

# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2023		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 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)**

David P Briscoombe

## Section B Structure, governance and management

**Description of the charity's trusts**

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

**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

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## 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


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## 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

Period start date  
01/04/2023

To

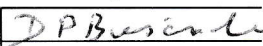
Period end date  
31/03/2024

### Section A Receipts and payments

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



## 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 £
<b>B1 Cash funds</b>	Cash at Bank	22,480	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	22,480	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Debtors	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office Equipment		1,088	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		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	