
Deposit account interest	1,971	1,606
	<hr/> 288,610	<hr/> 273,316
<b>Total incoming resources</b>		
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	169,552	163,469
Social security	10,506	10,027
Pensions	3,501	3,444
Day service costs and support	68,438	70,650
	<hr/> 251,997	<hr/> 247,590
<b>Support costs</b>		
<b>Governance costs</b>		
Independent examination	2,340	2,340
Other accountancy services	5,328	4,200
	<hr/> 7,668	<hr/> 6,540
<b>Total resources expended</b>	<hr/> 259,665	<hr/> 254,130
<b>Net income</b>	<hr/> <hr/> 28,945	<hr/> <hr/> 19,186