

# Trustees' Annual Report for the period

<b>From</b>	<b>Period start date</b>			<b>To</b>	<b>Period end date</b>		
	Day 01	Month April	Year 2020		Day 31	Month March	Year 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

**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		
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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)**

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## 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.

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## 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:

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**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)**

## 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

## 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.

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.

**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 31<sup>st</sup> 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.
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**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 29<sup>th</sup> 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 £
<b>A1 Receipts</b>					
Donations	20	-	-	20	216
Income	1,840	-	-	1,840	5,831
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	1,860	-	-	1,860	6,047
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,860	-	-	1,860	6,047
<b>A3 Payments</b>					
Charitable Expenditure	2,538	-	-	2,538	5,233
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	2,538	-	-	2,538	5,233
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	2,538	-	-	2,538	5,233
<b>Net of receipts/(payments)</b>	- 678	-	-	- 678	814
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	- 678	-	-	- 678	814



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

Account	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at bank	3,351		
	<b>Total cash funds</b>	<b>3,351</b>		
<small>Agree balances with receipts and payments accounts</small>				
<b>B2 Other monetary assets</b>	Overdraft			
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office equipment	Capital Assets	£ 0.00	
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Trustees' Interest Free Loan	Trustees' Interest	10,720	
		Capital Assets		
Signed by one or two trustees on behalf of all the trustees				
Signature		Print Name		Date of approval
		David P. Anscombe		3-11-20