



# **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

29<sup>th</sup> April 2022



**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 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

## Receipts and payments accounts

CC16a

For the period from	01/10/2020	To	30/09/2021
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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 £
<b>A1 Receipts</b>					
Donations	1,715	-	-	1,715	5,650
Grant income	-	-	-	-	10,000
Interest received	5	-	-	5	3
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	1,720	-	-	1,720	15,653
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,720	-	-	1,720	15,653
<b>A3 Payments</b>					
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	-
<b>Sub total</b>	9,111	-	-	9,111	1,190
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	9,111	-	-	9,111	1,190
<b>Net of receipts/(payments)</b>	- 7,391	-	-	- 7,391	14,463
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	- 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 £
<b>B1 Cash funds</b>	Current account	7,072	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,072</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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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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 81.157.172.177, on 2022/05/09 18:04:19 Z.

Esther Pritchard's e-mail address is: [esther@annaphillips.org](mailto: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](mailto:info@annaphillips.org).