

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2022		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 Briscoombe	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)

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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.

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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 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)

DBriscombe

Full name(s)

David Peter Briscombe


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



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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 63 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:

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