

REGISTERED COMPANY NUMBER: 03030938 (England and Wales)
REGISTERED CHARITY NUMBER: 1045123

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2026
FOR
WEST WALES ACTION FOR MENTAL HEALTH

Charles & Co
Chartered Certified Accountants
3 Murray Street
Llanelli
Carmarthenshire
SA15 1AQ

WEST WALES ACTION FOR MENTAL HEALTH

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FOR THE YEAR ENDED 31 MARCH 2026

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WEST WALES ACTION FOR MENTAL HEALTH

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 31 MARCH 2026**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2026. The trustees have adopted the provisions of 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

Objectives and aims

Our charity's objectives are to promote and protect mental health and assist those suffering from mental health conditions or otherwise requiring advice or treatment in Carmarthenshire, Pembrokeshire & Ceredigion, providing and assisting in the provision of support, treatment, advice, training and such other services as the trustees may determine from time to time.

Our mission is to improve mental health across West Wales and we do this by delivering the following core functions:-

- 1) Development & Consultancy
- 2) Facilitating joint working
- 3) Information
- 4) Training Services
- 5) Health promotion
- 6) Service User and Carer Involvement

Public benefit

Our main activities and those we try to help are described below. All activities undertaken are to further our charitable purposes for the public benefit.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard for the public benefit guidance published by The Charity Commission for England and Wales.

FINANCIAL REVIEW

Principal funding sources

The charity's main funders in relation to our core functions are; The Welsh Government via Hywel Dda Health Board and Ceredigion and Pembrokeshire County Councils.

Reserves policy

The charity recognises and accepts its responsibilities as a charity, a company limited by guarantee and an employer to protect the financial viability and continuation of the organisation. In accordance with good practice it is agreed that monies are allocated towards a reserve.

The purpose of the reserve is to ensure cash flow, provide the opportunity to attract alternative funding should existing funding be subject to cutbacks and to ensure that in the event of funding being ceased, the organisation would still be able to fulfill its financial and legal obligations upon winding up.

As at the 31st March 2026, West Wales Action for Mental Health (WWAMH) has £210,365 of unrestricted funds, included within this is £1,000 designated funds.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Trustees are identified via word of mouth, CV's or by previous knowledge having come into contact with them during the course of our work.

Organisational structure

We have a board of trustees that meet every two months to administer the charity. The director is employed by the WWAMH board to manage the day to day running of the charity.

WEST WALES ACTION FOR MENTAL HEALTH

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2026

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

New trustees are invited to an initial meeting to get a flavour of our work, WWAMH has a comprehensive induction pack which contains information about our organisation, roles and responsibilities as trustees, a trustee contract, memorandum and articles of association, policies and procedures and other key information. Trustees have the opportunity to attend any training they feel necessary to help fulfil their role.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03030938 (England and Wales)

Registered Charity number

1045123

Registered office

18 Queen Street
Carmarthen
Dyfed
SA31 1JT

Trustees

R B Bamforth
Miss K E Bowen
E M Daymond
Mrs M A Robinson
Ms E Wilkinson
Ms C J Young
Ms K A Cuin
M A Howard

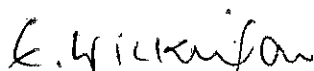
Company Secretary

E M Daymond

Independent Examiner

Charles & Co
Chartered Certified Accountants
3 Murray Street
Llanelli
Carmarthenshire
SA15 1AQ

Approved by order of the board of trustees on 18 June 2026 and signed on its behalf by:



Ms E Wilkinson - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
WEST WALES ACTION FOR MENTAL HEALTH

Independent examiner's report to the trustees of West Wales Action For Mental Health ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2026.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



R.A. Williams
The Association of Chartered Certified Accountants

Charles & Co
Chartered Certified Accountants
3 Murray Street
Llanelli
Carmarthenshire
SA15 1AQ

18 June 2026

WEST WALES ACTION FOR MENTAL HEALTH

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted funds £	Restricted funds £	2026 Total funds £	2025 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1,065	-	1,065	12,087
Charitable activities					
Grants		12,500	221,162	233,662	217,107
Investment income	2	3,972	-	3,972	4,488
Total		<u>17,537</u>	<u>221,162</u>	<u>238,699</u>	<u>233,682</u>
EXPENDITURE ON					
Charitable activities	3				
Grants		<u>5,071</u>	<u>211,933</u>	<u>217,004</u>	<u>214,077</u>
NET INCOME		12,466	9,229	21,695	19,605
Transfers between funds	10	<u>9,229</u>	<u>(9,229)</u>	<u>-</u>	<u>-</u>
Net movement in funds		21,695	-	21,695	19,605
RECONCILIATION OF FUNDS					
Total funds brought forward		188,670	-	188,670	169,065
TOTAL FUNDS CARRIED FORWARD		<u><u>210,365</u></u>	<u><u>-</u></u>	<u><u>210,365</u></u>	<u><u>188,670</u></u>

The notes form part of these financial statements

WEST WALES ACTION FOR MENTAL HEALTH

BALANCE SHEET
31 MARCH 2026

	Notes	Unrestricted funds £	Restricted funds £	2026 Total funds £	2025 Total funds £
CURRENT ASSETS					
Cash at bank		213,321	-	213,321	205,075
CREDITORS					
Amounts falling due within one year	9	(2,956)	-	(2,956)	(16,405)
NET CURRENT ASSETS		<u>210,365</u>	<u>-</u>	<u>210,365</u>	<u>188,670</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		210,365	-	210,365	188,670
NET ASSETS		<u>210,365</u>	<u>-</u>	<u>210,365</u>	<u>188,670</u>
FUNDS	10				
Unrestricted funds				<u>210,365</u>	<u>188,670</u>
TOTAL FUNDS				<u>210,365</u>	<u>188,670</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2026.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2026 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 June 2026 and were signed on its behalf by:



E Wilkinson - Trustee

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 MARCH 2026**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 25% on cost

IT Equipment is written off in full in the year of purchase due to its short life nature.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined benefit pension scheme. An actuarial valuation is done each year. Any deficits are recognised in the accounts as a contingent liability.

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

2. INVESTMENT INCOME

	2026	2025
	£	£
Interest Received	3,972	4,488
	<u> </u>	<u> </u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Grants	215,384	1,620	217,004
	<u> </u>	<u> </u>	<u> </u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2026	2025
	£	£
Auditors' remuneration for non audit work	1,620	1,536
Other operating leases	11,000	11,000
	<u> </u>	<u> </u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2026 nor for the year ended 31 March 2025.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2026 nor for the year ended 31 March 2025.

6. STAFF COSTS

	2026	2025
	£	£
Wages and salaries	123,310	137,810
Social security costs	14,513	4,426
Other pension costs	23,237	22,000
	<u> </u>	<u> </u>
	161,060	164,236
	<u> </u>	<u> </u>

The average monthly number of employees during the year was as follows:

	2026	2025
	5	6
Charitable Activities	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,087	-	12,087
Charitable activities			
Grants	3,578	213,529	217,107
Investment income	4,488	-	4,488
Total	<u>20,153</u>	<u>213,529</u>	<u>233,682</u>
EXPENDITURE ON			
Charitable activities			
Grants	<u>(2,095)</u>	<u>216,172</u>	<u>214,077</u>
NET INCOME/(EXPENDITURE)	22,248	(2,643)	19,605
Transfers between funds	<u>360</u>	<u>(360)</u>	<u>-</u>
Net movement in funds	22,608	(3,003)	19,605
RECONCILIATION OF FUNDS			
Total funds brought forward	166,062	3,003	169,065
TOTAL FUNDS CARRIED FORWARD	<u><u>188,670</u></u>	<u><u>-</u></u>	<u><u>188,670</u></u>

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2025 and 31 March 2026	<u>18,563</u>
DEPRECIATION	
At 1 April 2025 and 31 March 2026	<u>18,563</u>
NET BOOK VALUE	
At 31 March 2026	<u><u>-</u></u>
At 31 March 2025	<u><u>-</u></u>

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Trade creditors	<u>2,956</u>	<u>16,405</u>

10. MOVEMENT IN FUNDS

	At 1.4.25	Net movement in funds	Transfers between funds	At 31.3.26
	£	£	£	£
Unrestricted funds				
General fund	187,670	12,466	9,229	209,365
Interpretors (Designated) Fund	<u>1,000</u>	<u>-</u>	<u>-</u>	<u>1,000</u>
	188,670	12,466	9,229	210,365
Restricted funds				
Ceredigion Dev Worker	-	105	(105)	-
Pembrokeshire Dev Worker	-	3,623	(3,623)	-
Hywel Dda	<u>-</u>	<u>5,501</u>	<u>(5,501)</u>	<u>-</u>
	-	9,229	(9,229)	-
TOTAL FUNDS	<u>188,670</u>	<u>21,695</u>	<u>-</u>	<u>210,365</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	17,537	(5,071)	12,466
Restricted funds			
Ceredigion Dev Worker	20,802	(20,697)	105
Pembrokeshire Dev Worker	14,310	(10,687)	3,623
Hywel Dda	<u>186,050</u>	<u>(180,549)</u>	<u>5,501</u>
	221,162	(211,933)	9,229
TOTAL FUNDS	<u>238,699</u>	<u>(217,004)</u>	<u>21,695</u>

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	135,062	22,248	30,360	187,670
Development(Designated) Fund	30,000	-	(30,000)	-
Interpretors (Designated) Fund	1,000	-	-	1,000
	<u>166,062</u>	<u>22,248</u>	<u>360</u>	<u>188,670</u>
Restricted funds				
Ceredigion Dev Worker	136	256	(392)	-
Pembrokeshire Dev Worker	1,666	(2,694)	1,028	-
Mental Health Forums	1,201	(920)	(281)	-
Hywel Dda	-	715	(715)	-
	<u>3,003</u>	<u>(2,643)</u>	<u>(360)</u>	<u>-</u>
TOTAL FUNDS	<u>169,065</u>	<u>19,605</u>	<u>-</u>	<u>188,670</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	20,153	2,095	22,248
Restricted funds			
Ceredigion Dev Worker	20,394	(20,138)	256
Pembrokeshire Dev Worker	10,733	(13,427)	(2,694)
Mental Health Forums	-	(920)	(920)
Hywel Dda	182,402	(181,687)	715
	<u>213,529</u>	<u>(216,172)</u>	<u>(2,643)</u>
TOTAL FUNDS	<u>233,682</u>	<u>(214,077)</u>	<u>19,605</u>

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.26 £
Unrestricted funds				
General fund	135,062	34,714	39,589	209,365
Development(Designated) Fund	30,000	-	(30,000)	-
Interpretors (Designated) Fund	1,000	-	-	1,000
	<u>166,062</u>	<u>34,714</u>	<u>9,589</u>	<u>210,365</u>
Restricted funds				
Ceredigion Dev Worker	136	361	(497)	-
Pembrokeshire Dev Worker	1,666	929	(2,595)	-
Mental Health Forums	1,201	(920)	(281)	-
Hywel Dda	-	6,216	(6,216)	-
	<u>3,003</u>	<u>6,586</u>	<u>(9,589)</u>	<u>-</u>
TOTAL FUNDS	<u>169,065</u>	<u>41,300</u>	<u>-</u>	<u>210,365</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	37,690	(2,976)	34,714
Restricted funds			
Ceredigion Dev Worker	41,196	(40,835)	361
Pembrokeshire Dev Worker	25,043	(24,114)	929
Mental Health Forums	-	(920)	(920)
Hywel Dda	368,452	(362,236)	6,216
	<u>434,691</u>	<u>(428,105)</u>	<u>6,586</u>
TOTAL FUNDS	<u>472,381</u>	<u>(431,081)</u>	<u>41,300</u>

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

11. EMPLOYEE BENEFIT OBLIGATIONS

Dyfed Pension fund

Local Government Pension Scheme

The date of the most recent actuarial valuation was 31st March 2026.

The total surplus relating to defined benefit schemes for the year recognised in the profit and loss was NIL (2025-NIL)

Reconciliation of scheme assets and liabilities to assets and liabilities recognised

Any actuarial deficit is recognised in the financial statements whilst actuarial surpluses are not.

The amounts recognised in the statement of financial position are as follows:

	2026 £	2025 £
Fair value of scheme assets	1,769,000	1,622,000
Present Value of defined benefit obligation	(1,345,000)	(1,272,000)
Defined benefit pension scheme surplus (deficit)	424,000	350,000

Defined Benefit Obligation

Changes in the defined benefit obligation are as follows:

	2026 £
Present value at start of year	1,272,000
Current Service Cost	17,000
Interest	73,000
Members' Contributions	6,000
Past Service Cost	-
Remeasurements (Gains)	38,000
Benefits/transfers paid	(61,000)
Present value at end of year	1,345,000

Fair Value of scheme assets

Changes in the fair value of scheme assets are as follows:

Fair Value at start of year	1,622,000
Interest income	93,000
Remeasurements (assets)	87,000
Administration Expenses	-
Employer Contributions	22,000
Member contributions	6,000
Benefits Paid	(61,000)
Fair value at end of year	1,769,000

WEST WALES ACTION FOR MENTAL HEALTH

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2026

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2026.

WEST WALES ACTION FOR MENTAL HEALTH
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	2026 £	2025 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,065	12,087
Investment income		
Interest Received	3,972	4,488
Charitable activities		
Grants	233,662	217,107
Total incoming resources	238,699	233,682
EXPENDITURE		
Charitable activities		
Wages	123,310	137,810
Social security	14,513	4,426
Pensions	23,237	22,000
Rent Paid	11,000	11,000
Telephone	3,095	2,780
Postage and stationery	2,696	2,533
Advertising	522	1,196
Sundries	37,011	30,796
	215,384	212,541
Support costs		
Governance costs		
Auditors' remuneration for non audit work	1,620	1,536
Total resources expended	217,004	214,077
Net income	21,695	19,605