

Annual Report of the Trustees and Financial Statements

For the year
1st July 2021 to 30th June 2022

The Care Centre, Forge Road, Machynlleth, SY20
8EQ

Telephone (01654) 700071
e mail office@camad.org.uk
Website www.camad.org.uk

Registered Charity Number 1071497

**CAMAD is a Member of the Wales Council for Voluntary Action,
Powys Association of Voluntary Organisations and Powys Community Support Network**

Funded and supported by



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Wales Council for
Voluntary Action

Co-op Community Fund



Local Health Board
Powys



Tudor Trust



The Trustees present their Annual Report with Financial Statements for the year beginning 1 July 2021 and ending 30th June 2022.

Charity's Principal Address

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Machynlleth
Powys
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Trustees

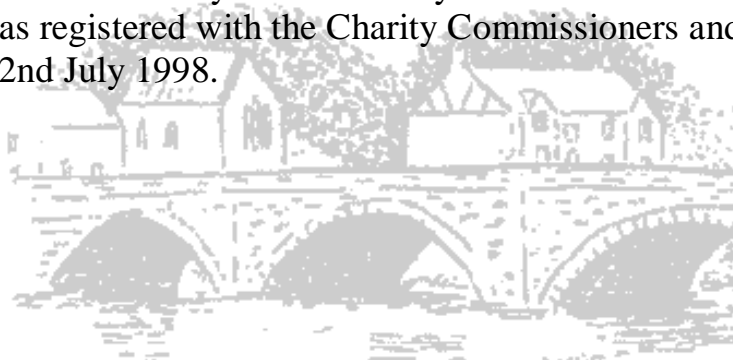
Chair	Gordon Hughes
Secretary	Gordon Hughes
Treasurer	Brenda Hughes
Other Trustees	Cllr Michael Williams Sarah Hughes Cllr Monika Atkins Sabrina Cantor Duncan Toms

Bankers

HSBC Bank plc
Abertystwyth
19 Stryd Fawr
Aberystwyth
Ceredigion
SY23 1DH

Constitution. Community Action Machynlleth & District.

CAMAD was registered with the Charity Commissioners and its Constitution was adopted on 2nd July 1998.



Registered Charity Number 1071497

The Charities Management Structure

Trustees:

Aboard of 8 trustees who meet 5 times per year.

Staff

Linda Hayward: Manager p/t

Sarah Jones Project Co-ordinator p/t

Holly Faircloth: Administrator p/t

Providing a 5 day per week open door service 9.30 to 3pm.

Answer phone, email, facebook and website out side of these hours.





Registered Charity Number 1071497

Statement of Public Benefit

The Charities Act 2006 requires the Trustee's to identify the public benefit of the work of the Charity and to define who benefits.

CAMAD is a Volunteer Centre and a Community Support organisation. As a Volunteer Centre, it acts as an intermediary between those who want to do voluntary work and those who need Volunteers. The former are usually individuals and the latter are normally organisations. Volunteering has been defined long ago as a vital right for everyone, that is, the right to give up time for the benefit of others without being paid for it and without being taxed for the notional value of the work. CAMAD deals almost exclusively with other voluntary organisations which are not-for-profit and usually registered Charities. It often works with statutory bodies by providing Volunteers to support, for example, patients in hospital by getting reading matter, drinks and other 'creature comforts' to make their stay more pleasant. It also delivers Meal on Wheels in the Machynlleth area.

As a Community Support organisation, CAMAD uses Volunteers to help people who are less able because they are unwell, have a disability or maybe are just finding that being older makes things a bit more difficult. The help may be keeping a small lawn cut or getting some shopping, in fact, anything which can't easily be done but which is a relatively simple task. CAMAD does not carry out work which should be done by a professional or which might threaten the livelihood of local traders. For example, many people with a disability would find it very difficult to change a light bulb but to call in an electrician is hardly necessary. Much of CAMAD's work in this field is concerned with community transport. With a very limited public transport system, most people find getting to the doctor, dentist or out-patient clinic almost impossible and getting a taxi to go, say, from the Machynlleth area to Bronglais Hospital may cost £40 or £50. This may be affordable to some but if treatment is needed over a period of time it becomes hugely expensive. CAMAD provides a Community Car Service with Volunteer drivers using their own cars to help meet this need. It also runs a Taxi-Card scheme which gives members access to half price taxi fares up to an annual limit which depends on the Charity's finances. It also runs clubs for older people who live in isolation and who would otherwise not be able to socialise.

Many of CAMAD's Volunteers are older, retired people but by no means all and often they will fit volunteering into their daily lives, be it driving a train or bringing up a family. Volunteering is particularly helpful to people who have not been working for some time whether through illness, redundancy, caring duties or some other reason. CAMAD has many examples of people for whom volunteering with an organisation has led to paid work or just the experience has been enough to rebuild the confidence they have needed to get them started again.

In 2018 our Staff, volunteers and Trustees were proud to be awarded the Powys Centre, “Volunteer of the Year Award 2018” for Health and Wellbeing, and we continue to strive towards this excellence with all of our services.

Without CAMAD, there would be a very large number of people in the Dyfi Valley living socially excluded lives with little or no access to vital services and little hope of escaping into the world around them.

30th June 2022



Mission Statement

CAMAD is a member of WCVA & PAVO is committed to:

- Recruiting, training, placing and supporting volunteers and increasing the awareness of volunteering and its benefits in the communities of Powys
- Promoting, supporting and developing local voluntary sector initiatives and services to respond to local needs
- Providing an information service to local communities about community activities, opportunities and service.

CAMAD aims to operate within the framework of good practice provided by Powys Association of Voluntary Organisations and Wales Council for Voluntary Action, providing flexible yet consistent, reliable services.



Activities and Objectives

CAMAD is the Community Support and Volunteer Centre for Machynlleth and the Dyfi Valley. We have been running since July 1998. Our catchment area covers the three counties of Powys, Ceredigion and Gwynedd. It is a rural area with a widely dispersed community in many outlying villages. Public transport is limited.

Volunteering – we work with local and national voluntary organizations finding suitable placements for volunteers both near and far. These can range from Befriending to Archiving at the National Library, Community Gardening to Youth Offending Panels, Hospital Radio to Meals on Wheels deliverers. Our ethos is to support our volunteers rather than simply placing them (unless that's all they require). We want to ensure they get the most from their volunteering and become an included part of the CAMAD family.

Elderly Care – we have an excellent reputation for our work with the elderly, providing volunteer drivers and deliverers for Meals on Wheels twice weekly on Tuesdays and Fridays [a service we now manage after it fell victim to financial crisis Council cuts], a monthly Tea Club, and a fortnightly Foot Care service using volunteers who are trained by NHS podiatrists (both practical and anatomy/physiology).

Unemployment – working closely with the Job Centre we aid unemployed volunteers to find placements which both improve their employability but also afford an opportunity to try out new things and uncover skills they never knew they had. Over the last year six of our volunteers have moved into full-time employment. Amongst this group there are often undiagnosed depressive conditions and we extend our supported volunteering to them. We continue to work on ways to incentivise and assist these clients further through placements which offer certificated qualifications.

Community Transport – we operate a community car service where volunteers drive clients to hospital appointments, dental appointments and family visits. We cover distances from Machynlleth to Aberystwyth, Carno to Carmarthen, Llanidloes to Birmingham and were often called upon by the Welsh Ambulance Service when there is insufficient Non-Emergency Patient Transport to cover the demand until COVID struck in 2020.

Southbound rail links terminate in Aberystwyth and heading North only go Eastwards. If one wishes to travel to North Wales or South Wales by rail it involves a trip to Shrewsbury and Chester for North Wales, and Shrewsbury, Ludlow and Hereford for the South which is where most cancer patients have to travel to, so our service is vital to some who have no other way of traveling.

Additionally, we run a Taxi Card scheme – for a £9 annual fee, members are entitled to 50% off their taxi journeys up to a value of £50 to £100 (depending on funds). We currently have 56 members.

We organise a once a month Tea Club for the elderly which currently has 18 members

A social Foot care service for older people, volunteers are trained to do basic nail cutting keeping feet healthy eliminates falls in the home and to keep independence and social networks and currently has 32 members.

CAMAD took over the Machynlleth Meals on Wheels from PCC which was due to be scrapped due to the funding cuts, as we have organised it on their behalf for 9 years, we felt it was a service that should not be lost to the town so took it on as one of our core services.

We also offer a Community support volunteer help in the home with light gardening, shopping etc.

Mental Health – CAMAD Pathways Project is a drop-in service for anyone living with mental health issues - from generalized depressive conditions to anxiety, obsessive compulsive disorders to addictions. Running on Tuesdays and Thursdays between 1 and 3, we have a small comfortable lounge area and communal kitchen. Soft music plays, there's always tea and biscuits and in the kitchen informal therapeutic activities including art and music and general discussion.

Our principle is to offer a space where people can enjoy each other's company, confidentially, knowing that everyone who uses the service has shared similar troubles. We are supported by local GPs and the Community Psychiatric Team visit regularly. We don't sit around talking about mental health - in fact it's a very good-humoured set-up. The point is there is the freedom to talk openly about what matters to you in social surroundings. Sometimes these things can't be talked about comfortably at home, and it's so easy to become isolated in the midst of depression.

Those living with mental health issues will through Pathways achieve a greater level of socialisation and inclusion, access to diagnosis and a conduit to specialized care if needed. Service users with increased confidence can use CAMAD as a route to supported volunteering, raising their employability or leading directly to employment. Service users at different stages of their use of the drop-in will feel empowered to use their experience to help future service users. Our ultimate aim is that Pathways will become a self-supporting inclusive (not exclusive) unit and a dependable venue for improving mental health in our community for many years to come.

There are no other organisations in our community that offer the support we do or even close to it – the nearest are in Aberystwyth 19 miles away, or Newtown 28 miles away. Our research has been carried out in a subtle way through the social media and more directly through one-on-one conversations with CAMAD volunteers who fall within the scope of Pathways. We have been endorsed by both surgeries in our town with whom we have a good relationship in this field through running a Volunteering-On-Prescription programme (which is where we gained our credibility as effective providers of support in the area of mental health).

Our objective is to continue finding funders who appreciate the need for core cost assistance, which is growing harder and harder. Yet these costs are fundamental to our day-to-day running. Without these functional monies, projects (which are a more popular funding choice) have neither home nor worker. Our endeavour is to do as much as we can for the broadest cross-section of the community despite National, Town and County, and UK & Welsh Government funding diminishing.

The Trustees and staff of Community Action Machynlleth & District
“CAMAD”

Would like to give our thanks to all our funders for their support though out this year and in years past, without it CAMAD would not be able to provide, services vital to our community and to provide employment to local people where there is very little.

It is becoming harder to attract funding general running costs, but we have been successful for the last 24 years, we hope to continue into the future by giving value for money and to continue to provide much needed help to the more vulnerable members of our community.

We also thank Ross Griffiths our auditor.

Our heartfelt thanks are given to our volunteers, without their help and dedication CAMAD could not carry out our services.

Linda Hayward
Manager
30th June 2022

*“The reason Volunteers are not paid
Is not because they are worthless,
It’s because they are priceless”*

CAMAD

Volunteering Community Support’



**Community Action Machynlleth and District
Charity No 1071497
INDEPENDENT EXAMINER'S REPORT**

We report on the accounts of the charity for the year ended 30th June 2022 set out on the following pages.

Respective responsibilities of trustees and independent examiner

As the charity's trustees you are responsible for the preparation of the accounts, you consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is required.

Basis of independent examiner's statement

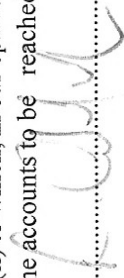
Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

- (i) which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep proper accounting records in accordance with section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act
- have not been met; or

(ii) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....


R.G.K.Griffith,FCA.

Independent examiner

Vogue Management Services Limited

Unit 20 Strawberry Lane Industrial Estate

Willenhall

West Midlands

WV13 3RS

Date:25th October 2022.

Community Action Machynlleth and District (CAMAD)

Reg Charity 1071497

Statement of Assets at 30th June 2022.

	2022	2021
<u>HSBC Current account</u>		
Bf 1st July 2020	58,291.61	54,207.61
Surplus/(deficit) for the year	2,649.15	4,084.00
CF 30th June 2021	60,940.76	58,291.61
<u>Represented by</u>		
Current account 91066706	61,037.83	31,216.26
Miscellaneous account 71388096	0.00	23,801.91
Transport account 71388088	0.00	3,273.44
	<u>61,037.83</u>	<u>58,291.61</u>
Pension contributions unpaid	(97.07)	0.00
	<u><u>60,940.76</u></u>	<u><u>58,291.61</u></u>

Community Action Machynlleth and District (CAMAD)
Reg Charity 1071497

Year ended 30th June 2022				2021
RECEIPTS	Restricted funds	Unrestricted funds	Total	TOTAL FUNDS
Tudor Trust Pathways	29,000.00		29,000.00	31,000.00
Footcare subs and donations.		760.80	760.80	525.50
Moondance		0.00	0.00	10,000.00
Powys County Council	5,439.60		5,439.60	0.00
Powys Volunteer Cetre via PAVO	8,256.60		8,256.60	7,438.50
Community Transport:fees,donations and membership	5,210.56		5,210.56	2,620.40
PCC Grants for Community Transport	2,972.16		2,972.16	1,280.00
Covid 19		0.00	0.00	2,698.90
Clubs & room hire		635.30	635.30	0.00
Powys Local Health Board	1,360.00		1,360.00	2,322.00
PLHB:NEPT	0.00		0.00	0.00
Sobell Foundation		0.00	0.00	0.00
Meals on Wheels contributions	4,259.97		4,259.97	6,016.85
Covid transport grants	2,990.40		2,990.40	0.00
Donations		3,390.39	3,390.39	1,511.45
Haywood Foundation		3,000.00	3,000.00	0.00
	<u>59,489.29</u>	<u>7,786.49</u>	<u>67,275.78</u>	<u>65,413.60</u>
PAYMENTS				
Salaries	32,299.82		40,374.78	39,632.71
Covid 19	0.00	8,074.96	0.00	2,533.03
Tudor Trust Pathways (expenses)	1,064.78		1,064.78	625.68
Rent	2,145.00		4,290.00	4,210.00
Community Transport Expenses	5,300.18	2,145.00	5,300.18	3,446.30
Bank charges	137.99		137.99	0.00
Meals on Wheels Expenses	9,164.44		9,164.44	4,655.78
Footcare Expenses		74.85	74.85	449.35
General running costs	0.00	2,503.09	2,503.09	3,983.66
Insurance	940.32		940.32	898.83
Equipment		46.20	46.20	714.26
Training staff and volunteers	0.00		0.00	0.00
Travel staff and volunteers	0.00	0.00	0.00	0.00
Professional fees	180.00		730.00	180.00
	<u>51,232.53</u>	<u>13,394.10</u>	<u>64,626.63</u>	<u>61,329.60</u>
	8,256.76	(5,607.61)	2,649.15	4,084.00
SURPLUS/DEFICIT FOR THE YEAR				
BF 1st July 2021	36,030.94	6,491.45	42,522.39	38,438.39
CF 30th June 2022	44,287.70	883.84	45,171.54	42,522.39

**Community Action Machynlleth and District
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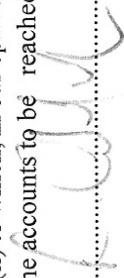
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