



# **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**

30<sup>th</sup> 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.**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

The Anna Phillips Foundation

1185535

## Receipts and payments accounts

CC16a

For the period  
from

01/10/2021

To

30/09/2022

### 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	1,239	-	-	1,239	1,715
Grant income	-	3,304	-	3,304	-
Interest received	2	-	-	2	5
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,241</b>	<b>3,304</b>	<b>-</b>	<b>4,545</b>	<b>1,720</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,241</b>	<b>3,304</b>	<b>-</b>	<b>4,545</b>	<b>1,720</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>1,353</b>	<b>3,056</b>	<b>-</b>	<b>4,409</b>	<b>9,111</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,353</b>	<b>3,056</b>	<b>-</b>	<b>4,409</b>	<b>9,111</b>
<b>Net of receipts/(payments)</b>	<b>- 112</b>	<b>248</b>	<b>-</b>	<b>136</b>	<b>- 7,391</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>7,072</b>	<b>-</b>	<b>-</b>	<b>7,072</b>	<b>14,463</b>
<b>Cash funds this year end</b>	<b>6,960</b>	<b>248</b>	<b>-</b>	<b>7,208</b>	<b>7,072</b>

## 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	6,960	248	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6,960</b>	<b>248</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<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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## 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](mailto: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](mailto:info@annaphillips.org).