

THE ANNA PHILLIPS FOUNDATION

England & Wales · Charity number 1185535

Details

Status Registered

Legal form CIO

Registered 2019-09-27

Register [View on the Charity Commission register](#)

Contact

Address Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Phone 07594 941253

Email info@annaphillips.org

Website <https://annaphillips.org>

Activities

Objects: THE OBJECTS OF THE CIO ARE, FOR THE PUBLIC BENEFIT, TO PROMOTE AND PROTECT GOOD HEALTH OF PERSONS SUFFERING FROM TRAUMA RELATED MENTAL ILLNESS, AND ASSIST IN THE TREATMENT AND CARE OF SUCH PERSONS BY: 1) PROVIDING SUPPORT AND REHABILITATION FACILITIES THROUGH MINDFULNESS, ECO-THERAPY AND RELATED SOCIAL ACTIVITIES. 2) COLLABORATING WITH RESEARCHERS IN THE FIELD OF ECO-THERAPY AND NIDOTHERAPY TO SUPPORT RESEARCH INTO UNDERSTANDING HOW THE NATURAL ENVIRONMENT CAN IMPROVE MENTAL HEALTH OF TRAUMA SURVIVORS, THE USEFUL RESULTS OF WHICH WILL BE PUBLISHED. 3) RAISING PUBLIC AWARENESS OF THE SOCIAL CAUSES OF MENTAL ILLNESS, SUICIDE, SELF-HARM AND HOW THE USE OF THE NATURAL ENVIRONMENT CAN BE BENEFICIAL TO MENTAL HEALTH.

Activities: We continue to deepen partnerships with referrers for our nature based activities to help address trauma related mental health challenges. The Foundation is building on its successful collaborations with researchers in the field of trauma therapy. We raise awareness of the social causes of self-harm and suicide and of the ongoing problems faced by individuals given certain mental health diagnoses

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£3,450	£5,635	-	-
2023-09-30	£1,302	£5,882	-	-
2022-09-30	£4,545	£4,409	-	-
2021-09-30	£1,720	£9,111	-	-
2020-09-30	£15,653	£1,189	-	-

Trustees

Name	Role	Appointed
David Mervyn Phillips	Chair	2019-09-27
Einir Wyn Williams		2022-04-29
Esther Maria Pritchard		2019-09-27
William Gerwyn Jones		2019-09-27

THE ANNA PHILLIPS FOUNDATION

England & Wales - Charity number 1185535

Accounts



Receipts and payments accounts

CC16a

For the period from	01/10/2023	To	30/09/2024
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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	3,450	-	-	3,450	1,297
Grant income	-	-	-	-	-
Interest received	-	-	-	-	6
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,450	-	-	3,450	1,302
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,450	-	-	3,450	1,302
A3 Payments					
Bank charges	5	-	-	5	6
Project costs	10	-	-	10	1,479
Subscriptions	-	-	-	-	35
Rent	1	-	-	1	1
Repairs & Renewals	3,970	-	-	3,970	2,805
DBS checks	81	-	-	81	-
Water	37	-	-	37	55
Website Maintenance	489	-	-	489	489
Social Media	120	-	-	120	-
Accountancy	690	-	-	690	636
Insurance	233	-	-	233	376
Sub total	5,635	-	-	5,635	5,883
A4 Asset and investment purchases. (see table)					
Plant & Machinery	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,635	-	-	5,635	5,883
Net of receipts/(payments)	- 2,185	-	-	- 2,185	- 4,580
A5 Transfers between funds					
A6 Cash funds last year end	2,628			2,628	7,208
Cash funds this year end	443			443	2,628

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	Current account	443	-	-
		-	-	-
		-	-	-
	Total cash funds	443	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name
		DAVID MERVYN PHILLIPS
		ESTHER MARIA PRITCHARD
		Date of approval



Section A

Independent Examiner's Report

Report to the trustees	The Anna Phillips Foundation		
On accounts for the year ended	30 th September 2024	Charity no (if any)	1185535
	Set out on pages		
	1		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2024.

Responsibilities and basis of report

As the charity's trustees, 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 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or

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.

** Please delete the words in the brackets if they do not apply.*

Signed:		Date:	19th May 2025
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Name:	Mr Henry Lloyd Davies
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Relevant professional qualification(s) or body (if any):	ACA
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Address:	Bevan Buckland LLP
	Cardigan House, Castle Court, Swansea Enterprise Park,
	Swansea, SA7 9LA

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2024

Reference and Charity Details

1. Charity details

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.

The Registered Number is 1185535

The Registered Office is: Cardigan House, Castle Court, Swansea Enterprise Park, Swansea, SA7 9LA

2. Names of Charity Trustees

William Gerwyn Jones

Einir Wyn Williams

Esther Maria Pritchard

David Mervyn Phillips

3. Names and addresses of Advisors

Bankers:

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiners:

Bevan Buckland LLP; Cardigan House, Castle Court, Swansea
Enterprise Park, Swansea, SA7 9LA

Solicitors:

Anthony Collins Solicitors LLP, 134, Edmund Street, Birmingham,
B3 2ES

Structure, Governance and Management

4. Description of the CIO's Trusts

For the public benefit, The Anna Phillips Foundation's charitable purpose is promoting and protecting good health as set out in the Objects of its Constitution.

5. Type of Governing Document

The CIO is governed by a written Constitution

6. How the Charity is constituted

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO).

7. Trustee Selection Methods

Seeking to ensure the highest standards of governance, best practice and relevant knowledge and skills, together with a compassionate and ethical approach, The Anna Phillips Foundation adopts a patient approach in finding new Trustees who are both passionate about its work and have the highest integrity. As the Board of Trustees currently appoints new Members, we continue to develop a more structured and focused approach to recruitment of new Trustees, in addition to considering applicants on the basis of qualified third party recommendation.

8. How new Trustees are Inducted and trained

The Foundation's policy is to provide all new Trustees with a copy of its Constitution together with the most recent copy of the Trustees' Annual Report and Financial Statements. New Members

are also requested to complete a Trustees Agreement. The Charity is also currently exploring the benefits of enrolling new Trustees on formal training programmes provided by umbrella resource organisations in the charity sector.

9. Additional information:

The Charity has robust safeguarding policies and is committed to ensuring a safe and secure environment for all, co-operating with the relevant statutory agencies.

The Charity has an Equalities Framework and an Equal Opportunities policy.

The Charity has a Volunteers Agreement, and a Volunteers Policy.

The Charity has a Health and Safety Action Plan.

The Charity has no trading subsidiaries.

The Charity awards no remuneration to the Trustees, and currently has no employees.

The activity of the CIO is simple, modest and transparent and is carried out in such a way as not to expose Trustees to any material risk.

Objects

10. Summary of the Objects of the Charity as set out in its Constitution

The Objects of the CIO are, for the public benefit, to promote and protect good health of persons suffering from trauma related mental illness, and assist in the treatment and care of such persons by:

- providing support and rehabilitation facilities through mindfulness, eco-therapy and related social activities.
- collaborating with researchers in the field of eco-therapy to support research into understanding how the natural environment can improve mental health of trauma survivors, the useful results of which will be published.
- raising public awareness of the social causes of mental illness, suicide, self-harm and how the use of the natural environment can be beneficial to mental health.

11. Summary of Main Activities carried out for the public benefit

a) The charity supports a range of therapies in nature which are beneficial to good, sustainable long term health and wellbeing. We continue to develop the location in North Wales for the above wellbeing activities, by enhancing the suitability and safety of the physical environment for people who seek optimal opportunities to secure a recovery path for their trauma related mental health challenges. We achieve this sensitively both for the individual and for an enriched biodiversity. The charity continues to deepen its partnerships and influence with specific strategic organisations who are able to refer clients in appropriate ways. We continue our aim of advocating a meaningful national benchmark for a care pathway to ameliorate the experiences and so wellbeing of service users.

b) The charity builds on its meaningful relationships with key researchers in traumatic stress, and observes the benefits of nature in addressing trauma related mental health challenges. We look to the most appropriate ways of measuring a person's progress towards recovery and long term wellbeing. This will help enhance the evidence base in a practical way.

c) We continue to advocate for a better public understanding of the social and relational causes of self-harm and suicide, and of mental illness in general, using various social media and conferences to share relevant ideas on how to address this huge societal challenge through the use of nature based therapies. We work with others to address the growing concerns around the continual use of psychiatric based descriptors called "personality disorders" and their attribution to victims of trauma including

domestic abuse and violence, a problem which disproportionately impacts children and women.

In this respect we very much welcome the recently launched National Centre for Suicide Prevention and Self-Harm Research, based in Swansea. We look forward to working closely with the National Centre for the public good.

Activities, Achievements and Performance

12. Executive Summary

In the course of the period of this Annual Report the Foundation made further progress in enhancing the biodiversity of its woodland location in north Wales, a core long term contributor to the wellness aims set out in its Objects.

Tree planting, biodiversity and renewable energy

The work saw our volunteers continuing to care for more broadleaf trees planted in 2024 and 2025, including a growing orchard of apples with a Welsh provenance.

We continue to improve access paths around the grounds and seek to find ways of enhancing the water storage capacity of the site. These efforts help to enhance the therapeutic experiences of visitors as well as improving health and safety for all, and provide the growing trees with sufficient water, action which was originally recommended in an external consultant's environmental sustainability report.

The charity is pleased to report that the installed solar array unit on the main building at our woodlands is contributing to the carbon reduction achieved through the significant tree planting programme. A woodburner further adds to the energy efficiency aims of the building.

Safeguarding

Following extensive consultation with external advisors the APF updated its safeguarding policy. During this work we aligned the

policy document prepared by HR consultants (funded by Cwmpas) with updates provided by WCVA.

Mental health therapy and research activities

We continue to deepen our relations and partnerships with a number of relevant statutory and third sector organisations as set out below.

The charity continues to develop its framework of understanding with the Mental Health and Learning Disabilities (MHL) division at Betsi Cadwaladr University Health Board (BCUHB) to look at ways of developing the concept of an Integrated Care Pathway for people with mental health challenges which arise primarily from societal trauma, and also establish the basis for researching the contribution of green environments to better wellbeing.

We have worked with mental health professionals at BCUHB looking at how the experiences of people who may have “personality disorder” type challenges may be improved through taking a more innovative approach to care pathways. This work involves careful consideration and reflection on the causes of trauma, including the early and developmental stages of life.

The charity continues to contribute to the work of the Public Advisory Group on PTSD at the National Centre for Mental Health (NCMH) in Wales, helping to develop further a trauma informed framework in public, third sector and private sector organisations across public life in Wales.

We are also looking at the impact of trauma on prolonged grief and considering novel approaches to ameliorate the experiences of people with this particularly persistent challenge, combining these with nature therapy. A trustee of the charity is a member of the Public Advisory Group on prolonged grief disorder, and this includes

evaluating an ongoing feasibility study of an app as an interim therapy for people with challenging mental health challenges for at least six months following bereavement.

As part of the charity's work to contribute to a better public understanding of the relational causes of self-harm and suicide, and associated mental health challenges, we contribute from time to time to Welsh Government consultations and reviews of policies on domestic abuse and violence against women (VAWDASV) and suicide prevention.

Traumatic Stress Wales (TSW) held its North Wales conference at Nant Gwrtheyrn in May 2024. Two trustees contributed to the activities. Participants were clinical, research and care professionals from NHS, care sector, justice system and third sector. A range of different novel participatory activities worked very well, including sessions by the WNO who engaged plenary singing sessions as a means of tackling different forms and degrees of traumatic stress.

The Foundation also held exploratory discussions with a number of mental health and wellness professionals (including small entrepreneurial groups to an established national charity) with a view to collaborating on nature based projects to help people with trauma related mental health challenges. Our trustees contributed to local events with other mental health charities, helping homeless people who face numerous challenges including suicidal ideation.

During the period of this report we very much welcome the launch of the National Centre for Suicide Prevention and Self-Harm Research (based at Swansea University, Wales). Going forward the Foundation will be involved in the work of the National Centre, which forms a key part of the Welsh Government's next 10 year mental health and wellbeing strategy, and strongly aligns with the Foundation's values.

Financial Review

13. Statement of the Charity's Policy on Reserves

As the charity does not have significant reserves, all liquid assets are in the form of a current bank account.

14. Details of any funds materially in deficit

None

15. State of the Charity's Finances

The principle source of funds for the charity is grants and donations.

All expenditure is directly related to the purposes of the charity, for example, paying rent, electricity, water and administration.

16. Statutory Notes to the Accounts

Particulars of any Outstanding Guarantee Given by the Charity

The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

The trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

Approved by the Board of Trustees

May 2025

Appendix: Glossary of terms

“the charity” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO);

“the Foundation” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO);

“We” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO)

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You can find out more about UTC at the following web page:

<http://www.virtualcabinetportal.com/WhatIsUTC>

Signature 1

Signed by Esther Pritchard using authentication code P3FVRHgzbXJpMNC at IP address 109.153.9.67, on 2025/05/19 09:49:19 Z.

Esther Pritchard's e-mail address is: esther@annaphillips.org.

Signature 2

Signed by David Phillips using authentication code REhzOEdoJTRpMjkg at IP address 13.40.99.33, on 2025/05/19 11:09:02 Z.

David Phillips's e-mail address is: info@annaphillips.org.

THE ANNA PHILLIPS FOUNDATION

England & Wales - Charity number 1185535

Accounts



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2023

Reference and Charity Details

1. Charity details

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The Registered Number is 1185535

The Registered Office is: Cardigan House, Castle Court, Swansea Enterprise Park, Swansea, SA7 9LA

2. Names of Charity Trustees

William Gerwyn Jones
Einir Wyn Williams
Esther Maria Pritchard
David Mervyn Phillips

3. Names and addresses of Advisors

Bankers:

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiners:

Bevan Buckland LLP; Cardigan House, Castle Court, Swansea
Enterprise Park, Swansea, SA7 9LA

Solicitors:

Anthony Collins Solicitors LLP, 134, Edmund Street, Birmingham,
B3 2ES

Structure, Governance and Management

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Seeking to ensure the highest standards of governance, best practice and relevant knowledge and skills, together with a compassionate and ethical approach, The Anna Phillips Foundation adopts a patient approach in finding new Trustees who are both passionate about its work and have the highest integrity. As the Board of Trustees currently appoints new Members, we continue to develop a more structured and focused approach to recruitment of new Trustees, in addition to considering applicants on the basis of qualified third party recommendation.

8. How new Trustees are Inducted and trained

The Foundation's policy is to provide all new Trustees with a copy of its Constitution together with the most recent copy of the Trustees' Annual Report and Financial Statements. New Members

are also requested to complete a Trustees Agreement. The Charity is also currently exploring the benefits of enrolling new Trustees on formal training programmes provided by umbrella resource organisations in the charity sector.

9. Additional information:

The Charity has established robust policies on safeguarding and is committed to ensuring a safe and secure environment for all by co-operating with all the relevant statutory agencies.

The Charity has introduced an Equalities Framework and has a policy for Equal Opportunities.

The Charity has a Volunteers Agreement, and a Volunteers Policy.

The Charity has a Health and Safety Action Plan.

The Charity has no trading subsidiaries.

The Charity has an internal risk management policy.

The Charity awards no remuneration to the Trustees, and currently has no employees.

The Charity has a Bullying and Harassment policy.

The Charity has a Social media policy.

The Charity has a trustee conflict of interest policy and a trustee expenses policy.

The Charity has an internal financial controls policy.

Risk management statement

While the charity is small, with a simple and straightforward structure and operation, it has a risk management framework that anticipates and can accommodate a material increase in scale, activity and so potentially greater risk exposure.

The areas of risk assessment and management which are the main focus of the Board of trustees are: internally, operational and

financial risks, and externally, regulatory compliance (in particular, potential changes in environmental and safeguarding regulations and/or legislation).

On operational matters the charity has to continually put risk into perspective, with regard to the potential impact of their severity and the probability of such incidents occurring. The internal reporting framework the charity has developed enables trustees to identify at regular intervals any potential operational and/or financial risks and to take the appropriate action to mitigate their impact and so prevent cumulatively more adverse challenges.

The Board is cognisant of the potential impact on the capacity of the charity in the event of, for example, securing a large contract or forming a joint venture or partnership with another organisation to deliver a service. Such a potential change in demand for the service would imply the need to reassess the operational capacity of the charity to continue to meet its long term objectives.

The charity periodically reviews the skill levels and commitment of its trustees to maintain the effectiveness of the Board as a strategic body, so that it can achieve its long term objectives in an effective manner.

Objects

10. Summary of the Objects of the Charity as set out in its Constitution

The Objects of the CIO are, for the public benefit, to promote and protect good health of persons suffering from trauma related mental illness, and assist in the treatment and care of such persons by:

- providing support and rehabilitation facilities through mindfulness, eco-therapy and related social activities.
- collaborating with researchers in the field of eco-therapy to support research into understanding how the natural environment can improve mental health of trauma survivors, the useful results of which will be published.
- raising public awareness of the social causes of mental illness, suicide, self-harm and how the use of the natural environment can be beneficial to mental health.

11. Summary of Main Activities carried out for the public benefit

As set out in the Constitution of the CIO, the only voting members are its Charity Trustees.

a) The charity supports a range of therapies in nature which are beneficial to good, sustainable long term health and wellbeing. We continue to develop the location in North Wales for the above wellbeing activities, by enhancing the suitability and safety of the physical environment for people who seek optimal opportunities to secure a recovery path for their trauma related mental health challenges. We aim to achieve this sensitively both for the individual and for enriched biodiversity. The charity continues to deepen its partnerships with specific strategic organisations who are able to refer clients in appropriate ways. We continue our aim of advocating a meaningful benchmark for a care pathway to ameliorate the experiences and so wellbeing of service users.

b) The charity builds on its meaningful relationships with key researchers studying the benefits of nature in addressing trauma related mental health challenges. We aim to ensure that the most appropriate ways of measuring a person's progress towards recovery and long term wellbeing is incorporated into studies and so helps to enhance in a meaningful way the evidence base.

c) We advocate for a better public understanding of the social and relational causes of self-harm and suicide, and of mental illness in general, and we use various social media to share relevant ideas on how to address this huge societal challenge through the use of nature based therapies. We work with others to address the growing concerns around the continual use of psychiatric based descriptors called "personality disorders" and their attribution to

victims of trauma including domestic abuse and violence, a problem which disproportionately impacts children and women.

Activities, Achievements and Performance

12. Executive Summary

In the course of the year the Foundation made further progress in enhancing the biodiversity of its woodland location in north Wales, a core long term contributor to the wellness aims set out in its Objects.

This involved our volunteers continuing to care for over 750 further broadleaf trees planted in 2021 and 2022, including a growing orchard. We continue to improve access paths around the grounds and improve the drainage, both of which contribute to enhancing the therapeutic experiences of visitors as well as improving health and safety for all.

The charity is pleased to report that the installed solar array unit on the main building at our woodlands is contributing to the carbon reduction achieved through the significant tree planting programme. A woodburner unit has now been installed at the property which further adds to the energy efficiency aims of the building.

We continue to deepen our relations and partnerships with a number of relevant statutory and third sector organisations as set out below.

- We continue our relationship with the School of Medical and Health Sciences at Bangor University, sharing experiences of how immersion in nature can heal entrenched trauma, and discussing and sharing with mental health nursing students a better understanding of the charity's aims and work.
- The charity continues to develop its framework of understanding with the Mental Health and Learning Disabilities(MHLD) division at Betsi Cadwaladr University Health Board (BCUHB) in order to develop the concept of an Integrated Care Pathway for people with mental health challenges which arise primarily from societal trauma. This has formed the basis of a small pilot in which a specialist adult community mental health specialist nurse brings clients with them (on a 1 to 1 basis) to the woodlands location for therapy sessions, which aims to have a deep, meaningful and long lasting impact on an individual client's mental health and wellbeing. Feedback to date from participants is encouraging for the continuation of these forms of therapy.
- We are also involved with members of MHLD at BCUHB looking at how the experiences of people who may have

“personality disorder” type challenges may be ameliorated through taking a new approach to care pathways. This work involves careful consideration and reflection on the causes of trauma, including the early and developmental stages of life.

- The charity contributes to the work of the Public Advisory Group on PTSD at the National Centre for Mental health (NCMH) in Wales, helping to bring about a trauma informed framework to be adopted by public, third sector and private sector organisations across public life in Wales. We are also looking at the impact of trauma on prolonged grief and considering novel approaches to ameliorate the experiences of people with this particularly persistent challenge, combining these with nature therapy.
- As part of the charity’s work to contribute to a better public understanding of the relational causes of self-harm and suicide, and associated mental health challenges, we continue contributions to Welsh Government consultations and reviews of policies on domestic abuse and violence against women (VAWDASV) and suicide prevention.
- We have built on the recommendations set out in the Environmental and Sustainability Action Plan by environment consultant Gareth Kiddie and Associates, with a particular focus on the best options for the conservation of water resources at our ecotherapy woodlands site.

Financial Review

13. Statement of the Charity's Policy on Reserves

As the charity does not have significant reserves, all liquid assets are in the form of a current bank account.

14. Details of any funds materially in deficit

None

15. State of the Charity's Finances

The principle source of funds for the charity is grants and donations.

All expenditure is directly related to the purposes of the charity, for example, paying rent, electricity, water and administration.

16. Statutory Notes to the Accounts

Particulars of any Outstanding Guarantee Given by the Charity

The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

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Approved by the Board of Trustees

16 May 2024

Appendix: Glossary of terms

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“the Foundation” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO);

“We” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO)



Section A Independent Examiner's Report

Report to the trustees

The Anna Phillips Foundation

On accounts for the year ended

30th September 2023 Charity no (if any) 1185535

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2023.

Responsibilities and basis of report

As the charity's trustees, 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 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

16/5/2024

Name:

Mr Henry Lloyd Davies

Relevant professional qualification(s) or body (if any):

ACA

Address:

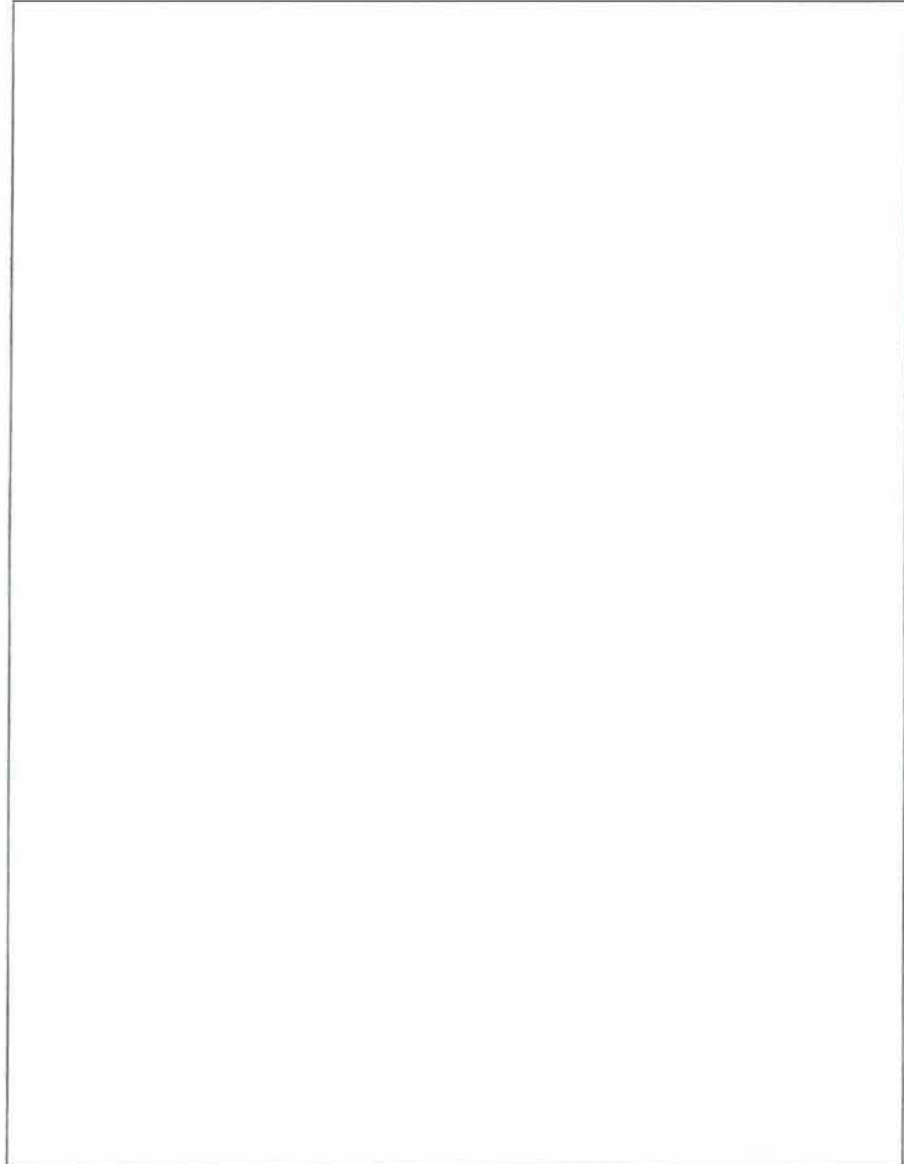
Bevan Buckland LLP
Cardigan House, Castle Court, Swansea Enterprise Park,
Swansea, SA7 9LA

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



The Anne Phillips Foundation		1185535	CC16a
Receipts and payments accounts			
For the period from	01/10/2022	To	

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	1,297	-	-	1,297	1,239
Grant income	-	-	-	-	3,304
Interest received	6	-	-	6	2
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,302	-	-	1,302	4,545
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,302	-	-	1,302	4,545
A3 Payments					
Bank charges	6	-	-	6	6
Project costs	1,231	248	-	1,479	3,056
Subscriptions	35	-	-	35	-
Rent	1	-	-	1	1
Repairs & Renewals	2,805	-	-	2,805	-
Heat & Light	-	-	-	-	342
Water	55	-	-	55	22
Website Maintenance	489	-	-	489	389
Accountancy	636	-	-	636	594
Insurance	376	-	-	376	-
Sub total	5,634	248	-	5,883	4,409
A4 Asset and investment purchases, (see table)					
Plant & Machinery	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,634	248	-	5,883	4,409
Net of receipts/(payments)	- 4,332	- 248	-	- 4,580	136
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,960	248	-	7,208	7,072
Cash funds this year end	2,628	0	-	2,628	7,208

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	Current account	2,628	-	-
		-	-	-
		-	-	-
	Total cash funds	2,628	-	-

(agree balances with receipts and payments account(s))

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>David Phillips</i>	DAVID MERVYN PHILLIPS	04/06/2024
<i>Esther Pritchard</i>	ESTHER MARIA PRITCHARD	04-06-24

THE ANNA PHILLIPS FOUNDATION

England & Wales - Charity number 1185535

Accounts



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2022

Reference and Charity Details

1. Charity details

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.

The Registered Number is 1185535

The Registered Office is: Cardigan House, Castle Court, Swansea Enterprise Park, Swansea, SA7 9LA

2. Names of Charity Trustees

William Gerwyn Jones

Einir Wyn Williams

Esther Maria Pritchard

David Mervyn Phillips

3. Names and addresses of Advisors

Bankers:

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiners:

Bevan Buckland LLP; Cardigan House, Castle Court, Swansea
Enterprise Park, Swansea, SA7 9LA

Solicitors:

Anthony Collins Solicitors LLP, 134, Edmund Street, Birmingham,
B3 2ES

Structure, Governance and Management

4. Description of the CIO's Trusts

For the public benefit, The Anna Phillips Foundation's charitable purpose is promoting and protecting good health as set out in the Objects of its Constitution.

5. Type of Governing Document

The CIO is governed by a written Constitution

6. How the Charity is constituted

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO).

7. Trustee Selection Methods

Seeking to ensure the highest standards of governance, best practice and relevant knowledge and skills, together with a compassionate and ethical approach, The Anna Phillips Foundation adopts a patient approach in finding new Trustees who are both passionate about its work and have the highest integrity. As the Board of Trustees currently appoints new Members, we continue to develop a more structured and focused approach to recruitment of new Trustees, in addition to considering applicants on the basis of qualified third party recommendation.

8. How new Trustees are Inducted and trained

The Foundation's policy is to provide all new Trustees with a copy of its Constitution together with the most recent copy of the Trustees' Annual Report and Financial Statements. New Members

are also requested to complete a Trustees Agreement. The Charity is also currently exploring the benefits of enrolling new Trustees on formal training programmes provided by umbrella resource organisations in the charity sector.

9. Additional information:

The Charity has established robust policies on safeguarding and is committed to ensuring a safe and secure environment for all by co-operating with all the relevant statutory agencies.

The Charity has introduced an Equalities Framework and has a policy for Equal Opportunities.

The Charity has a Volunteers Agreement, and a Volunteers Policy.

The Charity has a Health and Safety Action Plan.

The Charity has no trading subsidiaries.

The Charity awards no remuneration to the Trustees, and currently has no employees.

Financial Risk: The activity of the CIO is simple, modest and transparent and is carried out in such a way as not to expose Trustees to any material risk.

Objects

10. Summary of the Objects of the Charity as set out in its Constitution

The Objects of the CIO are, for the public benefit, to promote and protect good health of persons suffering from trauma related mental illness, and assist in the treatment and care of such persons by:

- providing support and rehabilitation facilities through mindfulness, eco-therapy and related social activities.
- collaborating with researchers in the field of eco-therapy to support research into understanding how the natural environment can improve mental health of trauma survivors, the useful results of which will be published.
- raising public awareness of the social causes of mental illness, suicide, self-harm and how the use of the natural environment can be beneficial to mental health.

11. Summary of Main Activities carried out for the public benefit

As set out in the Constitution of the CIO, the only voting members are its Charity Trustees.

a) The charity supports a range of therapies in nature which are beneficial to good, sustainable long term health and wellbeing. We continue to develop the location in North Wales for the above wellbeing activities, by enhancing the suitability and safety of the physical environment for people who seek optimal opportunities to secure a recovery path for their trauma related mental health challenges. We aim to achieve this sensitively both for the individual and for enriched biodiversity. The charity continues to deepen its partnerships with specific strategic organisations who are able to refer clients in appropriate ways. We continue our aim of advocating a meaningful benchmark for a care pathway to ameliorate the experiences and so wellbeing of service users.

b) The charity builds on its meaningful relationships with key researchers studying the benefits of nature in addressing trauma related mental health challenges. We aim to ensure that the most appropriate ways of measuring a person's progress towards recovery and long term wellbeing is incorporated into studies and so helps to enhance in a meaningful way the evidence base.

c) We advocate for a better public understanding of the social and relational causes of self-harm and suicide, and of mental illness in general, and we use various social media to share relevant ideas on how to address this huge societal challenge through the use of nature based therapies. We work with others to address the growing concerns around the continual use of psychiatric based descriptors called "personality disorders" and their attribution to

victims of trauma including domestic abuse and violence, a problem which disproportionately impacts children and women.

Activities, Achievements and Performance

12. Executive Summary

In the course of the year the Foundation made further progress in enhancing the biodiversity of its woodland location in north Wales, a core long term contributor to the wellness aims set out in its Objects.

This involved our volunteers caring for the recently planted 750 broadleaf trees in the previous period. We have continued to improve the access paths around the grounds and improved the drainage, both of which enhance the therapeutic experiences of visitors as well as improving health and safety for all.

The charity is pleased to report that the installed solar array unit on the main building at our woodlands is contributing to the carbon reduction achieved through the significant tree planting programme. A woodburner unit has now been installed at the property which further adds to the energy efficiency aims of the building.

We continue to deepen our relations and partnerships with a number of relevant statutory and third sector organisations as set out below.

- We continue our relationship with the School of Medical and Health Sciences at Bangor University, sharing experiences of how immersion in nature can heal entrenched trauma, and discussing and sharing with mental health nursing students a better understanding of the charity's aims and work.
- The charity continues to develop its framework of understanding with the Mental Health and Learning Disabilities(MHLD) division at Betsi Cadwaladr University Health Board (BCUHB) in order to develop the concept of an Integrated Care Pathway for people with mental health challenges which arise primarily from societal trauma. This has formed the basis of a small pilot in which a specialist adult community mental health specialist nurse brings clients with them (on a 1 to 1 basis) to the woodlands location for therapy sessions, which aims to have a deep, meaningful and long lasting impact on an individual client's mental health and wellbeing. Feedback to date from participants is encouraging for the continuation of these forms of therapy.
- We are also involved with members of MHLD at BCUHB looking at how the experiences of people who may have

“personality disorder” type challenges may be ameliorated through taking a new approach to care pathways. This will involve considering looking at the antecedents of trauma, including attachment in the early stages of life.

- The charity contributes to the work of the Public Advisory Group on PTSD at the National Centre for Mental health (NCMH), helping to bring about a trauma informed framework to be adopted by public, third sector and private sector organisations across public life in Wales. We are also looking at the impact of trauma on prolonged grief and considering approaches as to how the condition may be ameliorated.
- As part of the charity’s work to contribute to a better public understanding of the relational causes of self-harm and suicide, and associated mental health challenges, we made written contributions to the Welsh Government consultations and reviews of policies on domestic abuse and violence against women. (VAWDASV).
- We have built on the recommendations set out in the Environmental and Sustainability Action Plan by environment consultant Gareth Kiddie and Associates, with a particular focus on the best options for the conservation of water resources at our ecotherapy woodlands site.

Financial Review

13. Statement of the Charity's Policy on Reserves

As the charity does not have significant reserves, all liquid assets are in the form of a current bank account.

14. Details of any funds materially in deficit

None

15. State of the Charity's Finances

The principle source of funds for the charity is grants and donations.

All expenditure is directly related to the purposes of the charity, for example, paying rent, electricity, water and administration.

16. Statutory Notes to the Accounts

Particulars of any Outstanding Guarantee Given by the Charity

The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

The trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

Approved by the Board of Trustees

13 June 2023

Appendix: Glossary of terms

“the charity” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO);

“the Foundation” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO);

“We” means The Anna Phillips Foundation, a charitable incorporated organisation (CIO)



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

The Anna Phillips Foundation

**On accounts for the year
ended**

30th September 2022

**Charity no
(if any)**

1185535

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2020.

**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 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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

19/06/2022

Name:

Henry Lloyd Davies

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

Bevan Buckland LLP

Cardigan House, Castle Court, Swansea Enterprise Park,

Swansea, SA7 9LA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



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	1,239	-	-	1,239	1,715
Grant income	-	3,304	-	3,304	-
Interest received	2	-	-	2	5
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,241	3,304	-	4,545	1,720
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,241	3,304	-	4,545	1,720
A3 Payments					
Bank charges	6	-	-	6	6
Project costs	-	3,056	-	3,056	-
DBS Checks	-	-	-	-	-
Rent	1	-	-	1	1
Repairs & Renewals	-	-	-	-	6,012
Heat & Light	342	-	-	342	360
Water	22	-	-	22	38
Website Design	389	-	-	389	1,820
Accountancy	594	-	-	594	570
Insurance	-	-	-	-	304
Sub total	1,353	3,056	-	4,409	9,111
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,353	3,056	-	4,409	9,111
Net of receipts/(payments)	- 112	248	-	136	- 7,391
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,072	-	-	7,072	14,463
Cash funds this year end	6,960	248	-	7,208	7,072

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	Current account	6,960	248	-
		-	-	-
		-	-	-
	Total cash funds	6,960	248	-
	(agree balances with receipts and payments account(s))	OK	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)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

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You can find out more about UTC at the following web page:

<http://www.virtualcabinetportal.com/WhatIsUTC>

Signature 1

Signed by Esther Pritchard using authentication code ZjUucEdxeUdzSy5K at IP address 109.152.7.158, on 2023/06/20 09:59:22 Z.

Esther Pritchard's e-mail address is: esther@annaphillips.org.

Signature 2

Signed by David Phillips using authentication code MSRnOFRiV1RGVVk8 at IP address 35.177.188.4, on 2023/06/20 10:19:19 Z.

David Phillips's e-mail address is: info@annaphillips.org.

THE ANNA PHILLIPS FOUNDATION

England & Wales - Charity number 1185535

Accounts



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2021

Reference and Charity Details

1. Charity details

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.

The Registered Number is 1185535

The Registered Office is: Cardigan House, Castle Court, Swansea Enterprise Park, Swansea, SA7 9LA

2. Names of Charity Trustees

William Gerwyn Jones

Esther Maria Pritchard

David Mervyn Phillips

All of the above are founding trustees and were appointed at the formation of the registered charity on 27 September 2019. The fourth founding trustee, Diana Phillips, passed away after the year ending 30 September 2021. The CIO has now appointed two new trustees and their details will in due course be available on the Charity Commission portal.

3. Names and addresses of Advisors

Bankers:

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiners:

Bevan Buckland LLP; Cardigan House, Castle Court, Swansea
Enterprise Park, Swansea, SA7 9LA

Solicitors:

Anthony Collins Solicitors LLP, 134, Edmund Street, Birmingham,
B3 2ES

Structure, Governance and Management

4. Description of the CIO's Trusts

For the public benefit, The Anna Phillips Foundation's charitable purpose is promoting and protecting good health as set out in the Objects of its Constitution.

5. Type of Governing Document

The CIO is governed by a written Constitution

6. How the Charity is constituted

The Anna Phillips Foundation is a Charitable Incorporated Organisation.

7. Trustee Selection Methods

Seeking to ensure the highest standards of governance, best practice and relevant knowledge and skills, together with a compassionate and ethical approach, The Anna Phillips Foundation adopts a patient approach in finding new Trustees who are both passionate about its work and have the highest integrity. As the Board of Trustees currently appoints new Members, we continue to develop a more structured and focused approach to recruitment of new Trustees, in addition to considering applicants on the basis of qualified third party recommendation.

8. How new Trustees are Inducted and trained

The Foundation's policy is to provide all new Trustees with a copy of its Constitution together with the most recent copy of the

Trustees' Annual Report and Financial Statements. New Members are also requested to complete a Trustees Agreement. The Charity is also currently exploring the benefits of enrolling new Trustees on formal training programmes provided by umbrella resource organisations in the charity sector.

9. Additional information:

The CIO has established robust policies on safeguarding and is committed to ensuring a safe and secure environment for all by co-operating with all the relevant statutory agencies.

The CIO has introduced an Equalities Framework and has a policy for Equal Opportunities.

The CIO has a Volunteers Agreement, and a Volunteers Policy.

The CIO has Covid19 policies and procedures.

The CIO has a Health and Safety Action Plan.

The CIO has no trading subsidiaries.

The CIO awards no remuneration to the Trustees, and currently has no employees.

Financial Risk: The activity of the CIO is simple, modest and transparent and is carried out in such a way as not to expose Trustees to any material risk.

Objects

10. Summary of the Objects of the Charity as set out in its Constitution

The Objects of the CIO are, for the public benefit, to promote and protect good health of persons suffering from trauma related mental illness, and assist in the treatment and care of such persons by:

- providing support and rehabilitation facilities through mindfulness, eco-therapy and related social activities.
- collaborating with researchers in the field of eco-therapy to support research into understanding how the natural environment can improve mental health of trauma survivors, the useful results of which will be published.
- raising public awareness of the social causes of mental illness, suicide, self-harm and how the use of the natural environment can be beneficial to mental health.

11. Summary of Main Activities carried out for the public benefit

As set out in the Constitution of the CIO, the only voting members are its Charity Trustees. When fully operational the charity will only be able to function optimally with volunteer support.

a) supporting various activities beneficial to good health in which the natural environment is principal medium for therapy. The Charity has further advanced the location in North Wales for these activities. We are securing a suitable and safe physical environment for clients seeking optimal therapy for their trauma related mental health challenges, doing so in a way sensitive to and conducive to an enhanced biodiversity. The charity continues to build strong partnerships with specific organisations who engage with the identified clients and who will act as referral sources as appropriate. The charity continues to advocate for an optimal benchmark for an Integrated Care Pathway, with the aim of improving mental health and wellbeing for all service users.

b) the charity continues to develop meaningful relationships with key researchers studying the benefits of nature in addressing trauma related mental illness. This includes exploring the most appropriate methods of measuring progress of patients and to publish the results and so enhance the knowledge base.

c) the CIO is proactive in seeking to improve the public understanding of the social causes of self-harm and suicide and mental illness in general, and uses various social media to share ideas on how to reduce the enormity of the problem through nature based therapies. The charity is working with others to

address the concerns surrounding use of personality disorders for victims of trauma, which disproportionately impacts women.

Activities, Achievements and Performance

12. Executive Summary

In the course of the year the CIO continued developing its the woodlands location, a key long term contributor to the therapeutic aims set out in its objects.

This work involved our volunteers planting an additional 750 trees and carrying out basic infrastructure work. The construction work has contributed to a significant improvement in drainage at the location, and to creating a new access as well as pathways around the woodlands, and focused efforts to save water. These environmental improvements will help enhance therapeutic experiences of service users as well as contributing to improved health and safety.

The charity also addressed its long term energy challenge through reducing its carbon footprint by installing a solar array on the main building, adding to the carbon reduction achieved through tree planting.

The charity also developed deeper relations and partnerships with a number of relevant statutory and third sector organisations.

- Continued its relationship with the School of Nursing Sciences at Bangor University to share experiences of how immersion in nature can heal the entrenched trauma, and to discuss with the mental health nursing students a better understanding of the scope of the CIO's work.
- The CIO has built a framework of understanding with the Mental Health Division of Betsi Cadwaladr University Health Board to develop the idea of an Integrated Care Pathway for people with mental health challenges, arising primarily as a result of trauma. This should form the basis of a pilot for using the natural world as a therapy for people who would most likely benefit from such support.
- The charity contributes to the work of the Public Advisory Group on PTSD, linking with Traumatic Stress Wales (NHS) and the National Centre for Mental Health (NCMH)
- The charity has worked steadily to build key strategic relationships via social media to help it address its objective of improving the public understanding of the relational causes of self-harm, suicide and the associated mental health challenges.
- The CIO received a grant from the Local Nature Partnership to enhance the biodiversity at its location, which will underpin the long term therapeutic work.
- The charity received a grant from Arbed am Byth to install renewable energy infrastructure at its location, contributing to a reduced carbon footprint.
- The charity received an award from UnLtd along with ongoing social enterprise development and training support.

- The CIO commissioned a consultant to carry out an Environmental and Sustainability Action Plan, together with preparing an Environmental Policy and Eco-Code, supported with a grant from Wales Co-operative Centre.

Financial Review

13. Statement of the Charity's Policy on Reserves

As the charity does not have significant reserves, all liquid assets are in the form of a current bank account.

14. Details of any funds materially in deficit

None

15. State of the Charity's Finances

The principle source of funds for the charity is grants and donations.

All expenditure is directly related to the purposes of the charity, for example, paying rent, electricity, water and administration.

16. Statutory Notes to the Accounts

Particulars of any Outstanding Guarantee Given by the Charity

The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

The trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

Approved by the Board of Trustees

29th April 2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

The Anna Phillips Foundation

**On accounts for the year
ended**

30th September 2021

**Charity no
(if any)**

1185535

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2020.

**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 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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

06/05/2022

Name:

Henry Lloyd Davies

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

Bevan Buckland LLP

Cardigan House, Castle Court, Swansea Enterprise Park,

Swansea, SA7 9LA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Anna Phillips Foundation

1185535

CC16a

Receipts and payments accounts

For the period from	01/10/2020	To	30/09/2021
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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 £
A1 Receipts					
Donations	1,715	-	-	1,715	5,650
Grant income	-	-	-	-	10,000
Interest received	5	-	-	5	3
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,720	-	-	1,720	15,653
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,720	-	-	1,720	15,653
A3 Payments					
Bank charges	6	-	-	6	2
Computer costs	-	-	-	-	55
DBS Checks	-	-	-	-	12
Rent	1	-	-	1	1
Repairs & Renewals	6,012	-	-	6,012	1,120
Heat & Light	360	-	-	360	-
Water	38	-	-	38	-
Website Design	1,820	-	-	1,820	-
Accountancy	570	-	-	570	-
Insurance	304	-	-	304	-
Sub total	9,111	-	-	9,111	1,190
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,111	-	-	9,111	1,190
Net of receipts/(payments)	- 7,391	-	-	- 7,391	14,463
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 7,391	-	-	- 7,391	14,463

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	Current account	7,072	-	-
		-	-	-
		-	-	-
	Total cash funds	7,072	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

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<http://www.virtualcabinetportal.com/WhatsUTC>

Signature 1

Signed by Esther Pritchard using authentication code ZjUucEdxeUdzSy5K at IP address 81.157.172.177, on 2022/05/09 18:04:19 Z.

Esther Pritchard's e-mail address is: esther@annaphillips.org.

Signature 2

Signed by David Phillips using authentication code WnBXRk0hcW0hZz9Q at IP address 2.97.52.215, on 2022/05/09 18:11:23 Z.

David Phillips's e-mail address is: info@annaphillips.org.

THE ANNA PHILLIPS FOUNDATION

England & Wales - Charity number 1185535

Accounts



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2020

Reference and Charity Details

1. Charity details

The Anna Phillips Foundation is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales.

The Registered Number is 1185535

The Registered Office is: Langdon House, Langdon Road,
Swansea, SA1 8QY

2. Names of Charity Trustees

Diana Phillips

William Gerwyn Jones

Esther Maria Pritchard

David Mervyn Phillips

All the above trustees were appointed at the formation of the registered charity. On 27 September 2019.

3. Names and addresses of Advisors

Bankers:

Triodos Bank, Deanery Road, Bristol, BS1 5AS

Independent Examiners:

Bevan Buckland LLP, Langdon House, Langdon Road, Swansea, SA1 8QY

Solicitors:

Anthony Collins Solicitors LLP, 134, Edmund Street, Birmingham, B3 2ES

External Consultant:

Torrance HR Consultancy was engaged by The Anna Phillips Foundation during the Reporting Period in a project to build our administration structure and capacity.

Structure, Governance and Management

4. Description of the CIO's Trusts

For the public benefit, The Anna Phillips Foundation's charitable purpose is promoting and protecting good health as set out in the Objects of its Constitution.

5. Type of Governing Document

The CIO is governed by a written Constitution

6. How the Charity is constituted

The Anna Phillips Foundation is a Charitable Incorporated Organisation.

7. Trustee Selection Methods

Seeking to ensure the highest standards of governance, best practice and relevant knowledge and skills, together with a compassionate and ethical approach, The Anna Phillips Foundation adopts a patient approach in finding new Trustees who are both passionate about its work and have the highest integrity. While the Board of Trustees currently appoints new Members, we are seeking guidance on developing a more structured approach to recruitment of new Trustees, in addition to considering applicants on the basis of qualified third party recommendation.

8. How new Trustees are Inducted and trained

The Foundation's policy is to provide all new Trustees with a copy of its Constitution together with the most recent copy of the Trustees' Annual Report and Financial Statements. New Members

are also requested to complete a Trustees Agreement. The CIO is also currently exploring the benefits of enrolling new Trustees on formal training programmes provided by umbrella resource organisations in the charity sector.

9. Additional information:

The CIO has established robust policies on safeguarding and is committed to ensuring a safe and secure environment for all by co-operating with all the relevant statutory agencies.

The CIO has introduced an Equalities Framework and has a policy for Equal Opportunities.

The CIO has a Volunteers Agreement, and a Volunteers Policy.

The CIO has Covid19 policies and procedures.

The CIO has a Health and Safety Action Plan.

The CIO has no trading subsidiaries.

The CIO awards no remuneration to the Trustees, and currently has no employees.

Financial Risk: As the activity of the CIO is simple, modest and transparent and is carried out in such a way as not to expose Trustees to any material risk.

Objects

10. Summary of the Objects of the Charity as set out in its Constitution

The Objects of the CIO are, for the public benefit, to promote and protect good health of persons suffering from trauma related mental illness, and assist in the treatment and care of such persons by:

- providing support and rehabilitation facilities through mindfulness, eco-therapy and related social activities.
- collaborating with researchers in the field of eco-therapy and nidotherapy to support research into understanding how the natural environment can improve mental health of trauma survivors, the useful results of which will be published.
- raising public awareness of the social causes of mental illness, suicide, self-harm and how the use of the natural environment can be beneficial to mental health.

11. Summary of Main Activities carried out for the public benefit

As set out in the Constitution of the CIO, the only voting members are its Charity Trustees. When fully operational the CIO will only be able to function optimally with volunteer support.

a) facilitating various activities conducive to good health using principally the natural environment as the medium for the therapies. The CIO continues to prepare the location in North West Wales for these activities. This work includes ensuring the physical environment is both suitable and safe for clients who seek relevant and appropriate therapy for their trauma related mental health challenges. The charity continues to build strong partnerships with specific organisations who engage with the identified clients and who will act as referral sources as appropriate. Work continues towards a practical framework for an Integrated Care Pathway which aims to improve mental health and wellbeing for all service users.

b) the charity continues to develop meaningful relationships with key researchers studying the benefits of nature in addressing trauma related mental illness. This includes exploring the most appropriate methods of measuring progress of patients and to publish the results and so enhance the knowledge base.

c) the CIO is proactive in seeking to improve the public understanding of the social causes of self-harm and suicide and mental illness in general, and uses various social media both to raise the awareness of the challenge before society and share ideas on how to reduce the enormity of the problem through various nature based therapies.

Activities, Achievements and Performance

12. Executive Summary

In the course of the year the CIO advanced the development of the woodlands location in North Wales, a key contributor to the therapeutic aims set out in its objects.

This work included planting of an additional 200 trees and carrying out basic infrastructure work. The construction work has contributed to a significant improvement in drainage at the location, and to creating a new access as well as pathways around the woodlands. These landscape improvements will help towards enhancing the therapeutic experience of service users as well as contributing to improved health and safety.

The charity also developed deeper relations and partnerships with a number of relevant statutory and third sector organisations.

- Worked with the WCVA to develop key policies on safeguarding and volunteers for the CIO.
- Worked with the School of Nursing Sciences at Bangor University to share experiences of starting the charity and to share with the mental health nursing students a better understanding of the nature and scope of work of the CIO.
- Developed relationship with members of the Department of Clinical Psychology, Bangor University to share challenges of establishing the CIO's work and to build a framework for future research collaboration.

- The CIO has built a framework of understanding with the Mental Health Division of Betsi Cadwaladr University Health Board to develop the idea of an Integrated Care Pathway for people with mental health challenges, arising primarily as a result of trauma. This should form the basis of a pilot for using the natural world as a therapy for people who would most likely benefit from such support.
- The charity has worked steadily to build key strategic relationships via social media to help it address its objective of improving the public understanding of the relational causes of self-harm, suicide and the associated mental health challenges.

Financial Review

13. Statement of the Charity's Policy on Reserves

As the charity does not have significant reserves, all liquid assets are in the form of a current bank account.

14. Details of any funds materially in deficit

None

15. State of the Charity's Finances

The principle source of funds for the charity is grants and donations.

All expenditure is directly related to the purposes of the charity, for example, paying rent, electricity, water and administration.

16. Statutory Notes to the Accounts

Particulars of any Outstanding Guarantee Given by the Charity

The trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

Particulars of Any Outstanding Debt

The trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

The Anna Phillips Foundation

**On accounts for the year
ended**

30th September 2020

**Charity no
(if any)**

1185535

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2020.

**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 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.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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.

Signed:

Date:

18 May 2021

Name:

Henry Lloyd Davies

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

Bevan Buckland LLP

Langdon House, Langdon Road, Swansea Waterfront, Swansea

SA1 8QY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Anna Phillips Foundation 1185535

Receipts and payments accounts

CC16a

For the period from	27/09/2019	To	30/09/2020
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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	5,650	-	-	5,650	-
Grant income	10,000	-	-	10,000	-
Interest received	3	-	-	3	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,653	-	-	15,653	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,653	-	-	15,653	-
A3 Payments					
Bank charges	2	-	-	2	-
Computer costs	55	-	-	55	-
DBS Checks	12	-	-	12	-
Rent	1	-	-	1	-
Repairs & Renewals	1,120	-	-	1,120	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,189	-	-	1,189	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,189	-	-	1,189	-
Net of receipts/(payments)	14,463	-	-	14,463	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	14,463	-	-	14,463	-

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	Current account	14,463	-	-
		-	-	-
		-	-	-
	Total cash funds	14,463	-	-
	(agree balances with receipts and payments account(s))	OK	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)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

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Signature 1

Signed by David Phillips using authentication code VyZjeJwIMUJFSnpW at IP address 78.146.18.146, on 2021/05/19 15:47:39 Z.

David Phillips's e-mail address is: info@annaphillips.org.

David Phillips added the following comments:

"By Order of the Board of Trustees

The Anna Phillips Foundation"