



The Anna Phillips Foundation

Trustees' Annual Report

For the Accounting Period ended 30 September 2023

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 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

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

16 May 2024

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)



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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.

Receipts and payments accounts

CC16a

For the period
from

01/10/2022

To

30/09/2023

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	3,058
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))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	
	David Phillips	DAVID MERVYN PHILLIPS	04/06/2024	
	Esther Pritchard	ESTHER MARIA PRITCHARD	04-06-24	