

**Charity number 1155162**

**Me, Myself & I Neath Port Talbot**

**Trustees' report and financial statements**

**for the year ended 31 July 2024**

**Me, Myself & I Neath Port Talbot**

**for the year ended 31 July 2024**

**Charity information**

<b>Trustees</b>	Charlotte Reed Karen Todd Alec Thomas Daniel Lacey Jonathan Oakes (resigned Novemeber 2023)
<b>Charity number</b>	1155162
<b>Website</b>	<a href="http://www.mminpt.co.uk">www.mminpt.co.uk</a>
<b>Registered office</b>	Former Brynhyfryd School Giants Grave Road Briton Ferry SA11 2ND
<b>Accountants</b>	Morgan Hemp 103-104 Walter Road Swansea SA1 5QF

**Me, Myself & I Neath Port Talbot**

**Notes to the financial statements  
for the year ended 31 July 2024**

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**Report to the Board of Trustees on the preparation  
of unaudited accounts for Me Myself I Neath Port Talbot  
for the year ended 31 July 2024**

**Introduction**

The Trustees of Me Myself & I Neath Port Talbot ("the Charity") present their Report and Financial Statements for the year ended 31 July 2024.

**Statement of compliance**

This report complies with the requirements of the Charity's constitution which is the Charity's governing document, and of Accounting and Reporting by Charities: Statement of Recommended Practice ("SORP") applicable to charities preparing their accounts in accordance with the Financial Reporting Standard ("FRS") applicable in the UK and Republic of Ireland (FRS 102).

**Objectives & Activities**

The objects of the CIO are to promote, preserve and protect the health and well-being of vulnerable persons of any age and ability, their carers and support networks through the provision of information, facilities, activities, and support services.

We will focus primarily in Neath Port Talbot and the surrounding areas.

- Friendship Groups
- Day Break
- Direct Payments support – Suitable Persons Service
- Carers Network – Support, Information & Guidance
- Specialist Training, volunteering & employment programmes

Over the last year we updated our charitable objectives and constitution to expand our remit from specifically supporting older people affected by dementia to the below. The reasons included expanding the reach and impact of our charity, and to ensure the future sustainability of the organisation.

The vision of the Charity is to promote, preserve and protect the health and wellbeing of vulnerable adults of any age and ability, their care and support networks through the provision of facilities, activities, and support services across Swansea Bay City Region.

The mission of the Charity is:

- To provide the community with opportunity for socialisation and activity in normalised settings, that are conducive to health and wellbeing of vulnerable adults.
- To reduce the stigma associated with vulnerable adults accessing care and support services.
- To support the wider community and Care/Support networks with information, advice & guidance.

The Charity's values are:

- To be inclusive by treating individuals equally and compassionately.
- To be sincere by treating individuals with honesty and integrity.
- To be committed to providing a professional, confidential, supportive service.
- To be relevant by being person-centred and valuable to the person.
- To be empathetic by understanding the issues faced by guests from their points of view.
- To actively promote and encourage partnership working.
- To empower by enabling and promoting independence

The Charity's aims are:

- To tackle exclusion and to support inclusion for vulnerable adults in the community.
- To champion for justice and resources for vulnerable adults.
- To promote equality for vulnerable adults with care and support needs.
- To ensure that the services of Me, Myself and I remain sustainable and meet the needs of vulnerable adults.
- To develop qualified, experienced people who can support vulnerable adults

**Report to the Board of Trustees on the preparation  
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for the year ended 31 July 2024**

**Public Benefit**

In setting the Charity's goals and in its planning activities, the Trustees have given due consideration to the published Charity Commission guidance on the operation of the public benefit requirement of the Charities Act, 2011.

The core objective of Me, Myself & I is to provide emotional support, reassurance and opportunities for the person and/or their family living with memory loss to socialise in a relaxed and friendly setting.

All Trustees are required to read and maintain an understanding of the guidance issued by the Charity Commission in regards to the public benefit. New trustees are given an induction pack, including links to relevant guidance from the Commission to work through as part of their induction to the board.

For these reasons, the Trustees consider that the Charity meets with the public benefit requirement.

**Achievements & Performance**

During the 2023–24 financial year, Me, Myself & I continued to provide vital support to individuals impacted by dementia and their care partners. Our reach and impact included:

- 60 unique individuals regularly accessing our Day Break and Friendship Group sessions
- 22 care partners receiving intensive or regular support
- 185 people benefiting from one-to-one, face-to-face, or group training and support focused on dementia care

Over recent years, we have seen a notable shift in the age demographic of those attending MMI. Previously serving a younger age group (approximately 45–70 years old), we are now supporting individuals aged between 65 and 95. This change has resulted in a more vulnerable population with increased health challenges and frailty, prompting us to continue adapting our services to meet their evolving needs.

Throughout the year, we organised a number of small-scale internal fundraising events, including our much-loved annual event and the continuation of our weekly social evening. For 2023/24, the focus extended to external events, such as attending local fun days and fetes, participating in car boot sales, and benefitting from several fundraising initiatives hosted by the local Bowls Club on behalf of MMI.

Looking ahead, our aim for 2024/25 is to continue developing independent fundraising efforts that are both sustainable and community-driven.

The Board of Trustees maintained close collaboration with the MMI staff team throughout the year, with a key focus on developing and implementing a trustee recruitment strategy to support the charity's long-term resilience and governance.

**Report to the Board of Trustees on the preparation  
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for the year ended 31 July 2024**

## **Financial Review**

### **Commentary on statement of financial activities and balance sheet**

The Charity achieved a net surplus of £13,965 for the 2023–24 financial year.

Income from activities and fundraising increased by 26%, rising from £56,876 in 2023 to £71,876 in 2024. In contrast, donation income decreased from £12,327 in 2023 to £4,303 in 2024 — a reduction of £8,024. However, as donations typically make up only around 2% of the charity's total income, this decrease has had a limited financial impact.

An annual reserve allocation is made from any surplus to help safeguard the organisation from financial risk. The reserve target is currently set at £40,000 and, as of the end of the financial year, the charity holds a total surplus of £75,825. These reserves are intended to mitigate risks such as reduced grant availability or unexpected costs.

The charity continues to benefit from a loan of £29,476 (unchanged from 2023) from its trading subsidiary, MMI Trading with Care Ltd (Company No. 11630984). The subsidiary provides payroll services for charity staff and holds the lease on the charity's premises. This loan was originally used to support the start-up of Direct Payment services. However, as these services are now being brought within the scope of the charity's core activities, the trustees are currently reviewing the viability of repaying the loan. Grant funding remains the primary source of income, contributing 65% of the charity's total income (a slight decrease from 68% in 2023). The Board of Trustees recognises this ongoing reliance on grant income — alongside the modest surplus — as key financial risks. As part of a strategy to address this, the charity is actively diversifying its grant income sources and has engaged Stuart Williams to support future funding applications. It remains the view of the Board that the charity will continue to rely heavily on grant funding for the foreseeable future.

There is risk to the financial sustainability of the organisation if we continue to rely as heavily as we currently do on grant funding. To mitigate this we have agreed as a board, in conjunction with the management team, that we need to grow the services to become more financially stable.

The Board have also conducted strategic analysis to assess our target audience and how we could introduce new service offers, or cut back on services that aren't performing.

The Board have identified areas that need improvement such as work to the building, relationship building, and fundraising planning.

The Board have recently created and recruited to a Business Development Manager post to develop and implement an income generation plan.

The Board have also updated our charitable objectives to allow us to remain relevant in an evolving economic landscape.

### **Fundraising**

Principal sources of funding are through grants received, not including government grants, and fundraising income. The Charity ran various successful fundraising activities this financial year and has been increasing the provision of events and activities. As stated, the Charity has expanded its services into the wider local area, offering Daybreak, Friendship services, and training to more areas with identified needs.

Funds contribute to supporting existing guests and services and have allowed the Charity to expand its services to new areas.

### **Reserve Policy**

The Trustees regularly review the Charity's financial position, cash flow and spending against the background of its budget and plan, which are reviewed annually, as is the Charity's reserves policy. The Trustees do not intend to accumulate and maintain a substantial unrestricted reserve. A reserve of £40,000 is identified as adequate to maintain services and provide security should the Charity face any risks to its operations. This level of reserves will continue to be reviewed to ensure adequate coverage of operating costs and to maintain the activities undertaken by the Charity.

In the event that the Charity's beneficial loan is written off, the charity would still have sufficient reserves so as not to breach its reserve policy.

The aim is to continue to expand the provision of services, as the Trustees believe that there will be a sustained demand for services currently available.

### **Going Concern**

Having reviewed the funding available to the Charity together with its requirements for the next two years, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its activities for the foreseeable future. Accordingly, they have adopted the going concern basis in preparing financial statements.

**Report to the Board of Trustees on the preparation  
of unaudited accounts of Me Myself I Neath Port Talbot  
for the year ended 31 July 2024**

**Trustees' responsibilities**

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions, disclosing with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the provisions of the Charity's constitution. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**The Trustees' Report was approved by order of, and on behalf of, the Trustees on 30 May 2025**

**Signed:**

**Date: 30 May 2025**

**Name: Daniel Lacey**

**Position: Vice Chair**

**Independent Examiners Report on the preparation  
of unaudited accounts of Me Myself I Neath Port Talbot  
for the year ended 31 July 2024**

**Responsibilities and basis of report**

As the Charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and, in carrying out my examination, I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

**Basis of independent examiner's statement**

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a comparison of the accounts and accounting records kept by the charity. It also includes consideration of unusual items or disclosures in the accounts, and seeking examinations from you as Trustees concerning such matters. The procedures undertaken do provide all the evidence that would be required in an audit, and consequently, no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

The Charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of The Association of Chartered Certified Accountants.

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

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

I have no concerns and have come across no 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.

**Signed:**



**Date:**

30/05/25

**Name:** Kristopher Paul Morgan

**Relevant professional body:** Association of Chartered Certified Accountants

**Address:** Morgan Hemp  
103-104 Walter Road  
Swansea



# My, Myself I Neath Port Talbot

## Statement of Financial Activates for the year ended 31 July 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds £	Prior Year Total Funds £
<b>Income and endowments from:</b>				
Donations and legacies	4,303	-	4,303	12,327
Charitable activates	71,876	-	71,876	56,876
Other trading activities	53	-	53	52
Grants	-	143,816	143,816	147,236
<b>Total</b>	<b>76,232</b>	<b>143,816</b>	<b>220,048</b>	<b>216,491</b>
<b>Expenditure on:</b>				
Salary related costs	(13,308)	(142,066)	(155,374)	(148,017)
Charitable activates	(14,641)	(1,750)	(16,391)	(8,479)
Premises related costs	(25,709)	-	(25,709)	(32,505)
Transport costs		-	0	2,000
Other	(8,609)	-	(8,609)	(13,440)
<b>Total</b>	<b>(62,267)</b>	<b>(143,816)</b>	<b>(206,083)</b>	<b>(200,441)</b>
<b>Net income/(expenditure)</b>	<b>13,965</b>	<b>-</b>	<b>13,965</b>	<b>16,050</b>
<b>Net movement in funds</b>	<b>13,965</b>	<b>-</b>	<b>13,965</b>	<b>16,050</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward	61,860	-	61,860	45,809
<b>Total funds carried forward</b>	<b>75,825</b>	<b>-</b>	<b>75,825</b>	<b>61,859</b>

**My, Myself I Neath Port Talbot**

**for the year ended 31 July 2024**

**Balance Sheet  
as at 31 July 2024**

	Notes	2024		2023	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	2		1,150		525
<b>Current assets</b>					
Debtors	3	65,906		42,042	
Cash at bank and in hand		<u>15,921</u>		<u>40,439</u>	
		81,827		82,481	
<b>Creditors: amounts falling due within one year</b>	4	<u>(7,152)</u>		<u>(21,145)</u>	
<b>Net current assets</b>			<u>74,675</u>		<u>61,336</u>
<b>Total assets less current liabilities</b>			75,825		61,861
<b>Net assets</b>			<u>75,825</u>		<u>61,861</u>
<b>Restricted income funds</b>			-		0
<b>Unrestricted income funds</b>			<u>75,825</u>		<u>13,965</u>
<b>Total charity funds</b>			<u>75,825</u>		<u>13,965</u>

**My, Myself I Neath Port Talbot**

**Notes to the financial statements  
for the year ended 31 July 2024**

**1.1. Tangible fixed assets and depreciation**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	- 25% straight line
Motor vehicles	- 25% straight line

**1.2. Leasing and hire purchase commitments**

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce constant periodic rates of charge on the

**1.3 Income**

The total income of the charity for the year has been derived from its principal activity wholly undertaken in the UK.

Operating lease rentals		
- Office equipment	3,245	3,233
	<u>          </u>	<u>          </u>
and after crediting:		
Profit on disposal of tangible fixed assets	-	2,000
	<u>          </u>	<u>          </u>

**My, Myself I Neath Port Talbot**

**Notes to the financial statements  
for the year ended 31 July 2024**

..... continued

<b>2. Tangible fixed assets</b>	<b>Fixtures, fittings and equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
<b>Cost</b>		
At 1 August 2023	2,416	2,416
	<hr/>	<hr/>
At 31 July 2024	2,416	2,416
	<hr/>	<hr/>
<b>Depreciation</b>		
At 1 August 2023	783	783
Charge for the year	483	483
	<hr/>	<hr/>
At 31 July 2024	1,266	1,266
	<hr/>	<hr/>
<b>Net book values</b>		
At 31 July 2024	1,150	1,150
	<hr/>	<hr/>
At 31 July 2023	1,633	1,633

**Me, Myself I Neath Port Talbot**

**Notes to the financial statements  
for the year ended 31 July 2024**

..... continued

<b>3. Debtors</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade debtors	8,070	2,623
Amount owed by connected companies	19,477	29,477
Prepayments and accrued income	38,359	9,942
	<u>65,906</u>	<u>42,042</u>
	<u></u>	<u></u>
<b>4. Creditors: amounts falling due within one year</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Credit card	15	-
Deferred income	4,167	18,645
Accruals and deferred income	2,970	2,500
	<u>7,152</u>	<u>21,145</u>
	<u></u>	<u></u>

## **My, Myself I Neath Port Talbot**

### **Notes to the financial statements for the year ended 31 July 2024**

..... continued

#### **5. Restricted Funds**

Restricted funds, whose use is specified by the donor, are credited to income in the period in which they are received. Where amounts are not specifically allocated against expenditure in that period, the balance is deferred and added to the balance brought forward on the restricted fund to be used in future periods.

#### **6. Status of Charity**

Me Myself & I Neath Port Talbot is a Charitable Incorporated Organisation. It does not at present require an audit of its accounts. It is exempt from direct taxation on its surplus of income over expenditure and has no trading operations. It is not registered for value added tax.

#### **7. Trustee Remuneration**

The Trustees received no remuneration nor any reimbursement of expenses during the period.

#### **8. Related Party Transactions**

The charity has continued to provide an interest-free loan to its trading subsidiary, *MMI Trading with Care Ltd* (Company No. 11630984), amounting to £29,477 (2023: £29,477). This loan is considered an approved charitable investment, made with the objective of supporting the charity's long-term interests by generating additional income through trading activities.

However, due to insufficient funds generated by the subsidiary to date, repayment of the loan has not yet commenced. The trustees are monitoring the position closely and will continue to assess the viability of repayment going forward.

**Me, Myself I Neath Port Talbot**

**Detailed income and expenditure schedule  
for the year ended 31 July 2024**

	<b>2024</b>		<b>2023</b>	
	£	£	£	£
<b>Income</b>				
Donations		4,303		12,327
Grants		143,816		147,236
Activity and fundraising income		71,876		56,876
Management charges receivable		<u>-</u>		<u>-</u>
		219,995		216,439
 <b>Administrative expenses</b>				
Wages and salaries	154,455		147,486	
Staff pension costs	-		-	
Staff training	918		531	
Rent, rates & service charges payable	19,800		21,348	
Insurance	712		830	
Leasing of office equipment	3,245		3,233	
Cleaning	741		755	
Repairs and maintenance	2,338		7,359	
Printing, postage and stationery	315		478	
Advertising	4,863		1,030	
Computer costs	1,320		1,470	
Service provisions	5,718		3,784	
Travelling	991		471	
Refreshments	3,327		2,918	
Legal and professional	301		4,402	
Consultancy Fees	950		700	
Accountancy	3,440		4,434	
Bank charges	674		657	
Staff welfare	990		-	
Subscriptions	503		277	
Surplus/deficit on disposal of tangible assets	-		(2,000)	
Depreciation on fixtures & equipment	<u>483</u>		<u>262</u>	
		<u>206,083</u>		<u>200,425</u>
Operating surplus/deficit		13,912		16,014
 <b>Other operating income</b>				
Government grants received	<u>-</u>		<u>-</u>	
		-		0
 <b>Interest receivable</b>				
Bank deposit interest	<u>53</u>		<u>52</u>	
		<u>53</u>		<u>52</u>
 <b>Interest payable</b>				
Bank interest	-		14	
HP interest and fin. lease charges	<u>-</u>		<u>-</u>	
		<u>0</u>		<u>(14)</u>
 <b>Net surplus/deficit for the year</b>		<u><u>13,965</u></u>		<u><u>16,052</u></u>