



**West Wales Action for Mental Health
Gweithredu Gorllewin Cymru Dros Iechyd
Meddwl**

**Annual Report
2025-2026**

Working together with service users, carers, voluntary organisations, statutory providers, and commissioners to improve the standards of mental health throughout West Wales

**Registered Charity No: 1045123
Company Limited by Guarantee No: 3030938**

Contents

The Year in Brief.....	2
WWAMH Vision, Mission, and Values.....	3-4
Chair’s Report.....	5
Director’s Repor.....	6-7
WWAMH Organisational Development Work.....	8
Achieving Change	
• Information Services.....	9
• Development and Consultancy.....	10
• Training.....	11
• Lived Experience and Family Carer Involvement.....	12
• Joint Working.....	13
• Health Promotion.....	14
Some of Our Work This Year.....	15-19
WWAMH Trustee Board	
• The Role of a WWAMH Trustee.....	20
• List of WWAMH Trustees 2025/26.....	21
WWAMH Staff.....	21
The Big Thank You	22
Contact Details.....	23
Financial Report	24



WWAMH Vision, Mission and Values

WWAMH is a voluntary organisation, a charity, and a company limited by guarantee which supports voluntary organisations with an interest in mental health.

Aims

WWAMH provides information, training and development, and we facilitate individual and carer involvement in mental health change and services. We currently support 116 projects across West Wales and facilitate 6 Networks. A key part of the work we do is facilitating and promoting partnership working and innovation in mental health development.

Mission Statement

“To work with people with lived experience of mental health difficulties, unpaid carers/family members, voluntary and statutory organisations to improve mental health support and understanding across West Wales.”

Our Main Areas of Work

- Development and consultancy
- Facilitating partnership working
- Information and training services
- Health promotion
- Service user and carer involvement

Who Are Our Customers?

- Voluntary organisations
- Statutory agencies
- People with lived experience of mental health difficulties and unpaid carers/family members
- Wider community
- Primary care services
- Private business
- Funders

Core Values

WWAMH has a number of core values which drive the work we do. These are commitment to the following:

- Good governance.
- Lived experience, carer, and voluntary sector focus.
- Importance of positive relationships, value, and respect.
- Democratic, transparent, listening.
- Importance of inclusion, equality, and diversity.
- Partnership working.
- Self-sufficiency.
- Recovery and peer support, a belief that individuals can and do recover.
- Inclusion – non-discriminatory.
- Compassion.
- Social justice.

Public Benefit Statement

We review our aims, objectives, and activities each year. This review ensures our work delivers our aims. It looks at what we have achieved and the outcomes of our work in the previous 12 months. It looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aims, objectives, and activities remain focused on our stated purposes. We have referred to the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How Our Activities Deliver Public Benefit

All our charitable activities aim to promote and protect mental health and are undertaken to further our charitable purposes for the public benefit.



Chair's Report

It is with immense pleasure that I have continued the role of chair of the Board of Trustees of WWAMH during this year.

In line with our Mission Statement, we have worked very closely with people with lived experience of mental health difficulties, carers, voluntary organisations, statutory providers and commissioners to promote positive mental health throughout West Wales. We have developed innovative ways of supporting people with lived experience and unpaid carers which is highlighted within this report but is one which we can be immensely proud of. We have continued to provide first class training to various groups including mental health first aid and suicide intervention.

As a board of trustees, we regularly review all policies and procedures within our remit of work and do so with integrity and knowledge of what is required. What is gratifying, however, is the overwhelming number of compliments which we also review as a board. As once a recipient working for a voluntary organisation, I have firsthand experience of the dedication and commitment of the director and all staff in going beyond their role in supporting organisations large and small. This has been wholly recognised by individuals, statutory services, service users and carers who comment on the approach and knowledge, and which drives them to, as it were, put pen to paper and to express their gratitude.

On behalf of my fellow trustees, I would like to thank the director, staff members and volunteers for their exceptionally hard work throughout the year and to look forward to next year with the challenges and opportunities it may bring.

Liz Wilkinson

Chair of WWAMH



Director's Report

WWAMH has achieved so much this year and the range and depth of the work we have undertaken is vast.

There has been a lot happening in the World generally and this has impacted on us all and the need for mental health support has been increasing over the year.

There has been significant forward momentum in terms of vision and motivation for mental health improvements at national, regional and local level.

A new 10-year Mental Health Strategy for Wales was launched this year by the Senedd and also associated Delivery Plan and Quality Statements. The Mental Health and Wellbeing Strategy for Wales 2025-2035 sets out a ten-year vision to improve the mental health and well-being of the people in Wales. It aims to create a society that promotes mental well-being, empowers individuals to take care of their mental health, and ensures access to timely and appropriate support free from stigma and discrimination. This new strategy replaces the previous "Together for Mental Health" strategy.

The strategy is underpinned by several principles, including:

- **Person-centred:** Services will be tailored to individual needs.
- **Needs-led:** Support will be based on assessed needs.
- **Recovery-focused:** Emphasis on supporting individuals towards recovery and well-being.
- **Rights-based:** Ensuring care respects and protects individual rights.
- **No wrong door:** People can access support at any point in the system.
- **Trauma-informed:** Understanding and addressing the impact of trauma.
- **Equity of access:** Services will be accessible and appropriate for all, actively working against racism and discrimination.
- **Preventative and value-based:** Promoting mental well-being and intervening early.

This Strategy highlights many of the areas of development we have been working on, and it is great to see such positive action for mental health.

The work of WWAMH over the coming years will help support the implementation of the Strategy and Delivery plan and help to improve mental health support and understanding.

We have supported a wide range of developments this year such as the Change Minds programme. We have continued to work on collecting the memories and stories of St Davids Hospital and worked closely with Carmarthenshire Archives on this. We have continued with the development of the Change Minds project in West Wales in partnership with Carmarthen Archives and Norfolk Archives.

This programme has been developed by Norfolk Archives, and the programme offers a series of workshops over several weeks in the archives building learning about the History of St Davids. The hospital archive collection is used to teach people about historical research and using an archive collection to do this. The workshops are open to people with experience of mental health difficulties and their unpaid carers and family members. The second series of workshops went very well, and we will be running the programme again in the autumn 2026.

We have been very busy delivering trainings courses and talks to many different groups and organisations.

We have had a year of change with Tim Teeling retiring after working for WWAMH for 25 years. We will miss Tim so much, and we have really benefited from his skills, experience and knowledge. Thank you Tim for all you have done for WWAMH and for mental health. Tim has left an impressive legacy of improved mental health knowledge and services via the extensive training he has developed and the many developments he has supported.

I am always so impressed by the range of activities we undertake and the skill and experience of all involved with WWAMH. We are very lucky to have such amazing people from all walks of life working with us and helping us to improve mental health support and understanding across West Wales.

We have seen an increase this year in the donations we have received from the public and are very inspired by such kindness and generosity especially in these tough financial times. Thank you to everyone who has donated to WWAMH this year, it makes such a difference and is really appreciated. Every donation helps to keep us going and helps to remind us that people value and appreciate the work we are doing.

None of this would have been possible without the dedicated and passionate WWAMH staff, volunteers, board of trustees and all our partners and funders. We have an excellent range of partners and funders, including Hywel Dda University Health Board, Ceredigion and Pembrokeshire LAs and Community Foundation in Wales to help with all the work. The Staff, Volunteers, and Trustees don't always get the acknowledgement they deserve for all their hard work and energy, and this report gives me a chance to do that. Thank you for making a difference and I am so proud to be part of this work.

I look forward to all the innovation and creativity this year ahead will bring.

Angie Darlington

Director



Picture of the Change Minds exhibition held in Carmarthen Library in Dec 2025

WWAMH Organisational Development Work

- Revised and produced internal policies and procedures to reflect new legislation.
- Worked closely with our accountants Charles and Co. Llanelli, who have provided a detailed independent financial report for WWAMH.
- Reviewed and updated our Trusted Charity quality monitoring action plans. Staff and trustees working through this together.
- Implemented the Investors in Carers Quality Monitoring system and achieved Bronze level award.
- Updated the organisational Strategic Plan

WWAMH Development Worker Role

- To ensure the effective provision of a development service for the mental health voluntary sector, people with lived experience, and carers, in line with WWAMH Strategy Plan, and Policy and Procedures.
- In consultation with people with lived experience, carers, voluntary, and statutory organisations, to identify development needs across West Wales, prioritise work and develop new and existing projects for the benefit of people with lived experience of mental health problems and their unpaid carers.
- To develop, maintain and update an information resource covering all aspects of mental health for people with lived experience of mental health problems, their unpaid carers, voluntary and statutory organisations.
- To provide a development service to local mental health voluntary groups based on their needs.

Achieving Change

Information Services

Our mental health information services have provided voluntary sector services and people with lived experience and carers the guidance they need by signposting and by making connections and links.

Achievements this year include:

133 organisations received information and guidance through print, email, social media and the telephone, while thousands of others access our website.

- Information produced and updated this year:
 - New content regularly added to our Website
 - West Wales Recovery Book circulated and promoted for the three counties
 - County Mental Health Directories updated and circulated
 - Facebook and X updated and information sent out
 - Continued to add to the Heritage/ History of St David's Hospital page on the WWAMH website and to the archive.

The WWAMH Recovery Wall

The Recovery Wall is a key part of WWAMHs' work of providing people with an opportunity to share their experiences and to promote understanding about mental health across the three counties of Carmarthenshire, Ceredigion, and Pembrokeshire. This growing collection of inspirational videos and stories helps to illustrate that, with the right support, there is always hope for people experiencing mental health issues to move forwards on their recovery journey. Also, when individuals, groups, and communities come together, who are open to learning from the past, willing to gain an understanding of the present, and join collaboratively to bring positive transformative change in respect of mental health and wellbeing, it brings a sense of confidence and optimism. WWAMH would like to thank everyone who has contributed to the building of the Recovery Wall. Anyone who would like to share their story, via video, audio, or written pieces, please contact julie@wwamh.org.uk.

Feedback on our Information Services

"Thank you for all the information WWAMH is such a life line."

"It was a real pleasure having you with us, and our service users genuinely appreciated the time you took to listen, explain, and involve them in shaping the new Health Board protocol. Your approach created such a calm, open space for people to share their experiences and ideas. It means a great deal to them to know their voices are being taken seriously, and your visit helped reinforce that their lived experience is central to this work. We're grateful for the opportunity to contribute and to stay involved as things progress."

"What a great meeting! Thank you for arranging, everyone appeared to enjoy and there was a lot of fruitful connections made".

Development and Consultancy

Our free development and consultancy services have helped existing projects and organisations to grow and have supported new projects to develop. We have helped with all aspects of development from project and needs mapping to business planning and funding guidance.

Achievements this year include:

WWAMH have supported 133 projects with guidance and information about developing services.

We have helped groups successfully apply for additional income and grants during the last financial year. Successful grant applications total £75,450.

Feedback From Some of the Organisations We Support

." I just wanted to let you know we received 10K from the lottery for our project to continue with the free therapy service and also to put on a wellbeing retreat day for target clients over the next year. I could not have done it without all the support, so just wanted to thank you for being awesome!"

"Thank you so much for your help and advice last week. Thank you so much for your continued support. I really don't know what I'd do without you or your organisation. "

"We are pleased to share that we have been successful with our Postcode Lottery grant application. Your support means a lot to everyone here."



WWAMH preparing for a workshop

Training

Our training services have delivered high-quality effective bespoke mental health awareness training across West Wales to a range of individuals and organisations.

Achievements this year include:

Developing and delivering 22 bespoke training sessions for a range of organisations including Mind Llanelli, Mind Pembrokeshire and Links with 220 people trained.

Delivering Adult and Youth Mental Health First Aid.

Delivering Peer Support training.

Delivering a range of mental health awareness raising sessions and training to organisations and individuals across West Wales.

Delivering Hoarding Awareness training in partnership with Clouds End CIC.

Feedback on the training

“Just a quick email to thank you for the mental health training which you delivered at Carmarthenshire Archives earlier today. The content of the workshop was perfect for our needs and will undoubtedly help us to develop better mental health awareness across the service.

I am particularly confident that today's session has provided staff with the necessary knowledge and skills to identify signs of poor mental health in the workplace and also provide the right support to those enrolled on the Change Minds initiative later in the year. So, once again, thank you very much for your time and effort today. We really appreciate it.”

“Firstly, I don't think words can describe how grateful and humbled I am that we were able to spend time learning from you. It was really insightful and real, I could listen all day to you. The training was really interesting and provided firm grounding and practical means and methods. It was just incredible how professional and focused you were in delivery yet so warm and engaging.”

“I would just like to take the time to thank WWAMH for the delivery of today's Suicide Prevention Training for Probation Staff. WWAMH knowledge and delivery style was excellent. The training really was extremely impactful with the examples WWAMH used and the feelings and emotion put into it.

Your flexibility to work with us to adapt and tailor the presentation to our needs was also excellent and I know I speak for everyone when I say we all really valued the session this morning.”



WWAMH pilot training session on eating disorders delivered by Charlotte

Lived Experience and Family Carer Involvement

Achievements this year include:

WWAMH has supported 40 people with lived experience and carers to take part in events to improve mental health services and have their voices heard.

We developed Peer Support roles in partnership with Hywel Dda University Health Board and voluntary organisations and contributed to the wider development of Peer Support across West Wales.

We have worked with 6 people with lived experience and carers to support them to become active and integral members of the Hywel Dda Local Mental Health Partnership Board.

We have supported 7 people with lived experience of mental health problems and carers to take part in the recruitment of health and social care staff including psychiatrist appointments.

Reader panel members have commented on and contributed to mental health resources, policies and leaflets.

We have supported 12 people with lived experience of mental health problems and carers to attend as representatives on the Mental Health Partnership Board, Mental Health Act Monitoring Committee, Scrutiny Committee, and other Project groups.

Organised and facilitated regular drop-in sessions on all the mental health acute wards including the Low Secure ward to engage with patients and gather feedback and suggestions for service improvements.

Feedback on our involvement and engagement services

“It was a joy and privilege. I took a lot from hearing about the project and directly hearing the impact to individuals that have participated. Thank you for inviting me and for being such a positive driver and facilitator of such excellent initiatives.”

“I want to thank you warmly for your support during both the good and the difficult times over these past years. Your professional recognition, grounded warmth, and genuine understanding have had a profoundly stabilising effect on my emotional wellbeing. I appreciate WWAMH more than I can fully express.”

“Thank you so much too, for your belief in me, it means so much. Honestly. Thank you for our chats and all your help”.

Joint Working

WWAMH staff and volunteers have taken an active role in facilitating and encouraging new and existing partnerships to improve joint working.

Achievements this year include:

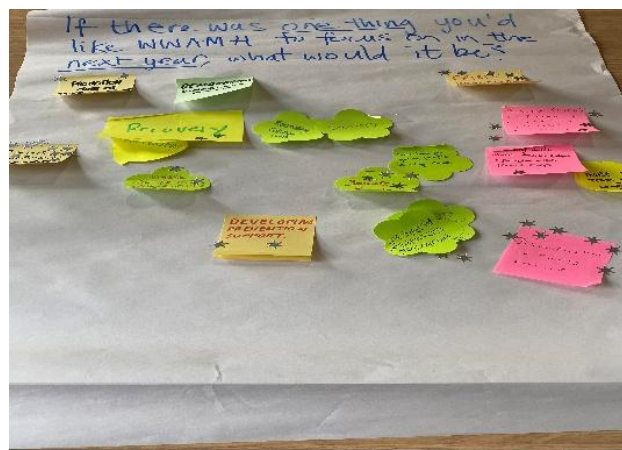
- Facilitating over 12 different networks and Forum meetings face to face and via video platform, including our generic Mental Health Forums and also 1 Nature Network events.
- Identifying innovative ways of delivering projects and supported new partnerships.
- Working with people with lived experience, carers/families, voluntary organisations, Hywel Dda UHB, the three LAs, Dyfed Powys Police, and Llais on developing and improving Mental Health Services.
- Increasing attendance and engagement at all our Networks and Forums across West Wales.
- Organised workshops on different topics including the 111-press 2 service and Crisis services.

Feedback on our joint working services

“The Forum was absolutely amazing, so well planned and delivered to such a high standard.”

“It was a pleasure meeting up with you and the forum today. The talk was outstanding and I am sure this team effort with you guiding will pay dividends. I really enjoyed asking the questions I came up with and I look forward to the next meeting. The feeling of meeting face to face is invaluable.”

“Thank you so much. It is so lovely working with you and all at WWAMH. I do enjoy imparting experiences to help with the work and thank you for the course opportunities. It feels nice to be back learning and sharing knowledge in the process. I feel peer to peer discussions about different aspects in coping with diagnosis and life in general would be very helpful moving forward.”



WWAMH review day gathering ideas for the future

Health Promotion

Our health promotion work supports staff, and volunteers in mental health services in the statutory and voluntary sector (including peer-led groups) to improve the physical health of the people they support. We also work with people with lived experience and carers to ensure that any work undertaken is based on their experiences and knowledge about what matters the most and to help promote good health and wellbeing through a combination of free training, information, support and working with a recovery approach. We help individuals and organisations to better support their own and their client's health. We develop new health promotion and physical health projects such as running, walking, and sports activities and promote the opportunities widely.

How are we doing?

We facilitate the West Wales Nature Based Health Services Network, providing a series of events and meetings. Guidance and support were offered to develop further opportunities for healthy activities to mental health organisations in Ceredigion, Pembrokeshire and Carmarthenshire. Mental Health awareness training has been delivered to a range of physical health organisations.

We also:

- Delivered self-management awareness talks and trainings.
- Updated our health promotion page on our website.
- Distributed and promoted the Recovery Booklet.
- Worked on a wide range of physical health developments including boxing, cold water swimming, walking, surfing.
- Worked with a range of nature-based organisations to promote the benefits of nature and outdoor activity for good mental and physical health.
- Organised and facilitated the West Wales Nature Based Health Services Network.
- Worked together with other organisations including Public Health to raise awareness of the importance of nature to health and wellbeing, and the need also to nurture and look after all aspects of nature and the environment.



Examples of our work this year

Engagement Work

Report on gathering feedback on a New GP Pathway proposal for non-urgent mental health support

At the beginning of 2026, West Wales Action for Mental Health (WWAMH) organised a series of drop-in engagement sessions across the three counties of Hywel Dda. These sessions were held at a range of third-sector mental health organisations to discuss a proposed change by Hywel Dda University Health Board to the new GP referral pathway for adults requiring non-urgent mental health support. The purpose of the sessions was to gather feedback from people with lived experience, unpaid carers/family members, volunteers, and staff, which would then be shared with the Health Board's Engagement Team to inform decision-making and future service planning.

In addition to the drop-in discussions, questionnaires were made available at all venues for individuals who preferred to provide written feedback directly to the Health Board. Hywel Dda University Health Board also organised a number of public engagement events to gather views from the wider community.

The proposed pathway had already been piloted in Ceredigion for approximately 18 months, and the Health Board sought feedback on extending the model to Carmarthenshire and Pembrokeshire.

Under the proposed changes, individuals visiting their GP who require further non-urgent mental health support would be directed to contact the NHS 111 Wales Option 2 Mental Health Support Service. The aim of this change is to reduce waiting times for patients and alleviate pressure on Community Mental Health Teams.

NHS 111 Wales Option 2 provides direct access to a local Mental Health and Wellbeing Practitioner, with continuous support from a Registered Mental Health Nurse. This enables timely access to mental health advice, assessment, and support. Where appropriate, practitioners within the service can also refer individuals directly to other mental health services. All call handlers are trained mental health professionals.

Under the proposal, GPs would continue to refer patients with the most complex or significant needs directly to Community Mental Health Teams. In addition, GPs have access to a dedicated professional support line through NHS 111 if there are concerns that a patient may be unable or unwilling to contact the service independently.

Community Mental Health Teams would also continue to accept urgent referrals from GPs for individuals assessed as being at higher risk of a mental health crisis and requiring face-to-face assessment within 24 hours.

As part of the engagement programme, WWAMH visited the following organisations:

- Llanelli Mind
- Carmarthen Mind
- Pembrokeshire Mind
- Cyfle Cymru
- DDAS
- Adferiad (Ammanford)
- CAMFAN
- VC Gallery
- Cardi Men's Shed
- Small World Theatre / Amethyst

Representatives from WWAMH provided attendees with an overview of the proposed pathway and facilitated discussions regarding the potential changes. Notes were taken throughout the sessions to capture participants' views, experiences, concerns, and questions. Feedback gathered from people with lived experience, unpaid carers/family members, volunteers, and staff across all sessions was collated into a single report and submitted to the Engagement Team at Hywel Dda University Health Board.

As a result of the engagement process, the Health Board produced an Engagement Report entitled *"Potential Change to the GP Referral Pathway to Community Mental Health Services."* The report considered the views and feedback submitted by all individuals who participated in the consultation process.

Julie Edwards



Training

Group Facilitation training and work

This year has felt like a new chapter in the work I've been doing with WWAMH over a number of years. Since stepping fully into freelance coaching and facilitation last summer, our collaboration has taken on a new energy. It's grounded in a shared belief that people in the third sector deserve time to think, feel supported, and not just keep the plates spinning.

One of the first things we focused on was facilitation skills. Many people running groups told us a similar story: "I was handed a room full of strangers and could have done with a map." We piloted a half-day session on facilitating group conversations and, last year, delivered two workshops. A few simple tools — how to welcome people, structure a session, and handle the unexpected — can shift a group from "slightly awkward" to "really engaged".

We also offered four reflective practice sessions: two hours where staff and volunteers could step into a quieter space. There's a strong sense of community as we wrestle with the issues people bring — not trying to fix but giving them space to think things through with the help of group questions and shared experience.

Another strand of the year was exploring coaching in Mid and West Wales. Angie's interest in creating more thinking space for the third sector aligned beautifully with my own. In February we launched an online survey to hear directly from leaders, staff and volunteers. The findings, published in May 2026, were encouraging — highlighting both the appetite for coaching and the obstacles people face. Their insights have helped us begin to offer some practical steps to develop this area of work.

In October, I had the joy of facilitating WWAMH's annual review day. With a sailing theme — the seaworthiness of boats, the skills of our shipmates, possible rough seas ahead — we brought trustees, staff, volunteers and associates together to look back at the year and consider the voyage ahead. It was a day full of honesty, good humour and people being unmistakably themselves. Their commitment to WWAMH — and to one another — really stood out.

Working with WWAMH has been a privilege — thoughtful, collaborative, and full of possibility. I'm grateful for the trust and the shared sense of adventure, and I'm looking forward to whatever we create next.

Jan Batty

Tiny Horse Coaching and Facilitation



Participants in the training

Emotional CPR training

A very successful Emotional CPR (eCPR) training was experienced at the Ivy Bush Hotel, Carmarthen, on 21st and 22nd May 2025. Sixteen people attended the training, coming from Carmarthenshire, Pembrokeshire, Swansea and Glamorgan. Dr Daniel Fisher who co-led the training flew in from Boston, USA.

The training had been primarily initiated by Andrew Dugmore, an associate of WWAMH. Andrew has followed an apprenticeship, co-delivering eCPR in Scotland and mentored by Daniel Fisher. Andrew has become the first approved eCPR trainer in Wales and was excited to arrange this training in Carmarthen alongside Daniel Fisher.

WWAMH were instrumental in bringing the training together and supported the planning and training, and gratitude is given for the financial and administrative support to enable the training to progress.

Dr Daniel Fisher is a retired board-certified psychiatrist, who practiced in the USA for 45 years. He also has lived experience of recovering from severe mental illness and it is his experience of recovery which inspired Dan to co-develop eCPR. At its heart eCPR is the power of human connection to mutually assist each other.

There are 3 main principles to eCPR:

Connecting: Being fully present and deep listening with your eyes, ears, and heart to establish a sense of safety and overcome isolation.

empowering: Assisting individuals to uncover their own inner strengths, to feel empowered, as well as to assist others to feel more hopeful and engaged in life

Revitalizing: Helping people re-engage in their everyday relationships as they resume or begin routines that support health and wellness, which reinforces the person's sense of accomplishment, further energizing the healing process.

As a result of the Carmarthen training, a monthly mutual peer community of practice was established, which has continued to meet up on-line consistently during the last year. There is hope to deliver future eCPR training with Wales, if there is enough support to make this happen. In the meantime, we will continue to meet monthly as a mutual peer community of practice.

We are very grateful for everyone who has supported eCPR within Wales, particularly for the support given by WWAMH and the ongoing mentoring and active learning and assistance from Dr Daniel Fisher.

Andrew Dugmore



Participants on the training

WWAMH Trustee Board

The Role of a WWAMH Trustee

- To ensure that the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulations.
- To ensure that the organisation pursues its objects as defined in its governing document.
- To ensure the organisation uses its resources exclusively in pursuance of its objects: the charity must not spend money on activities that are not included in its own objects, no matter how worthwhile or charitable those activities are.
- To contribute actively to the board of trustees' role in giving firm strategic direction to the organisation, setting overall policy, defining goals and setting targets and evaluating performance against agreed targets.
- To safeguard the good name and values of the organisation.
- To ensure the effective and efficient administration of the organisation.

Structure, Governance and Management

Good Governance

The organisation is a charitable company limited by guarantee and registered as a charity. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Environmental Impact Statement

WWAMH has a comprehensive environmental policy, and we review this regularly. The Environmental policy covers all aspects of WWAMH's operations from good housekeeping measures, such as using both sides of paper prior to recycling, to ensuring that decisions made are environmentally sound. The policy also commits us to promoting suppliers and services which adhere to environmentally sound ways of operating.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee. All members of the Management Committee give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts. The Trustees are appointed in accordance with the Memorandums and Articles of Association which have been updated in July 2015 with the approval of the Charity Commission.

Members of the Management Committee

All members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out below.

In accordance with company law, as the company's directors, we certify that:

- so far as we are aware, there is no relevant audit information of which the company's auditors are unaware; and
- as the directors of the company, we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

List of WWAMH Trustees 2025-2026

- Katie Bowen
- Mike Daymond
- Maggie Robinson
- Mike Howard
- Karen Cuin
- Rob Bamforth
- Elizabeth Wilkinson
- Cara Young

WWAMH Staff

During 2025-2026 WWAMH have the following staff roles:

- **Director:** Angie Darlington
- **Assistant Director (Finance lead):** Andrea Edwards
- **Mental Health Development Worker:** Tim Teeling
- **Mental Health Development Worker:** Terry Davies
- **Mental Health Project Worker-** Julie Edwards
- **External Associates & Trainers:** Gareth Richards, Jan Batty, Andrew Dugmore, Chris Martin, Millie Griffiths.
- **WWAMH Volunteers:** Sian

The Big Thank You

To all our funders – Hywel Dda University Health Board, Ceredigion Local Authority, Pembrokeshire Local Authority, Community Foundation in Wales and all the people who donated to us – you have all made this work possible.

Thank you to **At The Barbers, Whitland Town Council and the Jaguar Owners Club** for the donations this year, we really appreciate your support.

We are incredibly grateful to all the people that have donated to us this year! From running the London Marathon, tackling the 3,000 push-ups for Men's Mental Health, birthday fundraisers, donating at supermarket checkouts and direct donations your generosity is amazing. So often we only have a name but no means of contacting the people that do this, as we receive the donations via PayPal Giving or a donations platform with no contact information. The donations make a huge difference, and we really value your support and kindness. Thanks for all the amazing things you do to raise donations for us.

To all the individuals that have worked with us over the year – you continue to inspire and motivate us. To all the voluntary and community organisations we work with – you are creating the caring communities that we all strive for.

**To all the WWAMH Staff, Volunteers, Trustees and Associates
– thanks for always going the extra mile.**

Contact Details



Director
Angie Darlington
director@wwamh.org.uk



Assistant Director
Andrea Edwards
andrea@wwamh.org.uk



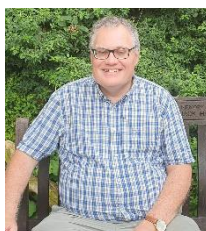
Project Worker
Julie Edwards
julie@wwamh.org.uk



Development Worker
Tim Teeling



Associate Project Support
Gareth Richards



Development Worker
Terry Davies
terrydavies@wwamh.org.uk



Associate Trainer
Andrew Dugmore

The Mount
18 Queen Street, Carmarthen SA31 1JT
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For more information
please look on our website:
www.wwamh.org.uk

Company No. 03030938
Registered Charity No. 1045123

Financial Report as of 31st March 2026

	2026	2025
	£	£
Total Incoming Resources	238,699	233,682
Total Resources Expended	217,004	214,077
Net Movement in Funds	21,695	19,065
Total Funds Brought Forward	188,670	169,605
Total Funds Carried Forward	210,365	188,670
Fixed Assets	0	0
Current Assets	213,321	205,075
Current Liabilities	(2,956)	(16,405)
Net Assets	210,365	188,670

A full copy of our accounts are available on our website.

Auditors: Charles & Co., 3 Murray Street, Llanelli SA15 1AQ