

MENFA MENTORING FOR ALL

England & Wales · Charity number 1083162

Details

Other names MENFA

Status Registered

Legal form Other

Registered 2000-11-01

Register [View on the Charity Commission register](#)

Contact

Address 1A MARIA STREET, BUTETOWN, CARDIFF

Phone 02921 323412

Email enquiries@menfa.org.uk

Website www.menfa.org.uk

Activities

Objects: THE ADVANCEMENT OF THE EDUCATION OF ADULTS, YOUNG PEOPLE AND CHILDREN THROUGH ADVICE, COUNSELLING AND MENTORING IN SCHOOLS, COLLEGES AND OTHER EDUCATIONAL ESTABLISHMENTS AND THE LOCAL COMMUNITY SO AS TO DEVELOP THEIR PHYSICAL, MENTAL AND SPIRITUAL CAPACITIES THAT MAY GROW TO FULL MATURITY AS INDIVIDUALS AND THAT THEIR CONDITIONS OF LIFE MAY BE IMPROVED.

Activities: MenFA provides: Mentoring Mentor training Children's Education Children's Play Activities Advocacy and Advice Services

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE CARDIFF
- Jamaica
- Cardiff

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£42,000	£17,300	-	-
2024-03-31	£13,601	£13,025	-	-
2023-03-31	£68,700	£72,276	-	-
2022-03-31	£39,000	£37,761	-	-
2021-03-31	£4,400	£4,400	-	-

Trustees

Name	Role	Appointed
GABRIEL UZOR		2012-09-24
PAULETTE PALMER		
REV MARTINS MBUKO		2011-11-01

MENFA MENTORING FOR ALL

England & Wales - Charity number 1083162

Accounts

MENFA MENTORING FOR ALL

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

MENFA MENTORING FOR ALL

CHARITY INFORMATION

Trustees	Gabriel Uzor Rev. Martins Mbuko Paulette Palmer
Charity number	1083162
Registered office	1a Maria Street Butetown Cardiff CF10 5HG

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MENFA MENTORING FOR ALL

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their report and the financial statements for the year ended 31 March 2025. MenFA is a charity registered in the UK operating in Cardiff.

The charity's objectives are the advancement of the education of adults, through young people and children, through advice and counselling and mentoring. This takes place in the local community, schools, colleges and other educational establishments. The aim is to develop individuals' physical, mental and spiritual capacities in order to improve their life conditions.

Trustees

The Trustees who served during the year were:

Gabriel Uzor
Rev. Martins Mbuko
Paulette Palmer

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Reserves

General funds within Unrestricted funds held at 31 March 2025 was £25,242.

This report was approved by the board and signed on its behalf.



.....
Trustee

Date: 05.01.2026

MENFA MENTORING FOR ALL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations & grants	4	41,660	13,601
Gross profit		<u>41,660</u>	<u>13,601</u>
Charitable activities	5	(17,309)	(13,025)
Operating surplus/(deficit)		<u>24,351</u>	<u>576</u>
Funds at the beginning of the year		891	315
Surplus/(deficit) for the year		24,351	576
Funds at the end of the year	9	<u>25,242</u>	<u>891</u>

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

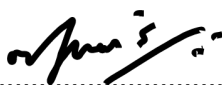
The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL
REGISTERED NUMBER: 1083162

BALANCE SHEET
AS AT 31 MARCH 2025

	Note		2025 £	2024 £
Fixed assets	3	1,186		1,593
Current assets				
Debtors: amounts falling due within one year	6	533		371
Cash at bank and in hand	7	25,173		427
		<u>26,892</u>		<u>2,391</u>
Creditors: amounts falling due within one year	8	(1,650)		(1,500)
Net current assets			<u>25,242</u>	<u>891</u>
Total assets less current liabilities			<u>25,242</u>	<u>891</u>
Net assets			<u>25,242</u>	<u>891</u>
Funds				
Unrestricted funds	9		<u>25,242</u>	<u>891</u>
			<u>25,242</u>	<u>891</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:


.....
Trustee

Date: 05.01.2026

The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL

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

1. General information

MenFA is a charity registered in the UK operating in Wales.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

The financial statements have been prepared on the going concern basis and to give a true and fair view of the charity's financial activities and financial position.

2.2 Income

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

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet.

2.3 Expenditure

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

All expenditure is inclusive of irrecoverable VAT.

2.4 Debtors

Short-term debtors are measured at transaction price, less any impairment.

2.5 Tangible Fixed Assets

Tangible fixed assets are stated at cost less depreciation.

2.6 Fund accounting

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

MENFA MENTORING FOR ALL

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

3. Tangible Fixed Assets

	Computer equipment £
Cost	
At 1 April 2024	2,000
Additions	-
At 31 March 2025	2,000
Depreciation	
At 1 April 2024	407
Charge for the year	407
At 31 March 2025	814
Net book value as at 31 March 2025	<u>1,186</u>

4. Donations & Grants

	2025 £	2024 £
Grants	41,660	13,601
	<u>41,660</u>	<u>13,601</u>

5. Expenditure on Charitable Activities

	2025 £	2024 £
Volunteers	10,350	7,269
Repairs & renewals	1,260	1,325
Printing & stationery	150	-
Depreciation	407	407
Utilities	218	50
Entertainment	395	-
Rates	350	-
Legal & professional	2,380	2,900
Insurance	799	74
Rent	1,000	1,000
	<u>17,309</u>	<u>13,025</u>

MENFA MENTORING FOR ALL

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

6. Debtors

	2025 £	2024 £
Prepayments and accrued income	533	371
	<u>533</u>	<u>371</u>

7. Cash and cash equivalents

	2025 £	2024 £
Cash at bank and in hand	25,173	427
	<u>25,173</u>	<u>427</u>

8. Creditors: Amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	1,650	1,500
	<u>1,650</u>	<u>1,500</u>

9. Statement of funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds				
General funds	891	41,660	(17,309)	25,242
Total funds	<u>891</u>	<u>41,660</u>	<u>(17,309)</u>	<u>25,242</u>

General funds represent the balance of MenFA funds to be utilised within the charity's objectives.

10. Trustees' remuneration and expenses

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

During the year ended 31 March 2025, no Trustee expenses have been incurred (2024 - £NIL).

The average monthly number of employees, including directors, during the year was 0 (2024 - 0).

MENFA MENTORING FOR ALL

England & Wales - Charity number 1083162

Accounts

MENFA MENTORING FOR ALL

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

MENFA MENTORING FOR ALL

CHARITY INFORMATION

Trustees	Gabriel Uzor Rev. Martins Mbuko Paulette Palmer
Charity number	1083162
Registered office	1a Maria Street Butetown Cardiff CF10 5HG

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MENFA MENTORING FOR ALL

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their report and the financial statements for the year ended 31 March 2023.

MenFA is a charity registered in the UK operating in Cardiff.

The charity's objectives are the advancement of the education of adults, through young people and children, through advice and counselling and mentoring. This takes place in the local community, schools, colleges and other educational establishments. The aim is to develop individuals physical, mental and spiritual capacities in order to improve their life conditions.

Trustees

The Trustees who served during the year were:

Gabriel Uzor
Rev. Martins Mbuko
Paulette Palmer

Financial review

Going concern.

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Reserves

General funds within Unrestricted funds held at 31 March 2023 was £315.

This report was approved by the board and signed on its behalf.



.....
Trustee

Date: 29/01/2024

MENFA MENTORING FOR ALL

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Donations & grants	4	68,700	39,000
Gross profit		<u>68,700</u>	<u>39,000</u>
Charitable activities	5	(72,276)	(37,761)
Operating surplus/(deficit)		<u>(3,576)</u>	<u>1,239</u>
Funds at the beginning of the year	10	3,891	2,652
Surplus/(deficit) for the year		(3,576)	1,239
Funds at the end of the year	9	<u>315</u>	<u>3,891</u>

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

The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL
REGISTERED NUMBER: 1083162

BALANCE SHEET
AS AT 31 MARCH 2023

	Note		2023 £	2022 £
Current assets				
Debtors: amounts falling due within one year	6	-	355	
Cash at bank and in hand	7	315	5,486	
		<u>315</u>	<u>5,841</u>	
Creditors: amounts falling due within one year	8	-	(1,950)	
			<u>315</u>	3,891
Net current assets			<u>315</u>	<u>3,891</u>
Total assets less current liabilities			<u>315</u>	<u>3,891</u>
Net assets			<u>315</u>	<u>3,891</u>
Funds				
Unrestricted funds	9		315	3,891
			<u>315</u>	<u>3,891</u>

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:



.....
Trustee

Date: 29/01/2024

The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. General information

MenFA is a charity registered in the UK operating in Wales.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

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

2.2 Income

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

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet.

2.3 Expenditure

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

All expenditure is inclusive of irrecoverable VAT.

2.4 Debtors

Short-term debtors are measured at transaction price, less any impairment.

2.5 Cash at bank and in hand

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

2.6 Fund accounting

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

MENFA MENTORING FOR ALL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.7 Creditors

Short-term creditors are measured at the transaction price.

3. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

The average monthly number of employees, including directors, during the year was 0 (2022 - 0).

4. Donations & Grants

	2023 £	2022 £
Grants	68,700	14,000
Welsh Government	-	25,000
	<u>68,700</u>	<u>39,000</u>

5. Expenditure on Charitable Activities

	2023 £	2022 £
Volunteers	8,752	6,050
Repairs & renewals	59,080	25,600
Printing & stationery	181	200
Utilities	230	-
Telephone	376	-
Bank charges	-	56
Training	2,202	2,000
Legal & professional	35	980
General	98	-
Insurance	354	425
Accounting & bookkeeping	-	1,950
Rent & Rates	968	500
	<u>72,276</u>	<u>37,761</u>

MENFA MENTORING FOR ALL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

6. Debtors

	2023 £	2022 £
Prepayments and accrued income	-	355
	<u> </u>	<u> </u>

7. Cash and cash equivalents

	2023 £	2022 £
Cash at bank and in hand	315	5,486
	<u> </u>	<u> </u>

8. Creditors: Amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	-	1,950
	<u> </u>	<u> </u>

9. Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Balance at 31 March 2023 £
Unrestricted funds				
General funds	3,891	68,700	72,276	315
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total funds	<u> </u>	<u> </u>	<u> </u>	<u> </u>

General funds represents the balance of MenFA funds to be utilised within the charity's objectives.

MENFA MENTORING FOR ALL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

10. Statement of funds - previous year

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds				
General funds	2,652	14,000	(12,761)	3,891
Welsh Government	-	25,000	(25,000)	-
Total funds	<u>2,652</u>	<u>39,000</u>	<u>(37,761)</u>	<u>3,891</u>

General funds represents the balance of MenFA funds to be utilised within the charity's objectives.

The Welsh Government grant of £25,000 was received in March 2022 and was allocated towards the Phase 1 work on the building & roof repair.

MENFA MENTORING FOR ALL

England & Wales - Charity number 1083162

Accounts

MENFA MENTORING FOR ALL

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

MENFA MENTORING FOR ALL

CHARITY INFORMATION

Trustees	Gabriel Uzor Rev. Martins Mbuko Paulette Palmer
Charity number	1083162
Registered office	1a Maria Street Butetown Cardiff CF10 5HG

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MENFA MENTORING FOR ALL

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022**

The Trustees present their report and the financial statements for the year ended 31 March 2022.

MenFA is a charity registered in the UK operating in Cardiff.

The charity's objectives are the advancement of education of adults, through young people and children, through advice counselling and mentoring. This takes places in the local community, schools, colleges and other educational establishments. The aim is to develop individuals physical, mental and spiritual capacities in order to improve their life conditions.

Trustees

The Trustees who served during the year were:

Gabriel Uzor
Rev. Martins Mbuko
Paulette Palmer

Financial review

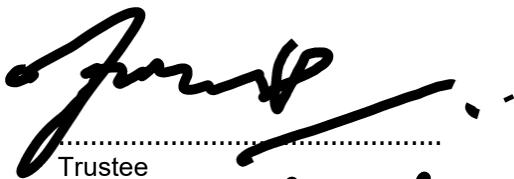
a. Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

General funds within unrestricted funds held at 31 March 2022 was £3,891.

This report was approved by the board and signed on its behalf.



.....
Trustee

Date:

30/01/2023

MENFA MENTORING FOR ALL

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Income from:			
Donations & grants	4	39,000	4,400
Total income		<u>39,000</u>	<u>4,400</u>
Expenditure on:			
Charitable activities		(37,761)	(4,400)
Net movement in funds		<u>1,239</u>	<u>-</u>
Reconciliation of funds			
Total funds brought forward		2,652	2,652
Movement in funds		1,239	-
Total funds carried forward		<u><u>3,891</u></u>	<u><u>2,652</u></u>

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

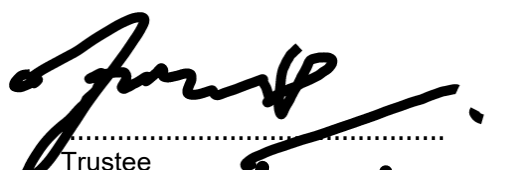
The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL
REGISTERED NUMBER: 1083162

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Current assets			
Debtors: amounts falling due within one year	6	355	-
Cash at bank and in hand	7	5,486	2,652
		<hr/>	<hr/>
		5,841	2,652
Creditors: amounts falling due within one year		(1,950)	-
		<hr/>	<hr/>
Net current assets		3,891	2,652
Total assets less current liabilities		<hr/>	<hr/>
		3,891	2,652
Net assets		<hr/>	<hr/>
		3,891	2,652
Charity funds			
Unrestricted funds		3,891	2,652
Total funds		<hr/>	<hr/>
		3,891	2,652

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:


.....
Trustee
Date: **30/01/2023**

The notes on pages 4 to 7 form part of these financial statements.

MENFA MENTORING FOR ALL

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

1. General information

MenFA is a charity registered in the UK operating in Wales.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

2.2 Income

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

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

2.3 Expenditure

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

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

All expenditure is inclusive of irrecoverable VAT.

2.4 Debtors

Short-term debtors are measured at transaction price, less any impairment.

MENFA MENTORING FOR ALL

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

2. Accounting policies (continued)

2.5 Cash at bank and in hand

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

2.6 Fund accounting

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

2.7 Creditors

Short-term creditors are measured at the transaction price.

3. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

4. Donations & Grants

	2022 £	2021 £
Grants	14,000	4,400
Welsh Government	25,000	-
	<u>39,000</u>	<u>4,400</u>

MENFA MENTORING FOR ALL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

5. Expenditure on Charitable Activities

	2022	2021
	£	£
Volunteers	6,050	4,400
Repairs & renewals	25,600	-
Printing & stationery	200	-
Bank charges	56	-
Training	2,000	-
Legal & professional	980	-
Insurance	425	-
Accounting & bookkeeping	1,950	-
Rent	500	-
	<u>37,761</u>	<u>4,400</u>

6. Debtors

	2022	2021
	£	£
Prepayments and accrued income	<u>355</u>	<u>-</u>

7. Cash and cash equivalents

	2022	2021
	£	£
Cash at bank and in hand	<u>5,486</u>	<u>2,652</u>

8. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	<u>1,950</u>	<u>-</u>

MENFA MENTORING FOR ALL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

9. Statement of funds

	Balance at 1 April 2021 £	Income £	Expenditure £	Balance at 31 March 2022 £
Unrestricted funds				
General funds	2,652	14,000	(12,761)	3,891
Welsh Government	-	25,000	(25,000)	-
Total funds	<u>2,652</u>	<u>39,000</u>	<u>(37,761)</u>	<u>3,891</u>

General funds represents the balance of MenFA funds to be utilised within the charity's objectives.

The Welsh Government grant of £25,000 was received in March 2022 and was allocated towards the Phase 1 work on the building & roof repair.