

Trustees' Annual Report for the period

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

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

Period start date
01/04/2023


To

Period end date
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
B2 Other monetary assets	Debtors	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office Equipmet		1,248	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	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	