

PWRPAS
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

PWRPAS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Julian Hughes
Elizabeth Rowlands

Charity number

1192980

Accountants

McLintocks (NW) Limited
St Andrews House
Yale Business Village
Ellice Way
Wrexham
LL13 7YL

PWRPAS

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TRUSTEES REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their annual report and financial statements for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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).

Objectives and activities

The charitable purposes of the charity are to preserve and protect the physical and mental health of men residing permanently or temporarily in Wrexham and the surrounding areas by, but not limited to, the provision of an information website, raising awareness of mental health through workshops/training.

To further these purposes for the public benefit, we carried out the following activities:

- Established social media accounts for awareness raising campaigns.
- Built on the network of providers to widen the reach of the charity.
- Developed an information hub website for regional and national support.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The main achievements of Pwrpas in its second year were:

- Establishing a board of trustees.
- Developed an information hub website for regional and national support.
- Establish social media accounts for awareness raising campaigns.
- Built on the network of providers to widen the reach of the charity.
- Developed links in the community.
- Developed corporate partners.

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TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Community Workshops

Throughout 2022, a series of three impactful mental health workshops were organised and executed. These workshops, while not boasting high attendance figures, garnered tremendous positive feedback from participants, leaving a lasting impact on all those who attended. The workshops were funded through Mental Health & Learning Disability Winter Pressures Grant to the value of £3318.60.

The workshops held online and face to face during April – June 2022, served as an enlightening exploration of various mental health topics, creating a safe and supportive environment for attendees to engage in open and honest discussions. Despite the relatively modest turnout, the workshop managed to captivate participants with its informative presentations, interactive activities, and thought-provoking group discussions. The feedback received after the workshop was overwhelmingly positive, with attendees expressing their deep appreciation for the valuable insights gained and the compassionate approach of the facilitators.

The workshops focused on practical strategies for managing stress and enhancing mental well-being. The workshop provided practical tools and techniques to cope with everyday stressors and foster resilience, leaving participants feeling empowered and equipped to tackle their mental health challenges. The enthusiastic feedback received from these individuals highlighted the workshop's effectiveness in addressing their specific needs and concerns.

Although the attendance figures for these mental health workshops may not have been as high as anticipated, the remarkable feedback received attests to their resounding success. The positive testimonials from participants serve as a testament to the transformative impact of these workshops, illustrating how even a modestly-sized audience can benefit greatly from the valuable insights and practical strategies shared. The commitment to fostering a supportive environment and providing meaningful content throughout these workshops ultimately resulted in the empowerment and enhanced mental well-being of all those involved.

Social Media Reach

During the workshops, several social media campaigns were held to raise awareness of the events and also to raise awareness of Pwrpas. For the three events alone the response was 218 social media click throughs from 31,950 post views.

Social media reach for the year 2022 was 62,282 with 1400 individual page views. Posts were targeted at events such as Mental Health Awareness week as well as training sessions that were running.

Sponsorship

Pwrpas sponsor events in male dominated areas such as car enthusiasts. This include Baxden Car Breakers as well as local car derby events. Pwrpas sponsored Rory Hinckly Racing to take part in the 2023 Total Karting Zero and CLUB100 championships.

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Training Courses

During the course of the year, a total of 19 comprehensive half-day mental health awareness courses were meticulously designed and expertly delivered to individuals working in male-dominated industries, particularly within the manufacturing sector. These courses targeted the specific needs and challenges faced by men in these industries, aiming to create a supportive and inclusive environment where mental health concerns could be openly addressed and valuable knowledge could be imparted.

The courses proved to be an immense success, attracting significant attendance and leaving an indelible impact on the participants. Attendees from renowned companies such as Marlin Industries and JCB, totalling an impressive count of 475 men, actively engaged in these enlightening sessions. Their enthusiastic participation and receptiveness to the subject matter served as a testament to the growing recognition of the importance of mental health within traditionally male-dominated workplaces.

Throughout these courses, participants were provided with a platform to share their personal stories, fostering an atmosphere of vulnerability and trust. Many attendees bravely shared their experiences both during and after the sessions, effectively dismantling the stigma surrounding mental health issues within these industries. The act of sharing personal narratives not only facilitated empathy and understanding among the participants but also served as a catalyst for positive change in the workplace culture. These stories highlighted the real-life challenges faced by individuals and showcased the resilience and strength required to overcome them.

The content of the courses was thoughtfully curated to address the unique mental health concerns prevalent in male-dominated industries. By focusing on practical strategies and techniques, the courses equipped participants with the tools necessary to identify and manage their own mental well-being effectively. Key topics explored during the sessions included stress management, work-life balance, resilience-building, and the significance of seeking help when needed. The sessions were designed to be interactive, incorporating group discussions, case studies, and interactive exercises to promote active engagement and enhance the learning experience.

The impact of these mental health awareness courses extended beyond the immediate attendees. The knowledge and insights gained were disseminated throughout the respective companies, influencing workplace practices and fostering a more supportive and inclusive culture. The ripple effect of these courses is expected to continue, as participants become advocates for mental health within their organizations and champion the importance of prioritizing well-being.

The remarkable success of these courses can be attributed to a combination of factors, including the dedication and expertise of the facilitators, the relevance and quality of the content delivered, and the willingness of the participants to embrace the discussions and actively participate. The high attendance numbers from Marlin Industries and JCB further illustrate the growing recognition and commitment to promoting mental health within these companies.

In conclusion, the delivery of 19 impactful half-day mental health awareness courses to men in male-dominated industries, specifically within manufacturing, exemplifies a significant milestone in the ongoing journey towards destigmatizing mental health and fostering well-being. The strong attendance figures, totalling 475 participants from Marlin Industries and JCB, and the subsequent sharing of personal stories attest to the profound impact these courses have had on the individuals involved. By empowering men to prioritize their mental well-being and creating a culture that embraces open dialogue, these courses have paved the way for positive transformation within these traditionally male-dominated workplaces.

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TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Financial review

2022 was the first year that the charity received donations. These were from Just Giving, local fund raisers and also a Welsh Comedian. These totalled £7096.28. The funds were used to run workshops, online campaigns and also provide sponsorship to evens to raise awareness of men's mental health issues.

The trustees have read the Commission's Public Benefit requirement statutory guidance, and have had regard to this when running the charity.

A review of the charity's financial position at the end of the year:

In the financial 2022 to 2023. The Charity had an income of £7,096 and an expenditure of £4,084.

There are no funds held by the charity that are materially in deficit.

Structure, governance and management

The Charity was formed in January 2021. The Charity is governed by a Constitution.

The Charity is constituted as a Charitable Incorporated Organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Julian Hughes

Elizabeth Rowlands

Sean Liddell

(Resigned 20 March 2022)

Simon Hughes

(Resigned 14 February 2022)

Kerry Grummert

(Resigned 14 February 2022)

Recruitment and appointment of new trustees.

As is set of in the Constitution. Every new trustee must be appointed by a resolution at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees report was approved by the Board of Trustees.

Julian Hughes

Chair

31 October 2023

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ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF PWRPAS FOR THE YEAR ENDED 31 DECEMBER 2022

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of Pwrpas for the year ended 31 December 2022, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of Pwrpas and state those matters that we have agreed to state to the charity's trustees, as a body, in this report. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Pwrpas and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that Pwrpas has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and surplus of Pwrpas. You consider that Pwrpas is exempt from the statutory audit requirement for the year, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of Pwrpas. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

McLintocks (NW) Limited

31 October 2023

Xeinadin Group

St Andrews House
Yale Business Village
Ellice Way
Wrexham
LL13 7YL

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £
<u>Income from:</u>		
Donations and legacies	2	7,096
<u>Expenditure on:</u>		
Charitable activities	3	4,084
Net income for the year/ Net movement in funds		3,012
Fund balances at 1 January 2022		-
Fund balances at 31 December 2022		3,012

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

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BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£
Current assets			
Cash at bank and in hand		3,012	
		<u> </u>	
Net current assets			3,012
			<u> </u>
Income funds			
Unrestricted funds			3,012
			<u> </u>
			3,012
			<u> </u>

The financial statements were approved by the Trustees on 31 October 2023

Julian Hughes
Trustee

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Pwrpas was registered as a charitable incorporated organisation on 1 January 2021 and is governed by its constitution and registered with the Charity Commission under charity number 1192980. The charity's principal office address is Unit 4, Pinfold Lane, Llay Industrial Estate South, Llay, Wrexham, LL12 0PX.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements 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 Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity receives the income.

Cash and other donations are recognised on receipt.

Grant income is recognised on receipt.

1.5 Expenditure

Expenditure is recognised on payment.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies (Continued)

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

2 Donations and legacies

Unrestricted funds

2022
£

Donations and gifts	7,096
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3 Charitable activities

Charitable activities 2022 £

Office equipment	534
Stationery	14
Accommodation and meals	215
Advertising and promotions	1,704
Consultancy fees	1,617
	4,084
	4,084

4 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

5 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

6 Related party transactions

There were no disclosable related party transactions during the year.