

PONTHAFREN
UNAUDITED
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025



PONTAFREN

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2025

Trustees Mr James Varty, Chair from 19 January 2024
Mr Charles Brotherton
Mr Andrew Brown (appointed 24 January 2024)
Mr Frank Corfield

**Charity registered
number** 1187482

Principal office Longbridge Street
Newtown
Powys
SY16 2DY

Accountants WR Partners
Chartered Accountants
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Bankers Lloyds Bank
12 High Street
Newtown
Powys
SY16 2NX

Solicitors Joseph Property Law
St. David's Business Centre
New Rd
Newtown
Powys
SY16 1RB

Director of Association Jamie Burt

PONTHAFREN

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Objectives and activities

a. Policies and objectives

Ponthafren was established in 1992 and registered as a charity in 1994. The organisation supports individuals experiencing mental health issues, social isolation, and exclusion. It operates two community-based Wellness, Recovery, and Learning Centres in Newtown and Welshpool, along with outreach services throughout Powys.

The charity offers a range of services and activities to support service users, including social and recreational courses, counselling, and one-on-one support. We employ staff who provide in-house assistance or can refer individuals to more specialist support services.

The provision of these various services relies heavily on the support of our volunteers, many of whom are current or former service users. Volunteering fosters a sense of self-worth and plays a crucial role in addressing the mental health challenges faced by our service users.

While the primary aim of the charity is to support those with mental health issues, its objectives are broader: to promote any charitable purpose for the benefit of the people of Newtown, Welshpool, Montgomeryshire, and Powys. Specifically, our goals include:

- Advancing education
- Relieving poverty, sickness, and distress
- Preserving and protecting health
- Providing facilities for recreation and leisure activities

Ponthafren aims to create venues where individuals with mental health issues can meet socially, access information, receive support, and engage in activities that enhance their confidence and self-esteem. We are also dedicated to breaking down the stigma associated with mental ill health and collaborating closely with other groups in this field.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**

Objectives and activities (continued)

b. Strategies for achieving objectives

During 2024/25, Ponthafren has continued to innovate and adapt where necessary. We have yet again seen increasing demand for our services.

The Board and Director have continued to develop strategies aligned with the organisation's overall strategic statement to develop the organisation further, ensuring it is fit for purpose and able to support as many people as possible moving forward.

Statement of Purpose

The object of Ponthafren is 'to provide a caring community offering support to those in need and to promote positive mental health and well-being for all'.

Statement of Values

The statement of values provides guidance for everyone who volunteers or works at Ponthafren and those who use our service, as to what we think is important and as to the standards of behaviour and consideration for others we encourage.

Ponthafren's Strategy

Ponthafren's statement of strategy now focuses upon the processes of learning and sense-making, upon building an organisation in which diversity is fostered, effective individual and organisational learning become substantial requirements and self-organisation is encouraged as the main method of problem solving. Such a strategy requires a careful balancing of control and innovation.

The Board will be working with the Director to develop strategies aligned with our overall strategic statement to further develop the organisation. This will give us the opportunity to focus and develop specific areas of the organisation, such as The Armoury, our Welshpool centre that is full of potential.

c. Activities undertaken to achieve objectives

During this financial year we led on a Social Value Forum funded Informal Volunteering Project with 8 delivery partners across Powys. We were also successful in securing funding from The National Lottery Community Fund to expand our 1-2-1 support provision. We have also increased our counselling offering in response to demand from statutory services.

d. Volunteers

Ponthafren provides a wide range of volunteering opportunities whilst acknowledging that volunteers do not replace paid staff. Volunteers are required to complete an application form and provide two references and agree to have a DBS check (if relevant to the role). As an important and valued part of the organisation, volunteers are provided with training and ongoing supervision along with new opportunities to improve their own health and wellbeing, improved education and paid employment opportunities whilst meeting new people and reducing isolation.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

a. Main achievements of the Charity

During the period, the organisation has continued to work closely with statutory services to provide early intervention and preventative mental health support. We have supported over 1000 people during the year.

We were also successful yet again in being awarded the Blended CBT tender as the lead of a consortium covering the whole of Powys.

Operationally, we have been working on the Trusted Standard Quality Mark alongside diversifying our funding streams.

During this period, our Director achieved the Rising Star award at the UK-wide Third Sector Awards.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

b. Reserves policy

The resources of Ponthafren are to support its charitable objectives. Therefore, the level of funds needs to be the minimum required to ensure the charity can continue to meet these charitable objectives.

The summary of income and expenditure over the past five years is given in the table below

Statement of Financial Activities

	2024-25	2023-24	2022-23	2021-22	2020-21
	£'000	£'000	£'000	£'000	£'000
Income	404.8	403.4	367.6	525	538.5
Expenditure	-399.6	-438.6	-427.7	-435.2	-407
Net income/(expenditure)	5.2	-31.9	-60.1	89.7	131.5
Funds brought forward	613.9	649.1	709.2	619.4	488
Funds carried forward	619.1	613.9	649.1	709.2	619.4

It was previously noted that it is important for Ponthafren to avoid generating net expenditure as this reduces the Charity's Funds. There are a minimum level of Funds the Charity needs to maintain financial security, see note below.

The summary of the Balance Sheet follows below:

Balance Sheet

	2024-25	2023-24	2022-23	2021-22	2020-21
	£'000	£'000	£'000	£'000	£'000
Fixed Assets	381	383.0	383.8	387	308.6
Cash at Bank	213.4	210.7	238.7	323.4	357.1
Debtors less Creditors	25	23.2	26.7	-1.2	-46.3
Funds Carried forward	619.4	613.9	649.1	709.2	619.4

The Funds of Ponthafren are mostly invested in fixed assets: primarily the premises at Newtown and the Armoury in Welshpool. The ownership of these buildings avoids the organisation having to pay rent on equivalent accommodation and, in the case of the building at Welshpool gives Ponthafren significant opportunities for the expansion of services.

The level of cash for the organisation needs to be above the minimum level set by the Trustees. Ideally, the organisation would like to have 'free' cash funds that would enable the continuation of the services for 12 months, without having to cease the service. However, Ponthafren's resources are not sufficient for this ideal. The Trustees have therefore agreed the Minimum Funds level is £125,000, which would be sufficient to continue all current operations for a 3-month period, during which time the organisation would go through a planned wind-down of its activities, while simultaneously seeking new sources of funding.

The free reserves for the year, which comprise of the unrestricted funds less any unrestricted fixed assets, stood at £238,021 (2024: £233,921). Restricted funds stood at £Nil at year end (2024: £Nil).

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

c. Principal funding

As a percentage of the total income in the year, the principal sources of income were as follows:

Powys Teaching Health Board, 24% (2024: 55%).
Tudor Trust, 16%
Silver cloud, 13%

Structure, governance and management

a. Constitution

The Charity transitioned to a Charitable Incorporated Organisation (CIO) on 1 April 2022. All the assets and liabilities of Ponthafren Association (charity number 1035326) were transferred to the CIO, Ponthafren (charity number 1187482) on that date.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution.

c. Organisational structure and decision-making policies

Day to day management of Ponthafren is entrusted to a senior management team led by the organisation's Director, Jamie Burt, in accordance with a formal scheme of delegation.

d. Policies adopted for the induction and training of Trustees

Trustees are elected by the organisation's members. The rights, duties and responsibilities of the trustees and the issue of induction training are all set out in the memorandum of trustee's responsibilities and duties.

e. Pay policy for key management personnel

Pay is reviewed annually to take into account changes in the cost of living. The organisation also undertakes periodic reviews of pay in other organisations to ensure that Ponthafren is paying competitive and comparable salaries for comparable roles.

More generally, the organisation is a National Living Wage employer and aspires to pay the Real Living Wage rates.

f. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Plans for future periods

- In the forthcoming year (2025-26) Ponthafren plans to
- Seek capital grant funding for our Welshpool centre to ensure it is more fit for purpose and can operate as a health and wellbeing centre for North Powys, combining physical and mental healthcare
- Expand our activities calendar to ensure we are leading in the preventative space, alleviating the demand on frontline statutory services.
- Continue to represent our service users in the plans for future mental health care in Powys.
- Continue to implement the lessons from our Pilotlight development programme to ensure our services are as effective as possible, whilst investing in the continued development of our staff team.
- Ensure we are well placed strategically to adapt to a challenging funding environment.
- Work to achieve sustainable funding

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Mr James Varty
Interim Chair of Trustees
Date: 29/01/26

PONTHAFREN

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2025

Independent Examiner's Report to the Trustees of Ponthafren ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity'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 2011 Act.

**INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**

Independent Examiner's Statement


Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed: 

Dated: 30.1.2026

S J Tweedie

BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
SY2 6LG

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STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	176,175	35,183	211,358	156,498
Charitable activities	4	135,811	52,256	188,067	240,650
Investments	5	5,348	-	5,348	6,203
Total income		317,334	87,439	404,773	403,351
Expenditure on:					
Charitable activities	6	312,157	87,439	399,596	438,554
Total expenditure		312,157	87,439	399,596	438,554
Net movement in funds		5,177	-	5,177	(35,203)
Reconciliation of funds:					
Total funds brought forward		613,948	-	613,948	649,151
Net movement in funds		5,177	-	5,177	(35,203)
Total funds carried forward		619,125	-	619,125	613,948

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 12 to 27 form part of these financial statements.

PONTHAFREN

BALANCE SHEET
AS AT 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	381,104	380,027
		<u>381,104</u>	<u>380,027</u>
Current assets			
Debtors	12	60,489	30,424
Cash at bank and in hand		213,365	210,734
		<u>273,854</u>	<u>241,158</u>
Current liabilities			
Creditors: amounts falling due within one year	13	(35,833)	(7,237)
Net current assets		<u>238,021</u>	<u>233,921</u>
Total assets less current liabilities		<u>619,125</u>	<u>613,948</u>
Total net assets		<u>619,125</u>	<u>613,948</u>
Charity funds			
Restricted funds	14	-	-
Unrestricted funds	14	619,125	613,948
Total funds		<u>619,125</u>	<u>613,948</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Mr James Varty
Interim Chair of Trustees
Date: 29/01/26

The notes on pages 12 to 27 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. General information

Ponthafren Association was a Charitable Incorporated Organisation, formed and registered in Wales with a charity number of 1187482. The charity was constituted under a Trust deed.

The Charity transitioned to a Charitable Incorporated Organisation (CIO) on 1 April 2022. All the assets and liabilities of Ponthafren Association (charity number 1035326) were transferred to the CIO on that date.

The registered address and principal place of business of the charity is stated on the reference and administrative details page.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Ponthafren meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

After making enquires, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Charity therefore continues to adopt the going concern basis in preparing its financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Other grants that are not subject to performance-related conditions are credited to the Statement of Financial Activities as the grant proceeds are received. Grants received prior to the revenue recognition criteria being satisfied are recognised as a liability.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

At each reporting date the Charity assesses whether there is any indication of impairment. If such indication exists, the recoverable amount of the asset is determined to be the higher of its fair value less costs to sell and its value in use. An impairment loss is recognised where the carrying amount exceeds the recoverable amount.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.7 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method. The residual value of the property is estimated to be higher than the cost, and therefore no depreciation has been charged.

Depreciation is provided on the following bases:

Freehold property	- Nil
Improvements to property	- Nil
Plant and machinery	- 25% straight line
Fixtures and fittings	- 25% straight line
Computer equipment	- 25% straight line

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.12 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.13 Pensions

The Charity contributes to a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

3. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Donations	30,651	-	30,651	18,849
Grants	134,406	35,183	169,589	131,154
Government grants	11,118	-	11,118	6,495
Total 2025	<u>176,175</u>	<u>35,183</u>	<u>211,358</u>	<u>156,498</u>
<i>Total 2024</i>	<u>82,821</u>	<u>73,677</u>	<u>156,498</u>	

Government grants received in the year related to CVS grants from Powys County Council.

4. Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Mental Health & Wellbeing	114,766	52,256	167,022	220,021
Other Charitable Activities	21,045	-	21,045	20,629
Total 2025	<u>135,811</u>	<u>52,256</u>	<u>188,067</u>	<u>240,650</u>
<i>Total 2024</i>	<u>196,891</u>	<u>43,759</u>	<u>240,650</u>	

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

5. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Bank interest	5,348	5,348	6,203
Total 2025	5,348	5,348	6,203
<i>Total 2024</i>	<i>6,203</i>	<i>6,203</i>	

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
Direct costs	312,157	87,439	399,596	438,554
Total 2025	312,157	87,439	399,596	438,554
<i>Total 2024</i>	<i>321,118</i>	<i>117,436</i>	<i>438,554</i>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Total funds 2025 £	Total funds 2024 £
Direct costs	399,596	399,596	438,554
Total 2025	399,596	399,596	438,554
<i>Total 2024</i>	<i>438,554</i>	<i>438,554</i>	

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Mental Health & Wellbeing 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Staff costs	297,564	297,564	312,805
Depreciation	1,623	1,623	3,730
Other staff costs	6,394	6,394	2,337
Premises costs	17,420	17,420	19,945
Office costs	17,960	17,960	15,077
Building maintenance	3,169	3,169	6,717
Insurance	4,994	4,994	4,970
Subcontractors/trainers	35,046	35,046	55,728
Counselling	5,997	5,997	4,385
Volunteer expenses	1,599	1,599	1,461
Other expenses	1,858	1,858	1,826
Professional fees	5,972	5,972	9,573
Total 2025	<u>399,596</u>	<u>399,596</u>	<u>438,554</u>
<i>Total 2024</i>	<u>438,554</u>	<u>438,554</u>	

8. Independent examiner's remuneration

	2025 £	<i>2024 £</i>
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<u>3,050</u>	<u>2,620</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

9. Staff costs

	2025 £	2024 £
Wages and salaries	274,429	289,007
Social security costs	17,680	17,963
Contribution to defined contribution pension schemes	5,455	5,835
	<u>297,564</u>	<u>312,805</u>

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	2024 No.
Employees	<u>13</u>	<u>13</u>

No employee received remuneration amounting to more than £60,000 in either year.

The total remuneration received by key management was £52,764 (2024: £51,538).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the year ended 31 March 2025, expenses totalling £NIL were reimbursed or paid directly to Trustee (2024 - £344 to 3 Trustees). Expenses relate to travel expenses and refreshments.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

11. Tangible fixed assets

	Freehold property £	Property improvements £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Total £
Cost or valuation						
At 1 April 2024	297,000	81,940	1,505	34,947	15,460	430,852
Additions	-	-	600	-	2,100	2,700
At 31 March 2025	<u>297,000</u>	<u>81,940</u>	<u>2,105</u>	<u>34,947</u>	<u>17,560</u>	<u>433,552</u>
Depreciation						
At 1 April 2024	-	-	1,505	34,563	14,757	50,825
Charge for the year	-	-	150	243	1,230	1,623
At 31 March 2025	<u>-</u>	<u>-</u>	<u>1,655</u>	<u>34,806</u>	<u>15,987</u>	<u>52,448</u>
Net book value						
At 31 March 2025	<u>297,000</u>	<u>81,940</u>	<u>450</u>	<u>141</u>	<u>1,573</u>	<u>381,104</u>
At 31 March 2024	<u>297,000</u>	<u>81,940</u>	<u>-</u>	<u>384</u>	<u>703</u>	<u>380,027</u>

The Trustees have considered the use of the premises and any potential improvements to enhance their suitability in the future. The trustees will keep the value under review to ensure the premises appropriately reflects the worth to the organisation.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	57,361	7,801
Prepayments and accrued income	3,128	10,397
Grants receivable	-	12,226
	<u>60,489</u>	<u>30,424</u>

13. Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	1,897	904
Accruals & deferred income	33,936	6,333
	<u>35,833</u>	<u>7,237</u>

	2025 £	2024 £
Deferred income at 1 April 2024	3,333	7,129
Resources deferred during the year	29,916	3,333
Amounts released from previous periods	(3,333)	(7,129)
	<u>29,916</u>	<u>3,333</u>

Deferred income relates to funds provided by the Welsh Rugby Union, Tudor Trust and the National Lottery that all relate to the 2025-2026 year.

PONTHAFREN

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds				
Designated funds				
Premises fund	378,940	-	-	378,940
Premises fund	125,000	-	-	125,000
	<u>503,940</u>	<u>-</u>	<u>-</u>	<u>503,940</u>
General funds				
General fund	110,008	236,957	(231,780)	115,185
Tudor Trust	-	57,750	(57,750)	-
Garfield Weston	-	5,000	(5,000)	-
NFU Mutual	-	6,509	(6,509)	-
Powys County Council	-	11,118	(11,118)	-
	<u>110,008</u>	<u>317,334</u>	<u>(312,157)</u>	<u>115,185</u>
Total Unrestricted funds	<u>613,948</u>	<u>317,334</u>	<u>(312,157)</u>	<u>619,125</u>

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Statement of funds (continued)

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Restricted funds				
Welshpool Rugby Club	-	4,000	(4,000)	-
Welsh Rugby Union	-	10,000	(10,000)	-
Powys County Council/Sport Powys	-	10,000	(10,000)	-
PAVO - Formal Volunteering	-	7,983	(7,983)	-
PAVO - Numeracy 1 + 2	-	14,157	(14,157)	-
National Lottery - Inclusion Project	-	16,930	(16,930)	-
National Lottery - 1-2-1 Project	-	1,667	(1,667)	-
PAVO - Social Value Forum	-	20,702	(20,702)	-
Groundwork UK (Tesco)	-	2,000	(2,000)	-
	-	87,439	(87,439)	-
Total of funds	613,948	404,773	(399,596)	619,125

PONTHAFREN

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2024 £</i>
Unrestricted funds				
Designated funds				
Premises fund	378,940	-	-	378,940
Minimum fund	125,000	-	-	125,000
	<hr/> 503,940 <hr/>	<hr/> - <hr/>	<hr/> - <hr/>	<hr/> 503,940 <hr/>
General funds				
General fund	145,211	227,950	(263,153)	110,008
Tudor Trust	-	35,000	(35,000)	-
Charles Frederick Green Trust	-	16,465	(16,465)	-
Garfield Weston	-	6,500	(6,500)	-
	<hr/> 145,211 <hr/>	<hr/> 285,915 <hr/>	<hr/> (321,118) <hr/>	<hr/> 110,008 <hr/>
Total Unrestricted funds	<hr/> 649,151 <hr/>	<hr/> 285,915 <hr/>	<hr/> (321,118) <hr/>	<hr/> 613,948 <hr/>

PONTAFREN

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

14. Statement of funds (continued)

	<i>Balance at 1 April 2023</i>	<i>Income</i>	<i>Expenditure</i>	<i>Balance at 31 March 2024</i>
	£	£	£	£
Restricted funds				
Powys Teaching Health Board	-	5,000	(5,000)	-
Welshpool Rugby Club	-	2,000	(2,000)	-
Welsh Rugby Union	-	10,000	(10,000)	-
Powys Teaching Health Board - Sanctuary	-	27,454	(27,454)	-
PAVO - Formal Volunteering	-	5,987	(5,987)	-
National Lottery - 1-2-1 Project	-	11,305	(11,305)	-
PAVO - Social Value Forum	-	15,641	(15,641)	-
NGS	-	2,612	(2,612)	-
Groundwork UK (Tesco)	-	375	(375)	-
The National Lottery -Community fund (1-2-1 project)	-	34,702	(34,702)	-
Open Newtown/Enraw	-	2,360	(2,360)	-
	-	117,436	(117,436)	-
Total of funds	649,151	403,351	(438,554)	613,948

15. Trustees note on funds

Unrestricted Funds

This is the accumulation of surpluses that is not earmarked for any specific purpose. This can be regarded as the contingency fund of the CIO. It also includes grants and donations received that have no restrictions on how they are spent.

Designated Funds

Premises Fund

This represents the CIO's investment in the freehold property, including any improvements made to the property.

Minimum Fund

This represents the funds required to continue the CIO's activities if all funding ceased. The funds would enable the continuation of the services for a 3 month period, during which time other sources of income would be sought while at the same time planning the 'wind-down' of the CIO's activities.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Restricted Funds

Welshpool Rugby Club – Employment of Rugby and Wellbeing Officer. Enabling Welsh rugby to thrive and develop individuals through rugby union delivery within the establishment and local community.

Welsh Rugby Union – Employment of Rugby and Wellbeing Officer. Enabling Welsh rugby to thrive and develop individuals through rugby union delivery within the establishment and local community.

Powys County Council/Sport Powys - Employment of Rugby and Wellbeing Officer. Enabling Welsh rugby to thrive and develop individuals through rugby union delivery within the establishment and local community. Supporting the Walk and Talk rugby group.

PAVO – Formal Volunteering – Recruiting, training and placing volunteers in the Newtown area.

PAVO - Numeracy 1 + 2 – SPF-funded group activities. Improving skills in daily life, including numeracy.

The National Lottery - Inclusion Project – Fund to enable additional inclusion and participation by those who feel socially excluded in their local community, and establish and maintain social connections. ~

National Lottery - 1-2-1 Project – Direct practical support empowering people to live a better life outside of their mental health symptoms. Including confidence building, Anxiety, self-care, and working towards personal goals.

PAVO - Social Value Forum - Recruitment, support and project lead on Informal volunteering across Powys.

Groundwork UK - Funds to support the provision of counselling service to the people of Montgomeryshire.

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	381,104	381,104
Current assets	273,854	273,854
Creditors due within one year	(35,833)	(35,833)
Total	619,125	619,125

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Tangible fixed assets	380,027	380,027
Current assets	241,158	241,158
Creditors due within one year	(7,237)	(7,237)
Total	613,948	613,948

17. Pension commitments

The pension cost charge represents contributions payable by the company to employees pension funds and amounted to £5,455 (2024: £5,835), these were fully paid with no contributions outstanding at the balance sheet date.

18. Operating lease commitments

At 31 March 2025 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2025 £	2024 £
Not later than 1 year	1,714	1,714
Later than 1 year and not later than 5 years	3,427	5,568
	5,141	7,282

19. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 March 2025.