



# **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**

30<sup>th</sup> 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

### 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 £
<b>A1 Receipts</b>					
Donations	5,650	-	-	5,650	-
Grant income	10,000	-	-	10,000	-
Interest received	3	-	-	3	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	15,653	-	-	15,653	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	15,653	-	-	15,653	-
<b>A3 Payments</b>					
Bank charges	2	-	-	2	-
Computer costs	55	-	-	55	-
DBS Checks	12	-	-	12	-
Rent	1	-	-	1	-
Repairs & Renewals	1,120	-	-	1,120	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	1,189	-	-	1,189	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,189	-	-	1,189	-
<b>Net of receipts/(payments)</b>	14,463	-	-	14,463	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Current account	14,463	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>14,463</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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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<http://www.virtualcabinetportal.com/WhatIsUTC>

## 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](mailto:info@annaphillips.org).

David Phillips added the following comments:

"By Order of the Board of Trustees

The Anna Phillips Foundation"