



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Anna Phillips Foundation

1185535

Receipts and payments accounts

CC16a

For the period
from

01/10/2023

To

30/09/2024

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
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	
		DAVID MERVYN PHILLIPS		
		ESTHER MARIA PRITCHARD		



Section A

Independent Examiner's Report

Report to the trustees

The Anna Phillips Foundation

On accounts for the year
ended

30th 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

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 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(MHLD) 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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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 REhzOEdoJTRpMjkgp 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.