

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

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 Briscoombe	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 (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

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.

- | |
|---|
| <ul style="list-style-type: none"> (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)

Receipts and payments accounts

CC16a

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))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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		1,063	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	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