

Charity number 1155162

Me, Myself & I Neath Port Talbot

Trustees' report and financial statements

for the year ended 31 July 2025

Me, Myself & I Neath Port Talbot
for the year ended 31 July 2025

Charity information

Trustees	Karen Todd Alec Thomas Charlotte Reed (resigned 25 August 2025) Daniel Lacey (resigned 19 November 2025) Kelly Sherwood (appointed 19 November 2025) Siobhan Corria (appointed 19 November 2025) Andrea Petrie (appointed 19 November 2025)
Charity number	1155162
Website	www.mminpt.co.uk
Registered office	Former Brynhyfryd School Giants Grave Road Briton Ferry SA11 2ND
Accountants	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 2025**

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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 2025**

Introduction

The Trustees of Me Myself & I Neath Port Talbot (“the Charity”) present their Report and Financial Statements for the year ended 31 July 2025.

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

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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 2024-2025 financial year, Me, Myself & I continued to provide vital support to individuals impacted by dementia and their care partners. Our reach and impact included:

- 82 unique individuals regularly accessing our Day Break and Friendship Group sessions
- Outreach sessions took place throughout Neath Port Talbot communities, supporting 92 unique individuals and delivering 128 sessions.
- 29 care partners receiving intensive or regular support
- 30 people benefiting from one-to-one, face-to-face, or group training and support focused on dementia care
- Through our Route to Care programme (funded by the Shared Prosperity Fund), we supported 61 individuals to gain skills and knowledge for work in the social care sector, along with 55 volunteering placements and 1 paid work experience placement.
- The Hub continues to offer a safe, welcoming space where people can connect, access advice, and build confidence—helping to prevent issues from escalating. This highlights the importance of early support and the value of a trusted, inclusive space at the heart of the community where people feel supported and connected

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.

Donations during 2024–25 remained strong, with a total of just over £21,380 received across the year from a mix of our weekly bingo evening, community fundraising with our Christmas Fayre, individual giving, and organised platforms such as Local Giving and JustGiving. Larger one-off contributions—including a significant personal donation and support from local organisations—were complemented by regular small donations, reflecting consistent community backing. A small proportion of funds was used for agreed, ringfenced purposes such as the garden project, leaving a healthy net contribution that continues to support the Hub's ongoing work and development.

Looking ahead, our aim for 2025/26 is to continue developing independent fundraising efforts that are both sustainable and community-driven. Along with grant funding applications to support running costs and capital projects to improve the facility.

The Board of Trustees maintained close collaboration with the MMI staff team throughout the year, with a key

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Financial Review

Commentary on statement of financial activities and balance sheet

The charity recorded a net deficit of £4,394 for the 2024–25 financial year, compared to a surplus of £13,965 in 2023–24. Whilst this represents a shift to a deficit position, it should be viewed in the context of significant income growth and a one-off write-off of the inter-company loan from the charity's trading subsidiary, MMI Trading with Care Ltd. During the year, the charity took on the Direct Payment contract previously operated by MMI Trading with Care Ltd, bringing this activity within the core charitable operation. This transition accounts for much of the growth in income and associated staff costs, and the underlying trading position therefore reflects a year of genuine operational progress.

Total income increased by 41%, rising from £219,995 to £309,294. Activity and fundraising income grew strongly, up 66% from £71,876 to £119,372, driven in large part by the Direct Payment contract transfer. Donation income also increased substantially, from £4,303 to £20,322, which is an encouraging indicator of growing community and stakeholder support. Grant income rose from £143,816 to £161,388, though as a proportion of total income it fell from 65% to 52% — a meaningful step toward the Board's stated objective of diversifying income sources.

Total expenditure increased from £206,083 to £313,538. Excluding the one-off loan write-off, the underlying cost increase is primarily attributable to staff costs directly associated with the Direct Payment contract transfer. Wages and salaries rose from £154,455 to £195,151, reflecting the additional staffing requirements of the expanded service. Pension contributions of £1,556 also appear for the first time, consistent with ongoing auto-enrolment obligations.

The charity holds a retained surplus of £71,430 at the year end (2024: £75,825), which continues to exceed the Board's reserve target of £50,000, equivalent to approximately two months' operational run rate. These reserves remain available to mitigate risks such as reduced grant availability or unexpected operational costs.

The Board acknowledges that the charity's reliance on grant funding, whilst reducing as a proportion of income, remains a key financial risk. The strategy of growing activity-based income and diversifying funding sources continues to be a priority, and the progress made during 2024–25 is an encouraging reflection of that direction of travel. With the Direct Payment contract now embedded within the charity's core operations and the inter-company loan resolved, the Board will continue to monitor the underlying cost base to ensure expenditure growth remains aligned with income development in future years.

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 £50,000 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.

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 2025**

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 27 May 2026

Signed:



Date: 27 May 2026

Karen Todd (May 27, 2026, 5:41pm)

Name: Karen Todd

Position: Trustee

**Independent Examiners Report on the preparation
of unaudited accounts of Me Myself I Neath Port Talbot
for the year ended 31 July 2025**

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 not 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: *K. Morgan*

Date: 27 May 2026

Kris Morgan (May 27, 2026, 5:46pm)

Name: Kristopher Paul Morgan

Relevant professional body: Association of Chartered Certified Accountants

Address: Morgan Hemp
103-104 Walter Road
Swansea

Me, Myself I Neath Port Talbot

Statement of Financial Activities for the year ended 31 July 2025

	Unrestricted Funds £	Restricted Funds £	Total Funds £	Prior Year Total Funds £
Income and endowments from:				
Donations and legacies	20,322		20,322	4,303
Charitable activities	119,372		119,372	71,876
Other trading activities	8,212		8,212	53
Grants		161,388	161,388	143,816
Total	147,906	161,388	309,294	220,048
Expenditure on:				
Salary related costs	(59,050)	(137,669)	(196,719)	(155,374)
Charitable activities	(27,221)	-	(27,221)	(16,391)
Premises related costs	(21,912)	(21,434)	(43,346)	(25,709)
Transport costs	(995)	-	(995)	0
Other	(43,122)	(2,285)	(45,407)	(8,609)
Total	(152,301)	(161,388)	(313,689)	(206,083)
Net income/(expenditure)	(4,395)		(4,395)	13,965
Net movement in funds	(4,395)	-	(4,395)	13,965
Reconciliation of funds:				
Total funds brought forward			75,825	61,860
Total funds carried forward	(4,395)	-	71,430	75,825

Me, Myself I Neath Port Talbot

for the year ended 31 July 2025

**Balance Sheet
as at 31 July 2025**

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	2		2,714		1,150
Current assets					
Debtors	3	47,080		65,906	
Cash at bank and in hand		<u>56,800</u>		<u>15,921</u>	
		103,880		81,827	
Creditors: amounts falling due within one year	4	<u>(35,164)</u>		<u>(7,152)</u>	
Net current assets			<u>68,716</u>		<u>74,675</u>
Total assets less current liabilities			71,430		75,825
Net assets			<u>71,430</u>		<u>75,825</u>
Restricted income funds			-		-
Unrestricted income funds			<u>71,430</u>		<u>75,825</u>
Total charity funds			<u>71,430</u>		<u>75,825</u>

**Notes to the financial statements
for the year ended 31 July 2025**

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

8,708

3,245

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Notes to the financial statements
for the year ended 31 July 2025

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2. Tangible fixed assets	Fixtures, fittings and equipment	Total
	£	£
Cost		
At 1 August 2024	2,416	2,416
Additions	2,559	2,559
	<hr/>	<hr/>
At 31 July 2025	4,975	4,975
	<hr/>	<hr/>
Depreciation		
At 1 August 2024	1,268	1,268
Charge for the year	993	993
	<hr/>	<hr/>
At 31 July 2025	2,261	2,261
	<hr/>	<hr/>
Net book values		
At 31 July 2025	2,714	2,714
	<hr/>	<hr/>
At 31 July 2024	1,148	1,148

Me, Myself I Neath Port Talbot

**Notes to the financial statements
for the year ended 31 July 2025**

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3. Debtors	2025	2024
	£	£
Trade debtors	46,710	8,070
Amount owed by connected companies	-	19,477
Prepayments and accrued income	370	38,359
	<u>47,080</u>	<u>65,906</u>
	<u> </u>	<u> </u>
4. Creditors: amounts falling due within one year	2025	2024
	£	£
Bank overdraft	-	15
Deferred income	20,992	4,167
Other taxes and social security costs	8,130	-
Accruals and deferred income	4,540	2,970
Pension contributions	1,502	-
	<u>35,164</u>	<u>7,152</u>
	<u> </u>	<u> </u>

**Notes to the financial statements
for the year ended 31 July 2025**

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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

During the year, the charity wrote off the outstanding inter-company loan of £29,038 (2024: £29,477) previously made to its trading subsidiary, MMI Trading with Care Ltd (Company No. 11630984). Following a review by the trustees, it was determined that repayment of the loan was no longer viable, and the balance has accordingly been written off in the year. This write-off is reflected within management expenses in the surplus and deficit account.

During the year, the charity also took on the Direct Payment contract previously operated by MMI Trading with Care Ltd, bringing this activity within the core charitable operation. Associated income and staff costs have been recognised within the charity's accounts from the date of transfer.

Me, Myself I Neath Port Talbot

Detailed income and expenditure schedule for the year ended 31 July 2025

	2025		2024	
	£	£	£	£
Income				
Donations		20,322		4,303
Grants		161,388		143,816
Activity and fundraising income		119,372		71,876
Training and consultancy		540		
Room hire		7,672		-
		<u>309,294</u>		<u>219,995</u>
Administrative expenses				
Wages and salaries	195,151		154,455	
Staff pension costs	1,556		-	
Staff training	12		918	
Rent, rates & service charges payable	23,589		19,800	
Insurance	2,412		712	
Leasing of office equipment	8,708		3,245	
Cleaning	2,684		741	
Repairs and maintenance	10,550		2,338	
Printing, postage and stationery	314		315	
Advertising	13,592		4,863	
Telephone	2,153			
Computer costs	1,645		1,320	
Service provisions	7,419		5,718	
Travelling	1,175		991	
Refreshments	5,035		3,327	
Legal and professional	1,621		301	
Consultancy Fees	-		950	
Accountancy	4,848		3,440	
Bank charges	441		674	
Staff welfare	-		990	
Subscriptions	600		503	
Surplus/deficit on disposal of tangible assets	-		-	
Depreciation on fixtures & equipment	995		483	
		<u>284,500</u>		<u>206,083</u>
Operating surplus/deficit		24,794		13,912
Other costs				
Loans from subsidiaries written off	29,038		-	
		29,038		0
Interest receivable				
Bank deposit interest	9		53	
		<u>9</u>		<u>53</u>
Interest payable				
Bank interest	159		-	
HP interest and fin. lease charges	-		-	
		<u>(159)</u>		<u>0</u>
Net surplus/deficit for the year		<u><u>(4,394)</u></u>		<u><u>13,965</u></u>



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