

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 30th September 2023
for
The Jac Lewis Foundation

Ashmole & Co
Chartered Certified Accountants
Castle House
High Street
Ammanford
Carmarthenshire
SA18 2NB

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for the year ended 30th September 2023

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Report of the Trustees
for the year ended 30th September 2023

The trustees present their report with the financial statements of the charity for the year ended 30th September 2023. The trustees have adopted the provisions of 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) (effective 1 January 2019).

Chairmans Report

The charity has seen another year of growth. At the year-end, we expressed a need to expand to premises in Swansea. Post year end this has now been achieved with a lease of a building on St Helens Road.

To date, we have accepted referrals of 3,158 of which 1,585 have been in the SA18 postcode. Included in the SA18 postcode we have assisted over 350 under 18's.

Our home in Saron church has seen us run 45 one-to-one sessions every week including play therapy for children. There are also arts and crafts and grief groups. Scott's weekly cartoon club is also held in the church.

The main reason for referrals is currently Anxiety (31%) Bereavement (24%) and depression (17%).

We continue to try and help the young people, 54% of our referrals are in the 11 to 35 age categories.

The foundation since implementing the Bereavement through suicide support service we have attended 107 suicide meetings and supported 570 people affected by these suicides.

We are currently a team of 54, made up from 8 staff members, 15 students and 31 outsourced counsellors.

We continue to work hard behind the scenes with Ammanford AFC to bring a water and sewage line into our home on the recreation ground in Ammanford.

Who we are

The Jac Lewis Foundation is a foundation set up to relieve the mental and physical sickness of persons by the provision of counselling and support. The aim of the charity is to improve mental health and raise awareness of mental health in the local community.

The Ammanford community was rocked by the sudden death of Jac and through that grief came a determination to try and prevent as much as possible losing another member of the community through suicide.

The community drive and passion allowed the foundation to become a reality.

Set up to provide easy access to free professional counselling at the heart of the community for any age and any issue, the drive and commitment of the local Ammanford community, supported by Ammanford Football Club, continues to be outstanding and has enabled the foundation to grow into a service that is now providing counselling and support throughout Wales to children and adults that otherwise would be unable to access counselling and support.

The foundation aims to:

The Jac Lewis Foundation

Report of the Trustees
for the year ended 30th September 2023

- Provide a preventative wellbeing and mental health service to the community of Ammanford and surrounding areas managed by professionally qualified counsellors and wellbeing advisors.
- Reduce the stigma of mental health and develop a culture within the community where it is okay to talk about mental health.
- Train up members of the community to become wellbeing mentors to support other members going through difficult times.
- Decrease mental health difficulties and increase the wellbeing and resilience of the community.

Report of the Trustees
for the year ended 30th September 2023

OBJECTIVES AND ACTIVITIES

Objectives and aims

To promote any charitable purposes for the benefit of the community in the Ammanford and surrounding areas, to relieve the mental and physical sickness of persons resident in Wales by the provision of counselling and support for such persons.

Our Projects 2022 to 2023

JLF Project

The project is at the heart of the charity. The JLF project uses unrestricted funds to provide counselling to the SA18 postcode. The project is there to look after the local community. The JLF project is run on donations from the local community and is our core objective.

NHS Project

The NHS project is there to fund referrals from the Amman Tawe cluster of GP surgeries. The GP surgeries can now refer directly into the foundation for the patients to receive the help that they require. The waiting times in the foundation range from instant to 4-6 week; prior to the GP project, patients could have been waiting years. This project has been successful to date and has now been renewed. At the date of writing this report, over 500 people have been helped through the NHS project.

The National Lottery - Bereavement through suicide Project

The Bereavement through Suicide fund has been funded by the National Lottery to aid persons linked to a suicide and their families. The fund is for anyone Wales wide who needs the support due to bereavement through suicide.

Swansea City Football Mental Health Hub

The foundation provides residents of Swansea with the opportunity to walk into a weekly 'One Stop mental health hub' held every Friday 10am-3pm at the Swansea.com stadium.

West Glamorgan Counselling Services

The foundation provides a West Glamorgan Counselling Service for Residents living in Swansea and Neath Port Talbot that are or have been suicidal and do not have any support in place. West Glamorgan funding is used to run the mental health hub of the Swansea City Football stadium every Friday. The hub is a one stop shop of many organisations to support the community. The project is funded by West Glamorgan Partnership Fund

Youth Service Project

The Jac Lewis Foundation is currently developing a youth arm to the foundation to provide a youth service for the increasing amount of young people that are being referred into the service for support.

Volunteers and donated services

Report of the Trustees
for the year ended 30th September 2023

We train new counsellors by offering to sign off any supervision hours they accumulate while working in partnership with the JLF. As training counsellors, several hours have to be supervised in order to pass the qualification. We are proud to support the next generation of counsellors.

The foundation is grateful to all the hard work, donated time and materials gifted to progress the Wellbeing centre, which is being leased from Ammanford AFC. Currently the centre is functional, bar the water and sewerage line being connected. There are ongoing works with Dwr Cymru and our trustees in the construction sector aim to have this completed as soon as possible.

Whereas we consider the Wellbeing centre at the heart of the foundation, we are privileged that we are able to use another 5 locations to deliver counselling services. These range from office blocks to the new space opened in July 2022 in Saron church, dedicated to play therapy for children, which comes equipped with a tree seat for outdoor counselling.

Funders

We are incredibly grateful to all our funders for their continuing support.

Public benefit

The trustees have complied with their duty in relation to section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission in relation to public benefit when reviewing our aims and objectives and planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

FINANCIAL REVIEW

Financial position

Our total income has increased to £499,773 (2022 -£389,884), which includes £10,200 of donated volunteer student counsellor time. Our main source of funding has changed from local donations and one-offs to funding from the NHS, totalling £140,400 (2022 - £137,308) within the year.

By the end of the year, we had reported a deficit of £21,174 compared to a surplus of £1,435 in 2022.

At 30th September 2023, we had total net assets of £35,338 (2022- £56,512) and £58,464 (2022: £47,401) held as cash in the bank and in hand.

Reserves policy

The reserves policy addresses the difficulty of securing unrestricted funds in the current climate and over the coming year we will aim to keep sufficient reserves to cover 3 months of fixed costs, approximately £75,000, based on projected expenditure for 2023/2024. The reserves are maintained to cover unplanned expenditure and/or shortfall in projected income.

The reserve policy is reviewed quarterly by the finance team. Due to significant growth in operations both within the year and since the end of the year, the reserves police will continuously be updated.

At the end of the financial year ended 30 September 2023 unrestricted funds were £35,338, meaning there was a shortfall against target of around £39,662. The trustees are seeking additional sources of unrestricted funding to cover this shortfall or will otherwise reduce unrestricted expenditure to within the parameters of available funds.

Report of the Trustees
for the year ended 30th September 2023

FINANCIAL REVIEW

Going concern

The trustees have assessed the going concern of the charity using up to date management accounts and cash flow projections and are satisfied that the going concern risk is minimised and managed.

FUTURE PLANS

We are looking to grow the charity sustainably over the next few years. The need for counselling in the local area is still high.

Using our expertise in the charity we are confident that we can achieve further funding and continue to grow.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The Jac Lewis foundation is a registered charity and is governed by a constitution adopted on the 10th September 2019. The charity is controlled by its governing document, a deed of trust and constitutes a Charitable Incorporated Organisation.

Recruitment and appointment of new trustees

The recruitment and appointment of trustees will be discussed and approved in a trustees meeting. Trustees are selected according to the needs of the board. Current trustees are members of the local sporting teams or brought in for their expertise in areas of work from building to financial. A trustee may hold office without re-election indefinitely.

Organisational structure

The board of Trustees appoints the staff of the organisation and oversees the operation of the organisation.

Within the current year, the foundation employed its first staff member. After the year, the foundation has grown and employed another three members of staff. This is due to more activity within counselling and the need to service larger grants.

Remuneration is set at board level in the trustees' meetings. The job profile and advert are agreed, and responsibility dedicated to a member of the board to employ new staff

Induction and training of new trustees

New trustees, prior to appointment, will be provided the current version of the constitution and a copy of the latest accounts and trustees report. Trustees appointed with reference to specific responsibilities are provided with details of their specific role and all trustees have access to the regularly updated guidance via the Charity Commission website. Existing trustees also offer support and training where needed.

Related parties

During the year the Trustees held events to raise money for the charity, made donations to the charity and donated their services to the charity.

Report of the Trustees
for the year ended 30th September 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have carried out a review of the major risks to the organisation and believe that the level of reserves held is sufficient to cover adverse conditions that the organisation may face. The foundation has in place financial, personnel and health and safety controls to limit the likelihood and impact of risks. All events and activities are risk assessed prior to commencement. Disclosure and Barring Service (DBS) checks are carried out on all appropriate staff and volunteer roles. The Board of Trustees actively monitor the financial position.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1185246

Principal address

216 Cwmamman Road
Glanamman
Ammanford
Carmarthenshire
SA18 2AN

Trustees

R Jones (appointed 5.10.2023)
O H Jones
S Williams
I W Morgan
D J Roach
M A Rees
C Williams
J V Lewis
R S Thomas
S D Davies
E Thomas-Evans (resigned 31.7.2023)

Independent Examiner

Ashmole & Co
Chartered Certified Accountants
Castle House
High Street
Ammanford
Carmarthenshire
SA18 2NB

The Jac Lewis Foundation

Report of the Trustees
for the year ended 30th September 2023

Approved by order of the board of trustees on and signed on its behalf by:

.....
M A Rees - Trustee

**Independent Examiner's Report to the Trustees of
The Jac Lewis Foundation**

Independent examiner's report to the trustees of The Jac Lewis Foundation

I report to the charity trustees on my examination of the accounts of The Jac Lewis Foundation (the Trust) for the year ended 30th September 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').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Laura Craddock (FCCA)

Ashmole & Co
Chartered Certified Accountants
Castle House
High Street
Ammanford
Carmarthenshire
SA18 2NB

Date:

Statement of Financial Activities
for the year ended 30th September 2023

		Unrestricted fund £	Restricted funds £	30.9.23 Total funds £	30.9.22 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations and legacies	2	64,151	60,000	124,151	134,052
Charitable activities	4				
Charitable activities		327,141	48,100	375,241	255,082
Other trading activities	3	381	-	381	750
Total		391,673	108,100	499,773	389,884
EXPENDITURE ON					
Charitable activities	5				
Charitable activities		410,972	109,975	520,947	388,449
NET INCOME/(EXPENDITURE)		(19,299)	(1,875)	(21,174)	1,435
RECONCILIATION OF FUNDS					
Total funds brought forward		54,637	1,875	56,512	55,077
TOTAL FUNDS CARRIED FORWARD		35,338	-	35,338	56,512

Balance Sheet
30th September 2023

	Notes	Unrestricted fund £	Restricted funds £	30.9.23 Total funds £	30.9.22 Total funds £
FIXED ASSETS					
Tangible assets	12	3,955	-	3,955	4,050
CURRENT ASSETS					
Debtors	13	-	-	-	68,046
Cash at bank		58,464	-	58,464	47,401
		58,464	-	58,464	115,447
CREDITORS					
Amounts falling due within one year	14	(27,081)	-	(27,081)	(62,985)
NET CURRENT ASSETS		31,383	-	31,383	52,462
TOTAL ASSETS LESS CURRENT LIABILITIES		35,338	-	35,338	56,512
NET ASSETS/(LIABILITIES)		35,338	-	35,338	56,512
FUNDS	15				
Unrestricted funds				35,338	54,637
Restricted funds				-	1,875
TOTAL FUNDS				35,338	56,512

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
M A Rees - Trustee

.....
J V Lewis - Trustee

Notes to the Financial Statements
for the year ended 30th September 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Computer equipment	- 25% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued
for the year ended 30th September 2023

1. ACCOUNTING POLICIES - continued

Volunteer time

The donated time by volunteer student counsellors is an integral resource in delivery of the charity's services and has been quantified based upon estimated total volunteer hours and based upon the assessed market rate of the counselling services provided.

Donated Services or facilities

Such amounts are recognised as incoming resources and resources expended when the benefit to the charity can be reasonably quantified or measured and is considered material to the charity.

2. DONATIONS AND LEGACIES

	30.9.23	30.9.22
	£	£
Donations	49,201	57,112
Donated services and facilities	74,950	76,940
	124,151	134,052

3. OTHER TRADING ACTIVITIES

	30.9.23	30.9.22
	£	£
Merchandise	381	750

4. INCOME FROM CHARITABLE ACTIVITIES

	30.9.23	30.9.22
	Charitable activities	Total activities
	£	£
Grants	82,069	12,100
NHS	140,400	137,308
West Glamorgan	134,276	96,730
Walking Group	6,496	2,944
Communities for work	1,000	-
Swansea Council	11,000	-
Citizens Advice	-	6,000
	375,241	255,082

Notes to the Financial Statements - continued
for the year ended 30th September 2023

4. INCOME FROM CHARITABLE ACTIVITIES - continued

Grants received, included in the above, are as follows:

	30.9.23	30.9.22
	£	£
The National Lottery Community Fund	9,800	9,600
Toys Trust	-	2,500
The 7 Stars Foundation	1,500	-
Public Health Wales	10,000	-
Penderi GP Cluster	20,000	-
Comic Relief Menopause	5,000	-
Austin Bailey	1,800	-
The Postcode Community	23,000	-
Million Dollar Round Table	8,731	-
Co-op Local Community fund	2,238	-
	<u>82,069</u>	<u>12,100</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6)	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	<u>405,408</u>	<u>115,539</u>	<u>520,947</u>

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	30.9.23	30.9.22
	£	£
Staff costs	208,366	111,334
Counselling Services	189,440	198,374
Merchandise	3,338	1,500
Non counselling direct costs	4,264	7,593
	<u>405,408</u>	<u>318,801</u>

Notes to the Financial Statements - continued
for the year ended 30th September 2023

7. SUPPORT COSTS

	Management	Finance	Governance	Totals
	£	£	costs	£
	£	£	£	£
Charitable activities	110,506	293	4,740	115,539

Support costs, included in the above, are as follows:

Management

	30.9.23	30.9.22
	Charitable	Total
	activities	activities
	£	£
Insurance	1,710	512
Light and heat	335	-
Telephone	7,731	5,578
Postage and stationery	1,107	297
Advertising	6,978	4,953
Sundries	2,190	1,795
IT Software and consumables	6,338	3,719
Rent	66,750	35,140
Repairs and maintenance	164	1,722
Staff Training	3,674	4,163
Subscriptions	578	144
Travel	6,347	2,996
Donations	500	-
Bookkeeping	4,750	3,500
Depreciation of tangible and heritage assets	1,354	628
	110,506	65,147

Finance

	30.9.23	30.9.22
	Charitable	Total
	activities	activities
	£	£
Bank charges	293	189

Notes to the Financial Statements - continued
for the year ended 30th September 2023

7. SUPPORT COSTS - continued
Governance costs

	30.9.23	30.9.22
	Charitable activities	Total activities
	£	£
Accountancy	4,100	4,312
Legal Fees	640	-
	<hr/>	<hr/>
	4,740	4,312
	<hr/>	<hr/>

8. TRUSTEES' REMUNERATION AND BENEFITS

One of the trustees has been paid remuneration for employment with the charity.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30th September 2023 nor for the year ended 30th September 2022.

9. STAFF COSTS

	30.9.23	30.9.22
	£	£
Wages and salaries	187,267	100,037
Social security costs	17,515	7,084
Other pension costs	3,584	4,213
	<hr/>	<hr/>
	208,366	111,334
	<hr/>	<hr/>

One staff member was paid a salary in excess of £60,000.

The average monthly number of employees during the year was as follows:

	30.9.23	30.9.22
Managers	2	2
Staff	6	3
	<hr/>	<hr/>
	8	5
	<hr/>	<hr/>

No employees received emoluments in excess of £60,000.

Notes to the Financial Statements - continued
for the year ended 30th September 2023

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	101,412	32,640	134,052
Charitable activities			
Charitable activities	242,982	12,100	255,082
Other trading activities	750	-	750
Total	<u>345,144</u>	<u>44,740</u>	<u>389,884</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>343,604</u>	<u>44,845</u>	<u>388,449</u>
NET INCOME/(EXPENDITURE)	1,540	(105)	1,435
RECONCILIATION OF FUNDS			
Total funds brought forward	53,097	1,980	55,077
TOTAL FUNDS CARRIED FORWARD	<u><u>54,637</u></u>	<u><u>1,875</u></u>	<u><u>56,512</u></u>

11. STUDENT VOLUNTEERS

The value of volunteers' time given within the year is estimated with reference to the recorded number of volunteer hours multiplied by the estimated hourly rate that an employee would have been paid for carrying out the service. The quantified benefit to the charity for volunteers' time was in the region of £10,200 given that an estimated 600 hours were estimated as being spent.

Notes to the Financial Statements - continued
for the year ended 30th September 2023

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st October 2022	1,456	3,222	4,678
Additions	-	1,258	1,258
At 30th September 2023	1,456	4,480	5,936
DEPRECIATION			
At 1st October 2022	91	537	628
Charge for year	364	989	1,353
At 30th September 2023	455	1,526	1,981
NET BOOK VALUE			
At 30th September 2023	1,001	2,954	3,955
At 30th September 2022	1,365	2,685	4,050

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.23 £	30.9.22 £
Trade debtors	-	38,629
Prepayments and accrued income	-	2,719
Other debtor	-	26,698
	-	68,046

Notes to the Financial Statements - continued
for the year ended 30th September 2023

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.23	30.9.22
	£	£
Trade creditors	14,371	6,887
Taxation and social security	5,212	8,750
Other creditors	7,498	47,348
	<u>27,081</u>	<u>62,985</u>

15. MOVEMENT IN FUNDS

	At 1.10.22 £	Net movement in funds £	At 30.9.23 £
Unrestricted funds			
General fund	54,637	(19,299)	35,338
Restricted funds			
Toy Trust	1,875	(1,875)	-
	<u>56,512</u>	<u>(21,174)</u>	<u>35,338</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	391,673	(410,972)	(19,299)
Restricted funds			
The National Lottery			
Community Fund (BTS)	9,800	(9,800)	-
Toy Trust	-	(1,875)	(1,875)
Swansea Stadium	60,000	(60,000)	-
Comic Relief Menopause Grant	5,000	(5,000)	-
Penderi GP cluster	20,000	(20,000)	-
Austin Bailey	1,800	(1,800)	-
The 7 Stars Foundation	1,500	(1,500)	-
Public Health Wales	10,000	(10,000)	-
	<u>108,100</u>	<u>(109,975)</u>	<u>(1,875)</u>
TOTAL FUNDS	<u>499,773</u>	<u>(520,947)</u>	<u>(21,174)</u>

Notes to the Financial Statements - continued
for the year ended 30th September 2023

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.10.21 £	Net movement in funds £	At 30.9.22 £
Unrestricted funds			
General fund	53,097	1,540	54,637
Restricted funds			
The National Lottery			
Community Fund (BTS)	1,980	(1,980)	-
Toy Trust	-	1,875	1,875
	<u>1,980</u>	<u>(105)</u>	<u>1,875</u>
TOTAL FUNDS	<u>55,077</u>	<u>1,435</u>	<u>56,512</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	345,144	(343,604)	1,540
Restricted funds			
The National Lottery			
Community Fund (BTS)	9,600	(11,580)	(1,980)
Toy Trust	2,500	(625)	1,875
Swansea Stadium	32,640	(32,640)	-
	<u>44,740</u>	<u>(44,845)</u>	<u>(105)</u>
TOTAL FUNDS	<u>389,884</u>	<u>(388,449)</u>	<u>1,435</u>

Notes to the Financial Statements - continued
for the year ended 30th September 2023

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.21 £	Net movement in funds £	At 30.9.23 £
Unrestricted funds			
General fund	53,097	(17,759)	35,338
Restricted funds			
The National Lottery			
Community Fund (BTS)	1,980	(1,980)	-
TOTAL FUNDS	<u>55,077</u>	<u>(19,739)</u>	<u>35,338</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	736,817	(754,576)	(17,759)
Restricted funds			
The National Lottery			
Community Fund (BTS)	19,400	(21,380)	(1,980)
Toy Trust	2,500	(2,500)	-
Swansea Stadium	92,640	(92,640)	-
Comic Relief Menopause Grant	5,000	(5,000)	-
Penderi GP cluster	20,000	(20,000)	-
Austin Bailey	1,800	(1,800)	-
The 7 Stars Foundation	1,500	(1,500)	-
Public Health Wales	10,000	(10,000)	-
	<u>152,840</u>	<u>(154,820)</u>	<u>(1,980)</u>
TOTAL FUNDS	<u>889,657</u>	<u>(909,396)</u>	<u>(19,739)</u>

Notes to the Financial Statements - continued
for the year ended 30th September 2023

15. MOVEMENT IN FUNDS - continued

The National Lottery - Bereavement through suicide Project

The Bereavement through Suicide fund has been funded by the National Lottery to aid persons linked to a suicide and their families. The fund is for anyone Wales wide who needs the support due to bereavement through suicide.

Toy Trust

Toy Trust has donated funds to assist with the purchase of toys for use in our play therapy sessions with children.

Swansea Stadium

The Swansea.com stadium has over the year donated the use of the main room for the mental health hub along with corporate boxes for private meetings while the hub is in progress.

Comic Relief Menopause

To raise awareness of the Menopause and the link with Mental Health difficulties and provide support for those women who are experiencing mental health issues as part of the Menopause process.

Penderi Local Cluster Collaborative (LCC) Grant Scheme

Penderi is a local GP cluster in Swansea. The foundation is to assist the cluster by accepting referrals for patients that need mental health support in the area.

Austin Bailey

Funding to support training for volunteers who support the mental health one stop hub in Swansea.

The 7 Stars Foundation

The young persons counselling project to provide free counselling and mental health support for children and young people under 16 years of age that are survivors of abuse to decrease their mental health difficulties and increase their wellbeing.

Public Health Wales

A contribution towards the service costs of existing provision to help sure-up the existing capacity for Suicide Support Services .

Notes to the Financial Statements - continued
for the year ended 30th September 2023

16. RELATED PARTY DISCLOSURES

During the year the Trustees held events to raise money for the charity, made donations to the charity and donated their services to the charity.

Trustees gave unrestricted donations including services provided totalling £11,517 (2022:£9,500) during the year.

Detailed Statement of Financial Activities
for the year ended 30th September 2023

	30.9.23 £	30.9.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	49,201	57,112
Donated services and facilities	74,950	76,940
	124,151	134,052
Other trading activities		
Merchandise	381	750
Charitable activities		
Grants	82,069	12,100
NHS	140,400	137,308
West Glamorgan	134,276	96,730
Walking Group	6,496	2,944
Communities for work	1,000	-
Swansea Council	11,000	-
Citizens Advice	-	6,000
	375,241	255,082
Total incoming resources	499,773	389,884
EXPENDITURE		
Charitable activities		
Wages	187,267	100,037
Social security	17,515	7,084
Pensions	3,584	4,213
Counselling Services	189,440	198,374
Merchandise	3,338	1,500
Non counselling direct costs	4,264	7,593
	405,408	318,801
Support costs		
Management		
Insurance	1,710	512
Light and heat	335	-
Carried forward	2,045	512

Detailed Statement of Financial Activities
for the year ended 30th September 2023

	30.9.23 £	30.9.22 £
Management		
Brought forward	2,045	512
Telephone	7,731	5,578
Postage and stationery	1,107	297
Advertising	6,978	4,953
Sundries	2,190	1,795
IT Software and consumables	6,338	3,719
Rent	66,750	35,140
Repairs and maintenance	164	1,722
Staff Training	3,674	4,163
Subscriptions	578	144
Travel	6,347	2,996
Donations	500	-
Bookkeeping	4,750	3,500
Fixtures and fittings	364	91
Computer equipment	990	537
	<hr/> 110,506	<hr/> 65,147
Finance		
Bank charges	293	189
Governance costs		
Accountancy	4,100	4,312
Legal Fees	640	-
	<hr/> 4,740	<hr/> 4,312
Total resources expended	<hr/> 520,947	<hr/> 388,449
Net (expenditure)/income	<hr/> <hr/> (21,174)	<hr/> <hr/> 1,435