

TRIANGLE FOUNDATION

England & Wales · Charity number 1177171

Details

Other names DIGNITY STREET FOUNDATION

Status Registered

Legal form CIO

Registered 2018-02-14

Register [View on the Charity Commission register](#)

Contact

Address Apartment 60
Harbour Quay
Langdon Road
Swansea
West Glamorgan
SA1 8QZ

Phone 0300 030 6171

Email ContactUs@trianglefoundation.org.uk

Website www.trianglefoundation.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO RELIEVE THE NEEDS AND PROMOTE AND PRESERVE THE GOOD MENTAL AND PHYSICAL HEALTH OF THOSE SUFFERING FROM OR WHO ARE AT RISK OF DEVELOPING ANY FORM OF MENTAL ILL HEALTH, IN PARTICULAR BUT NOT EXCLUSIVELY BY:(1) THE PROVISION OF HELP, SUPPORT AND ADVICE THROUGH PEER SUPPORT, STRESS MANAGEMENT AND MOTIVATIONAL TRAINING COURSES AND COUNSELLING.(2) THE PROVISION OF RECREATIONAL ACTIVITY AND NUTRITIONAL ADVICE TO IMPROVE THE HEALTH AND WELLBEING OF THOSE SUFFERING FROM MENTAL ILL HEALTH.(3) THE PROVISION OF COURSES AND SUPPORT TO IMPROVE THE CHANCES OF THOSE SUFFERING FROM MENTAL ILL HEALTH GAINING EMPLOYMENT.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT(NORTHERN IRELAND) 2008.

Activities: To relieve the needs of those unemployed and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health, in particular but not exclusively by advice the provision of peer support stress management workshops,

courses, mentoring, counselling, holistic self-help and nutritional advice.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** The General Public/mankind

Geography

- Cardiff
- City Of Swansea

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£4,694	-	-
2024-03-31	£3,379	£5,606	-	-
2023-03-31	£25,879	£4,539	-	-
2022-03-31	£2,232	£3,182	-	-
2021-03-31	£1,860	£2,538	-	-

Trustees

Name	Role	Appointed
DAVID BRISCOMBE	Chair	2017-01-17
JOHN WARD		2017-01-15

TRIANGLE FOUNDATION

England & Wales - Charity number 1177171

Accounts

Trustees' Annual Report for the period							
	Period start date				Period end date		
From	Day 01	Month 04	Year 2024	To	Day 31	Month 03	Year 2025

Section A Reference and administration details

Charity name	Triangle Foundation
Other names charity is known by	
Registered charity number (if any)	1177171
Charity's principal address	Trafalgar House
	5 Fitzalan Place
	Cardiff
	Postcode CF24 0ED

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David P Briscombe	Trustee and Chair		Appointed by Trustees
2	Mr John Ward	Trustee		
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

A Charitable Incorporated Organisation (Foundation Structure)

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Only voting members are its Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are:

To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health, in particular but not exclusively by:

1. The provision of help, support and advice through peer support, stress management and motivational training courses and counselling.

2. The provision of recreational activity and nutritional advice to improve the health and wellbeing of those suffering from mental ill health.
3. The provision of courses and support to improve the chances of those suffering from mental ill health gaining employment.

Main achievements of the charity during the year

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The foundation has a comprehensive policy and procedures statements for its volunteers and trustees.

We have not sought any form of grant funding to date.

Because of the nature of the services, we offer there is a shortage of good quality mature counselling and virtual reality student volunteers available.

We hope to address this by providing internal training over many months, in order to achieve this, we may seek grant funding.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year**Achievements and Performance**

During the 2024–2025 financial year, the Triangle Foundation has strategically focused on expanding its long-term impact by investing in innovative developments rather than increasing the volume of individual counselling sessions. Our priority has been to tackle the root causes of mental health issues through prevention, underpinned by the principle that “prevention is better than cure.”

This year, we have made significant progress in designing and producing our new *Mental Health Self-Defence* workshop — a practical, accessible programme aimed at helping individuals build resilience and reduce the risk of mental health decline. This preventative approach is a cornerstone of our strategy to eradicate stigma and promote wellbeing through empowerment, education, and early intervention.

We are also proud to have laid the groundwork for an exciting new research partnership with a UK university. This initiative, due to commence in mid-2025, will explore the role of evidence-based probiotics in supporting people experiencing stress, anxiety, and anxiety-related depression. We look forward to reporting on the progress and outcomes of this pioneering study in our next annual return.

Section E Financial review

Brief statement of the charity's policy on reserves

No Policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Principal Funding Source

The charity's principal source of funding during this period has been the careful use of the Foundation's existing financial reserves. These internal resources have enabled us to cover essential administrative overheads purchase a small amount of equipment and reimburse local travel expenses incurred by volunteers, ensuring the smooth running of day-to-day operations.

At the same time, we have focused on developing innovative, preventative workshops for the public. This has included undertaking practical research into the mental health benefits of probiotics, as well as producing small trial batches of fermented foods such as Kimchi, Kefir milk, and Kombucha. These probiotic-rich options are not only low-cost but also remarkably simple for individuals experiencing stress, anxiety, and depression to make at home—especially after being shown how through our demonstrations

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

David Peter Briscoombe

Position (eg Secretary, Chair, etc)

Chair

Date

08/05/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Triangle Foundation No (if any)

Receipts and payments accounts

CC16a

For the period from 01/04/2023 To 31/03/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	1,000
Income	-	-	-	-	2,379
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	3,379
A2 Asset and investment sales, (see table).					
	624	-	-	624	-
Sub total	624	-	-	624	-
Total receipts	624	-	-	624	3,379
A3 Payments					
Charitable Expenditure	4,694	-	-	4,694	5,606
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,694	-	-	4,694	5,606
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,694	-	-	4,694	5,606
Net of receipts/(payments)	- 4,070	-	-	- 4,070	- 2,227
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 4,070	-	-	- 4,070	- 2,227

Section B Statement of assets and liabilities at the end of the period


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	15,220	-	-
		-	-	-
		-	-	-
	Total cash funds	15,220	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Debtors	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office Equipmet		1,248	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trustees Interest Free Loan	Trustee Interest Free Loan	7,959	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		David P Briscoe	09/05/2025

TRIANGLE FOUNDATION

England & Wales - Charity number 1177171

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	Day 01	Month 04	Year 2023	To	Day 31	Month 03	Year 2024

Section A Reference and administration details

Charity name

Triangle Foundation

Other names charity is known by

Registered charity number (if any)

1177171

Charity's principal address

Trafalgar House	
5 Fitzalan Place	
Cardiff	
Postcode	CF24 0ED

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David P Briscombe	Trustee and Chair		Appointed by Trustees
2	Mr John Ward	Trustee		
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

David P Briscoombe

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

A Charitable Incorporated Organisation (Foundation Structure)

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Only voting members are its Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

1. The charity is in the process of updating its policies and procedures, including induction training for new trustees and volunteers.
2. The charity's organisational structure remains unchanged, with the exception of adopting a new slogan, "Prevention is Better Than Cure." We are also developing new Mental Health Self-Defence courses, which will be submitted for approval to the International Stress Management Association (ISMA).

Summary of the objects of the charity set out in its governing document

The objects of the CIO are:

To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health, in particular but not exclusively by:

The provision of help, support and advice through peer support, stress management and motivational training courses and counselling.

The provision of recreational activity and nutritional advice to improve the health and wellbeing of those suffering from mental ill health.

The provision of courses and support to improve the chances of those suffering from mental ill health gaining employment.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Triangle Foundation Awarded £1000 Following Partnership with Ysgol Gyfun Gymraeg Plasmawr Students

We are thrilled to announce that a group of talented 15 and 16-year-old students from Ysgol Gyfun Gymraeg Plasmawr, a Welsh school in Cardiff, selected the Triangle Foundation as their partner for a charity presentation project. The students reached out to us in June 2023, requesting support in creating a presentation focused on our work, specifically our efforts to help and support individuals experiencing mental health challenges. We were more than happy to assist them.

On July 7th, the students delivered an impressive presentation, including a five-minute video they produced, to a panel of judges. Competing against five other groups, we are proud to share that the Triangle Foundation won the competition, receiving a generous £1000 donation.

This experience has further reinforced our commitment to innovative approaches in mental health prevention. As a result, we've developed a new course called Mental Health Self-Defence. This course is designed to empower individuals of all ages to proactively protect themselves from mental health challenges, emphasising the principle that prevention is better than cure.

The £1000 donation will be invested into research exploring the connection between probiotics and mental health, which aligns with our ongoing mission to advance mental health science.

However, the real reward was the opportunity to engage with young people on the crucial topic of mental health. Their energy, curiosity, and dedication were inspiring, and we look forward to more opportunities to collaborate with the next generation of mental health advocates.

Section E

Financial review

Brief statement of the charity's policy on reserves

No Policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Probiotic Research

Donations from our services enable the Triangle Foundation to undertake essential research and train volunteers with mental health experience. These funds also allow us to acquire equipment needed to explore the therapeutic potential of probiotics for individuals facing mental health challenges. The training provided to volunteers advances our understanding of the future role probiotics could play in improving mental health, particularly in addressing stress, anxiety, and anxiety-related depression.

The connection between probiotics and mental health is an exciting and evidence-based area of research. This emerging field focuses on the gut-brain axis—a bidirectional communication system between the gut microbiota (microorganisms in the digestive tract) and the brain. Increasing scientific evidence suggests that the health of our gut profoundly impacts our mental and emotional well-being. Imbalances in gut microbiota have been linked to mood disorders such as stress, anxiety, and depression. Through research and volunteer training, we aim to gain deeper insights into how probiotics may alleviate these conditions and contribute to overall mental health.


At Triangle Foundation, we are guided by the latest scientific advancements as we explore innovative, holistic approaches to mental health care. By integrating probiotics into treatment strategies, we aim to offer more comprehensive solutions to prevent and manage mental health issues, ultimately improving the quality of life for those we support.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	David Peter Briscoombe	
Position (eg Secretary, Chair, etc)	Chair	

Date 02-10-2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Triangle Foundation

No (if any)

Receipts and payments accounts

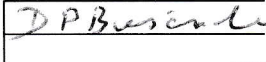
CC16a

For the period from	<small>Period start date</small> 01/04/2023	To	<small>Period end date</small> 31/03/2024
----------------------------	------------------------------------------------	-----------	----------------------------------------------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	<small>to the nearest £</small>	<small>to the nearest £</small>	<small>to the nearest £</small>	<small>to the nearest £</small>	<small>to the nearest £</small>
A1 Receipts					
Donations	1,000	-	-	1,000	120
Income	2,379	-	-	2,379	25,759
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,379	-	-	3,379	25,879
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,379	-	-	3,379	25,879
A3 Payments					
Charitable Expenditure	5,606	-	-	5,606	4,539
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,606	-	-	5,606	4,539
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,606	-	-	5,606	4,539
Net of receipts/(payments)	- 2,227	-	-	- 2,227	21,340
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 2,227	-	-	- 2,227	21,340

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	22,480	-	-
		-	-	-
		-	-	-
	Total cash funds	22,480	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Debtors	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office Equipment		1,088	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Trustees Interest Free Loan	Trustee Interest Free Loan	9,332	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		David P Briscoe	02-10-24	

TRIANGLE FOUNDATION

England & Wales - Charity number 1177171

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	Day 01	Month 04	Year 2022	To	Day 31	Month 03	Year 2023

Section A Reference and administration details

Charity name

Triangle Foundation

Other names charity is known by

Registered charity number (if any)

1177171

Charity's principal address

Trafalgar House	
5 Fitzalan Place	
Cardiff	
Postcode	CF24 0ED

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David P Briscombe	Trustee and Chair		Appointed by Trustees
2	Mr John Ward	Trustee		
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document
(eg. trust deed, constitution)

A Charitable Incorporated Organisation (Foundation Structure)

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Only voting members are its Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs and provide and preserve the good mental health and physical health of those suffering from or at risk of developing any form of mental ill health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Main achievements of the charity during the year

The Foundation has provided Employee Assistance Programmes (EAP) services to small and medium-sized companies and organisations in Wales, including the NHS.

We also provide mental health support to clients, experiencing mental health challenges including assessments training and counselling for clients over 16 years of age who are South Wales residents living in Wales.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The foundation has a comprehensive policy and procedures statements for its volunteers and trustees.

We have not sought any form of grant funding to date.

Because of the nature of the services, we offer there is a shortage of good quality mature counselling and virtual reality student volunteers available.

We hope to address this by providing internal training over many months, in order to achieve this, we may seek grant funding.

Summary of the main achievements of the charity during the year

The Foundation has provided Employee Assistance Programmes (EAP) services to small and medium-sized companies and organisations in Wales, including the NHS. We have provided mental health support to clients, including training and counselling for clients over 16 years of age who are residents and in South Wales.

In February **2006**, the U.K.'s National Institute of Health and Clinical Excellence (NICE) recommended that Virtual Reality Therapy be made available for use within the NHS across England and Wales for patients presenting with mild anxiety disorders and moderate depression. These are mental health issues the foundation specialises in treating.

Section E Financial review

Brief statement of the charity's policy on reserves

No Policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity's principal source of funds has been produced by providing Employee Assistance Programmes (EAP) for small and medium-sized companies.


Fees received from providing these services to clients has allowed us to purchase Virtual Reality Therapy specialist equipment and purchase subscriptions from bespoke VRT organisations. This is essential for us to provide our service and enables the foundation to provide training to volunteers with experience in mental health that would allow them to work with clients.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Peter Briscoombe	
Position (eg Secretary, Chair, etc)	Chair	
Date	11 JANUARY 2024	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	25,594	-	-
		-	-	-
		-	-	-
	Total cash funds	25,594	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Debtors	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office Equipmet		1,088	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trustees Interest Free Loan	Trustee Interest Free Loan	12,710	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David P Briscoe	11/01/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Triangle Foundation

no (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023
---------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	120	-	-	120	645
Income	25,759	-	-	25,759	1,587
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	25,879	-	-	25,879	2,232
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	25,879	-	-	25,879	2,232
A3 Payments					
Charitable Expenditure	4,539	-	-	4,539	3,182
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,539	-	-	4,539	3,182
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,539	-	-	4,539	3,182
Net of receipts/(payments)	21,340	-	-	21,340	950
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	21,340	-	-	21,340	950



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Triangle foundation

**On accounts for the year
ended**

31 March 2023

**Charity no
(if any)**

1177171

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 03 2023**

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

**Independent
examiner's statement**

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

RA Foxwell

Date:

23/5/2024

Name:

Rebecca Foxwell

**Relevant professional
qualification(s) or body
(if any):**

ICAEW

Address:

G Foxwell + Co Foxwell house Libanus
Road Ebbw Vale NP23 6V

TRIANGLE FOUNDATION

England & Wales - Charity number 1177171

Accounts

Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day	Month	Year	To	Day	Month	Year
	01	04	2021		31	03	2022

Section A Reference and administration details

Charity name	Triangle Foundation	
Other names charity is known by		
Registered charity number (if any)	1177171	
Charity's principal address	Trafalgar House	
	5 Fitzalan Place	
	Cardiff	
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Postcode</td> <td style="border: 1px solid black; padding: 2px;">CF24 0ED</td> </tr> </table>	Postcode
Postcode	CF24 0ED	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David P Briscombe	Trustee and Chair		Appointed by Trustee
2	John Ward	Trustee		
3	Dr Beverley Stafford	Trustee		
4	Dr Tony Stafford	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	A Charitable Incorporated Organisation (Foundation Structure)
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Only voting members are its trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

	Objects
The objects of the CIO are: To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health, in particular but not exclusively by:	
(1)	The provision of help, support and advice through peer support, stress management and motivational training courses and counselling.

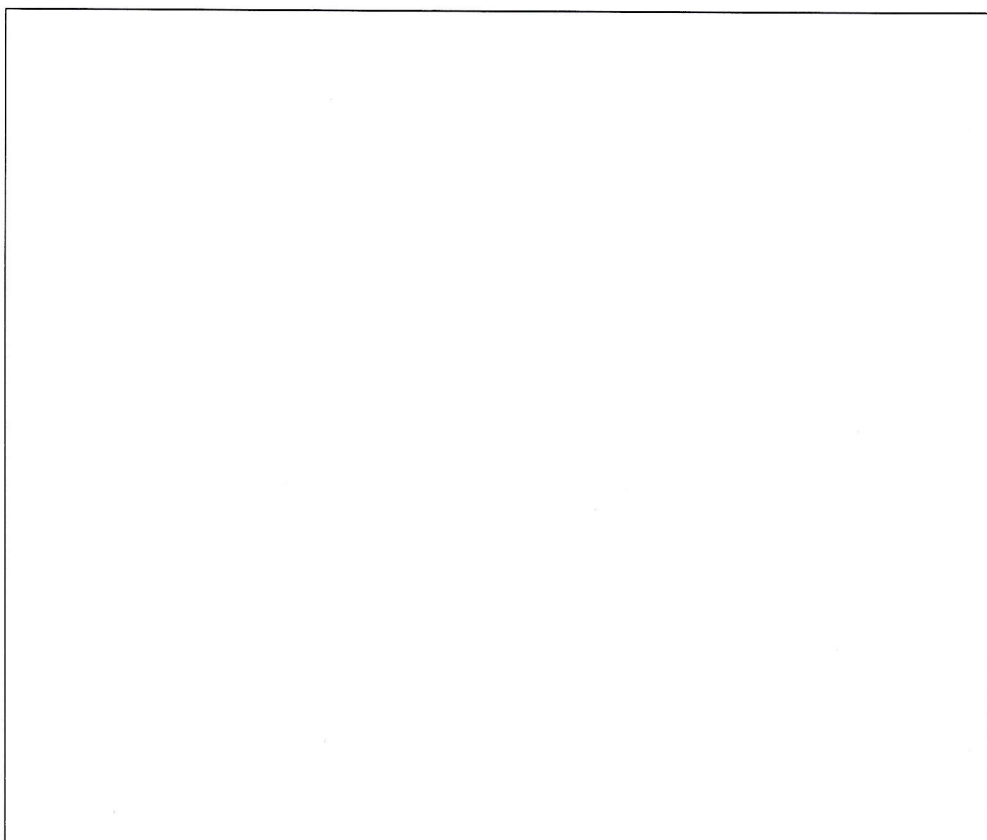
- (2) The provision of recreational activity and nutritional advice to improve the health and wellbeing of those suffering from mental ill health.
- (3) The provision of courses and support to improve the chances of those suffering from mental ill health gaining employment.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



About us

Triangle is a Cardiff-based charity dedicated to providing mental health support to people in organisations of all types as well as local communities.

We are called Triangle because we tackle the three key aspects of mental health issues: Stress, Anxiety and Depression (SAD).

Employee Mental Health Resilience and Well-being Courses

As a charity, we partner with organisations to provide low-cost employee support by providing up to 50% funding for our mental health services and courses.

Losing a staff member for any length of time to a stress-related condition can dramatically impact the workload and morale of any department.

Our mental health, stress awareness, and well-being champion training for a key staff member is essential to an organisation. Our ongoing match-funding support to help a key staff member look after your employees' stress and well-being also allow you to comply with the law.

Working with our charity for a business or organisation is gaining several essential advantages; firstly, organisations benefit from up to 50% match funding towards the fees they pay for their employees' stress prevention well-being and resilience training courses.

As a foundation, we match-fund the cost of mental health provision with the discounted fees we receive. We reinvest 100% of the fees to help and support vulnerable individuals and families in Wales affected by mental health issues.

These are the people our already stretched NHS services are struggling to help, which is why our support for organisations' staff ultimately enables us to fill the gap in service provision to the most vulnerable in our society.

International Stress Management Association (ISMA) Certification helps Triangle Foundation Clients.

Triangle Foundation is incredibly proud to have our course officially recognised by the International Stress Management Association (ISMA).

We are also honoured to have become one of the first Charities in the UK to be granted this status since ISMA was established over 30 years ago.

Our achievement of Chartered Certification for Excellence gives clients of Triangle Foundation reassurance that our courses have been scrutinised and approved to the highest professional standards in our field both for the UK and internationally.

According to ISMA, certification provides us with: "Recognition in the field of stress management, well-being and performance at a level of quality assurance for those attending our training and education courses."

Summary of the main achievements of the charity during the year

--

Section E**Financial review**

Brief statement of the charity's policy on reserves

--

Details of any funds materially in deficit

--

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

--


Section F**Other optional information**

--

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Peter Briscoe	
Position (eg Secretary, Chair, etc)	Chair	
Date	23-09-2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Triangle Foundation	No (if any)
-------------------------------------	-------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
------------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	645	-	-	645	20
Income	1,587	-	-	1,587	1,840
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,232	-	-	2,232	1,860
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,232	-	-	2,232	1,860
A3 Payments					
Charitable Expenditure	3,182	-	-	3,182	2,538
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,182	-	-	3,182	2,538
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,182	-	-	3,182	2,538
Net of receipts/(payments)	- 950	-	-	- 950	- 678
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 950	-	-	- 950	- 678

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	3,435	-	-
		-	-	-
		-	-	-
	Total cash funds	3,435	-	-

(agree balances with receipts and payments account(s))


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office Equipment		1,063	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trustees Interest Free Loan	Trustees Interest Free Loan	11,754	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David P Briscoe	23-9-22

TRIANGLE FOUNDATION

England & Wales - Charity number 1177171

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date		
	Day	Month	Year	Day	Month	Year
From	01	April	2020	To	31	March 2021

Section A Reference and administration details

Charity name	Dignity Street Foundation		
Other names charity is known by			
Registered charity number (if any)	1177171		
Charity's principal address	The Studio's		
	3 Bart Street		
	Cardiff		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Postcode</td> <td style="border: 1px solid black; padding: 5px;">CF10 5FZ</td> </tr> </table>	Postcode	CF10 5FZ
Postcode	CF10 5FZ		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David P Briscoombe	Trustee and Chair		Appointed by Trustees
2	John Ward	Trustee		
3	Dr Beverley Stafford	Trustee		
4	Dr Tony Stafford	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Michelle Rossiter	3 Harford Street, Sirhowy, Tredegar, Gwent, NP22 4QE

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Charitable Incorporated Organisation
How the charity is constituted <small>(eg. trust, association, company)</small>	Trust
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by Trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health:

--

Objects

The objects of the CIO are :-

To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing and form of mental health, in particular but not exclusively by:

- (1) The provision of help, support and advice through peer support, stress management and motivational training courses and counselling.
- (2) The provision of recreational activity and nutritional advice to improve the health and wellbeing of those suffering from mental ill health.
- (3) The provision of courses and support to improve the chances of those suffering from mental ill health gaining employment.

Nothing in this constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and section 2 of the Charities Act (Northern Ireland) 2008

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

Under these challenging times with Coronavirus and the lack of public donations, the foundation has been offering its mental health services to private clients and small to medium-sized organisations. Benefits offered include our Courses and Employee Assistance Programme (EAP).

All fees received from organisations and clients that use the services go directly to fund the foundation during these exceptional times, and enable the charity to provide services and help people who are at risk of developing mental ill-health issues from whatever reason and who cannot afford such services. No fees received are paid out on salaries as the foundation is staffed by volunteers only.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

On the 1st of March 2021, the Foundation moved its offices from Swansea to Cardiff. On the 3rd of March 2021, the Welsh Government introduced the coronavirus lockdown. The charity has only had the opportunity to operate controlled services since that date.

With a new lockdown pending, the Foundation will continue offering limited online services for the foreseeable future and will update its services when local government guidelines advise.

The Trustees present their report and account for the year ended 31st March 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charities governing document, the Charities Act 2011 and "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)" (as amended for accounting periods commencing from 1 January 2016).

To relieve the needs and promote and preserve the good mental and physical health of those suffering from or who are at risk of developing any form of mental ill health, in particular but not exclusively by :

- (1) The provision of help, support and advice through peer support, stress management and motivational training courses and counselling.
- (2) The provision of recreational activity and nutritional advice to improve the health and wellbeing of those suffering from mental ill health.
- (3) The provision of courses and support to improve the chances of those suffering from mental ill health gaining employment.

Nothing in his constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and section 2 of the Charities Act (Northern Ireland) 2008.

Performance and Achievements

The charities performance and achievements have been slow and restricted whilst the trustees have been looking for a new permanent office due to our previous office lease expiring 30th June 2019.

The lease expiring resulted in not having premises for eight months until the trustees found new premises in Cardiff the charity moved into these premises on 1st March 2020. The same day the government introduced the Coronavirus-19 Pandemic lockdown. We have been able to negotiate a rent-free period with the landlord until these challenging times improve. However, no specific time has been mentioned

Plans for Future Periods

When these challenging times and social distancing improves, we shall continue with the core work of the charity, but the trustees are under no illusion there are going to be a difficult time ahead.

The charity specialises in two-day stress management well-being and resilience-building courses and support for people experiencing mental health issues including stress, anxiety, depression and burnout.

Because of COVID-19 and social distancing restrictions, we had to suspend all in-house courses and one to one support.

The trustees are utilising their lockdown time to develop a new online 'narrowcast' format of an online course. Content of the online courses exactly mirrors that of the 'residential' course programme with the 2-day course divided into eight 1½ hour modules with two modules being presented twice weekly and all eight modules being delivered over four consecutive weeks.

This method of online presentation will be presented via Zoom and Microsoft Teams allowing us to support and help people who are experiencing or at risk of developing mental health issues in the safety of their own home during a lockdown.

Section E

Financial review

Brief statement of the charity's policy on reserves No Policy

Details of any funds materially in deficit N/A

Further financial review details (Optional information)

You may choose to include additional information where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted

Financial Review

The initial expenditure and set up costs plus any ongoing costs as detailed in the balance sheet has been made by way of an interest loan by Co-founder and Chair of Dignity Street Foundation Mr David Briscoe. The loan will only be repaid once there are sufficient surplus funds available within the charity.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) DP Briscoe

Full name(s) David Peter Briscoe

Position (eg Secretary, Chair, etc) Chair

Date 29th September 2020



CHARITY COMMISSION
FOR ENGLAND AND WALES

Dignity Street Foundation

1177171

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021
---------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	20	-	-	20	216
Income	1,840	-	-	1,840	5,831
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,860	-	-	1,860	6,047
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,860	-	-	1,860	6,047
A3 Payments					
Charitable Expenditure	2,538	-	-	2,538	5,233
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,538	-	-	2,538	5,233
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,538	-	-	2,538	5,233
Net of receipts/(payments)	- 678	-	-	- 678	814
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 678	-	-	- 678	814

Section B Statement of assets and liabilities at the end of the period

Category	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	3,351		
	Total cash funds	3,351		

Agree balances with receipts and payments accounts

Category	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets				

Category	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

Category	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office equipment	Argyle House	£ 063	

Category	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trustees' Interest Free Loan	Trustees' Interest Free Loan	10,720	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>DP Briscoe</i>	David P Briscoe	3-11-21