

Registered Charity Number: 1086340

GARNANT FAMILY CENTRE
REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023

GARNANT FAMILY CENTRE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023

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GARNANT FAMILY CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 5 APRIL 2023

The trustees present their report with the financial statements of the charity for the year ended 5 April 2023. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed and, the Charities Act 2011.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number	1086340
Registered Office	25 Maes Y Bedol Garnant Ammanford Carmarthenshire SA18 2EP
Trustees	Councillor Kevin Madge - Chair Councillor Pauline Barker - Treasurer Joanne Morris – Safeguarding Gethin Richards - Secretary
Advisory	Strategic Manager - Plant Dewi
Bankers	Barclays Bank plc Ammanford Carmarthenshire
Independent Examiners	Harris Bassett Limited Chartered Accountants 19 Murray Street Llanelli Carmarthenshire SA15 1AQ

GARNANT FAMILY CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 5 APRIL 2023 Cont'd

STRUCTURE, GOVERNANCE AND MANAGEMENT

Garnant Family Centre is a charity governed by a constitution as adopted 21st September 2000. It is registered as a charity with the Charity Commission.

The aims and objects of the charity are "1. The preservation and protection of health and the relief of distress within family relationships by the provision of a resource and advice centre and by the education of the public in good parenting skills. 2. The provision of facilities for recreation and other leisure time activities in the interests of social welfare with a view to improving conditions of life."

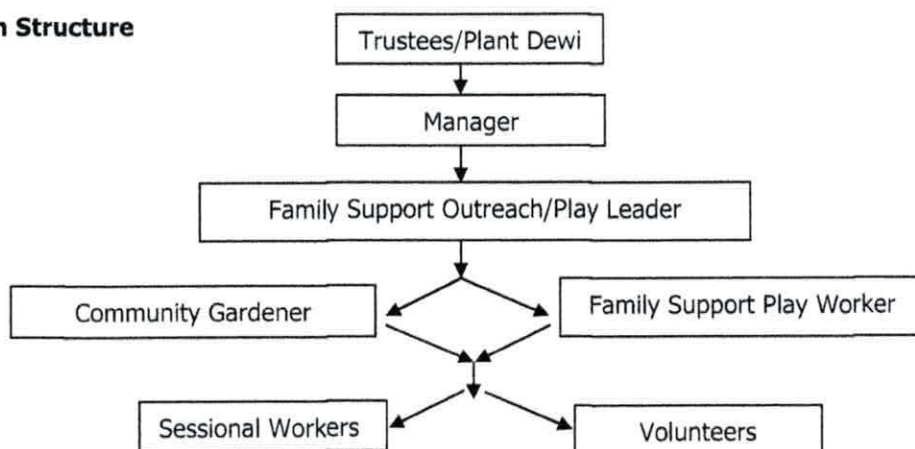
Appointment of Trustees

Trustees are appointed as set out in the Constitution of the charity. Professionals and service users within the community, who have a personal interest in the charity, are invited to join the management committee. Committee members can also be co-opted when appropriate.

Trustee Induction and Training

As part of induction all trustees are DBS checked and shown the relevant documentation regarding the running of the Family Centre.

Organisation Structure



Trustees are consulted on all aspects of accounting, policies and procedures and involved in the decision making regarding the day-to-day running of the Centre. The manager is responsible for keeping order of files, office work and overseeing all other day-to-day activities at the Centre.

Related Parties

Plant Dewi are appointed by the Family Centre Management Committee to manage and advise the Family Centre manager.

Risk Management

The trustees have carried out a review of the major risks to the organisation and believe that the level of reserves aimed for in the reserves policy below is sufficient to cover adverse conditions that the organisation may face. In addition the organisation has in place financial, personnel and health and safety controls to limit the likelihood and impact of risks. All activities and events are risk assessed prior to commencement. Appropriate DBS checks are done of all staff and volunteers. The trustees will actively monitor risk and review their policies at least annually.

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Financial risks have been reviewed and procedures put in place accordingly. A reserves policy has been established in line with the identified risks and is stated on page 6.

OBJECTIVES AND ACTIVITIES

The constitution states the two objects as

1. The preservation and protection of health and the relief of distress within family relationships by the provision of a resource and advice centre and by the education of the public in good parenting skills.
2. The provision of facilities for recreation and other leisure time activities for and in the interests of social welfare with a view to improving conditions of life.

The charity works in partnership with parents and carers. It empowers them in order to better cope with family life and therefore gives their children a better start in life.

The Aims of the Family Centre is to ensure children:-

- Have a flying start in life.
- Have a range of education and learning opportunities.
- Enjoy the best possible health, free from abuse.
- Have access to play, leisure and cultural activities.
- Are listened to and respected and have their identity recognised.
- Have a safe home and community.
- Are not disadvantaged by poverty.

The objectives for the next year are to continue to:-

- Provide a safe, warm, and welcoming environment.
- Provide access to high quality play experiences to support children's learning and development.
- Offer training and support to families.
- Provide access to information on parenting so parents can make informed choices.
- Provide opportunities to go on trips and participate in events.
- Provide open-door policy where everyone is welcomed.
- Continue outreach work to identify isolated families.
- Continue to provide courses, workshops, play activities for parents and their children to do together.
- Continue to involve and engage families and the community, in the Community Garden and spending more time outdoors.
- Continue with the development of the bumps to babies' group, baby massage and toddler group.
- To promote the health and wellbeing of the whole family through all the sessions facilitated by Family Centre Staff.
- To work with other agencies to promote positive outcomes and to empower families to feel part of the local community.
- To continue adapting services in response to the pandemic that continue to meet the above objectives

The changes that parents have fed back are that they have felt less socially isolated through attending groups such as Baby Massage, Bumps to Babies and Toddler and Sibling Group. The groups have given them reassurance about their parenting through both peer and staff support. Parents appreciated the information on child development and discussions on parenting that took place during the sessions, as well as the emphasis and practical skills shared on taking care of their own well-being. Through consultation, messaging, and photographs, parents have reported how much they and their children have enjoyed spending time in the Community Garden and how it has led to more gardening at home. In the Community Garden is an Eco-Lodge where Family Centre staff and the Families prepare a weekly lunch club.

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Parents noted how surprised and impressed they'd been in their toddler's ability to use tools, such as potato peelers and cutlery knives for cooking and other activities when they participate in these weekly outdoor sessions. Parents are grateful for the opportunities to attend events, trips and holiday activities that they otherwise would not have been able to access, as many of them are struggling with the cost-of-living crisis. These were organised by the Family Centre, or the Family Centre has worked with other organisations to make sure Families have access to free holiday activities. Parents have reported how important the shared memories are to their children that are created through these experiences.

The Family Centre staff provide a safe quality service and an opportunity to access information and other services that families may require in order to meet their individual needs. We offer a space to parents and children, to provide shared memories and to help relieve the stress and anxiety that comes through bringing up children. Through questionnaires and evaluation forms parents have told us that through attending the Family Centre, whether online or face to face, their families have:-

- Improved support networks.
- Improved parenting skills.
- Improved relationships.
- Improved resilience.
- Increased confidence and self-esteem.
- Increased access to community resources.

ACHIEVEMENT AND PERFORMANCE

Garnant Family Centre has targeted and worked with numerous deprived families with pre and primary school aged children that have already faced many difficulties, which have now been exacerbated by the continued impact of the pandemic and the cost-of living crisis which has placed increased stress upon families in many different ways. For example: being forced to move because the landlord selling the property, to affording to feed the children over the summer holidays and having to balance working extra hours with whether a family has access to childcare or can afford extra childcare.

We continue to provide a non-judgemental space in all our groups whether at the Family Centre, the Community Garden or while providing our outreach sessions, offering a wide range of opportunities for both parents and children. For adults we provided access to online parenting courses, provided phone and face book messenger support, made referrals to other agencies, signposted parents to food banks, providing a Citizens Advice Bureau Digital Drop In and given access to JAFF and TAF support.

Baby Massage is followed by Bumps to Babies where we provide the most up to date information on child development and through the monthly visit of the Assistant Health Visitor. Here visit enables parents to have their babies weighed and for families to receive reassurance on issues of concern, such as breastfeeding and potty training. Staff are also been trained to deal with nutrition especially around weaning which families often have concerns about. There is a Language and Play section which includes bilingual rhymes, messy play and crafts as staff introduce to parent, ways to support their child's developing speech. Staff have also set up a Whatsapp Group for this session that has allowed families to continue to give each other support outside of the group.

We hold our Toddler and Sibling group at Cwmamman Community Centre in Glanamman, which provides a large space for toddlers to explore their physicality through, balancing equipment, balls, bubbles, games and much more. Staff also facilitate crafts, messy play and small play experiences with conversations with families on how important play is to their child's development. We have responded to concerns around parents wellbeing by changing the structure of our groups. We now begin with a circle time where families are asked to respond to a question, such as, 'name one good and one bad thing that has happened to you this week?' And as parents become more comfortable in a group, 'what does the word mother mean to you?'

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 5 APRIL 2023 Cont'd

This is to encourage trust in each other, to realise they are not on their own as many other families have the same concerns and worries. Staff have been trained in and are beginning to use mental wellbeing techniques in the groups, teaching the techniques to the parents while explaining the connections between thinking, feeling and behaviours and ways they can listen to and manage their emotions. For example, such as taking deep full breaths together and introducing meditation by getting parents to hold popping candy in their mouths. Parents have reported enjoying the sessions and using the techniques with other members of their family. We will also bring in other providers into this group such as the fire service, domestic abuse providers, Homestart, support for looking for work if families are interested etc. This is so families know what is available in the community, removing barriers to them getting extra support

The Secret Garden toddler and sibling group at our Community Garden supports families develop skills and enjoy learning building confidence. We have found adults who struggled at school, engage more in learning as they take part in the activities with their children, so we do sessions where child and parents learn together and sessions focused on skills learning for the parents from cooking, gardening making paper flowers, willow weaving etc.

Over the last year we have continued to offer parenting advice, emotional support and also referred to other health professionals with any concerns.

We regularly monitor and evaluate our service, through feedback forms, questionnaires, suggestion boxes, and consultations to ensure that our aims and objectives are meeting our family's expectations and needs and that we are providing the best possible service.

PUBLIC BENEFIT

The public benefit through having a service that provides families with children aged 0 - 4 (0 - 11 during school holidays) with free access to a wide variety of play activities, free accredited training courses and parenting skills, free trips and events, and an open-door policy promoting equal opportunities for all families. The Centre also works closely with other like-minded organisations and is therefore able to signpost families in need to other professionals. In providing this service we preserve and protect health and relieve stress within family relationships.

FINANCIAL REVIEW

Reserves Policy

The trustees reviewed the charity's needs for reserves in line with the guidance issued by the Charity Commission. The greatest area of risk to the effectiveness of the charity is loss of grant income as has happened this financial year to Garnant Family Centre, as our funding has been impacted, like many charities, by the pandemic. The trustees feel that, given their responsibilities to both the paid workers and the families who benefit from the services, a reserve of 3 – 4 months running costs (currently equivalent to between £14,675 and £19,567) should be held. This will allow the scheme to function for this period whilst additional funding is raised. The current level of reserves is £23,040. This level of reserves has been determined taking into account the fact that income is heavily dependent on grant income at present, the extent of protective measures (such as insurance), commitments it has to staff, and other obligations under agreements with third parties. The reserves policy is reviewed annually.

GARNANT FAMILY CENTRE**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 5 APRIL 2023 Cont'd****STATEMENT OF TRUSTEES RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS**

The trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the Provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This Report was approved by the Trustees on.....7.....11 2023..... and signed on its behalf by

.....*P. H. Bate*.....

GARNANT FAMILY CENTRE

**REPORT OF THE INDEPENDENT EXAMINER
FOR THE YEAR ENDED 5 APRIL 2023**

Independent examiner's report to the Trustees of Garnant Family Centre

I report on the accounts of the Charity for the year ended 5 April 2023, which are set out on pages 9 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees 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 needed.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- to examine the accounts under section 145 of the Charities 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My 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 my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

E Truman FCA
Harris Bassett Limited
Chartered Accountants
19 Murray Street
Llanelli
Carmarthenshire
SA15 1AQ

Date:

GARNANT FAMILY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 5 APRIL 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Receipts					
Gifts, donations and legacies		225	-	225	-
Grants	2	-	98,898	98,898	42,403
Activities for gen funds		-	-	-	-
Investment income		12	-	12	1
Utility refund		-	-	-	139
Amazon refund		21	-	21	-
Incoming resources – other		-	-	-	50
Total receipts		258	98,898	99,156	42,593
Payments					
Charitable activities					
Activities and trips		-	2,562	2,562	3,722
Arts and crafts		-	221	221	2,565
Rental of hall		-	-	-	1,870
Play equipment		-	1,011	1,011	3,698
External canopy		-	-	-	10,553
Notice boards		-	-	-	3,148
Charity underspend returned		-	131	131	5,973
Expenditure to be refunded		-	96	96	-
DBS checks		-	-	-	60
Garden equipment & maintenance		-	4,234	4,234	1,436
Self-care		-	373	373	-
Housekeeping		-	290	290	71
Kitchen equipment		-	597	597	-
Maintenance		-	1,366	1,366	856
Office supplies		-	324	324	1,576
Petty cash		20	665	685	-
Health & Safety		-	-	-	977
Computer equipment		-	-	-	820
Food		-	339	339	-
Adverts		-	114	114	-
Turkeys		-	819	819	-
Baby equipment		-	162	162	-
Lunch club		-	11	11	29
Salaries, tax and NIC	3	-	52,169	52,169	35,629
Computer costs		-	415	415	448
Telephone		-	723	723	840
Toys		-	783	783	1,427
Training for trustees		-	-	-	41
Training for staff and volunteers		-	628	628	1,802
Travel for staff and volunteers		-	160	160	147
Utilities		-	1,600	1,600	1,170
Professional fees		-	-	-	450
Total charitable payments		20	69,793	69,813	79,308
Governance costs	4	-	10,128	10,128	7,903
Total payments		20	79,921	79,941	87,211
Net Income/(Deficit)		238	18,977	19,215	(44,618)
B/Fwd previous year end		22,802	19,606	42,408	87,026
Transfer between funds		-	-	-	-
C/Fwd current year end		23,040	38,583	61,623	42,408

GARNANT FAMILY CENTRE

BALANCE SHEET
AS AT 5 APRIL 2023

Note	2023		2022	
	£	£	£	£
Current assets				
Cash at bank and in hand				
Barclays Current Account	54,407		35,183	
Barclays Tracker	5,842		5,833	
Barclays Premium Account	1,363		1,360	
Petty cash	<u>11</u>		<u>32</u>	
Total cash at bank and in hand		61,623		42,408
Current liabilities				
Accounts payable				
Accounts payable	<u>-</u>		<u>-</u>	
Total accounts payable		-		-
Net Assets		<u>61,623</u>		<u>42,408</u>
Fund Breakdown				
Unrestricted funds		23,040		22,802
Restricted funds	2	<u>38,583</u>		<u>19,606</u>
Total Funds		<u>61,623</u>		<u>42,408</u>

Signed by one of the Trustees on behalf of the Trustees PK BerlePrint Name PAULINE BARNERDate 7 11 2023

GARNANT FAMILY CENTRE**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023****1. ACCOUNTING POLICIES**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of Preparation

The financial statements have been prepared on a receipts and payments basis on a consistent basis.

INCOMING RESOURCES**Recognition of incoming resources**

These are included in the Statement of Financial Activities (SoFA) when the charity receives the resources.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has received the resources.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

Gifts in kind

Gifts in kind are accounted for as a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**GARNANT FAMILY CENTRE
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023 Cont'd**

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income

This is included in the accounts when received.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES**Liability recognition**

Liabilities are recognised as soon as paid by the charity.

Governance costs

This includes costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or charity matters.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

2. RESTRICTED INCOME

Restricted funds are received for a specific purpose within the objects of the charity and must be accounted for separately. All income has therefore been shown as restricted where the donor has stated that the income can only be used for a specified purpose or where it has been raised through an appeal for a specified purpose. Fund movements were as follows:

Fund	B/F	Income/ Additions	Expenditure	Funds Transfer	C/F
	£	£	£	£	£
Big Lottery	998	-	(998)	-	-
Landfill	-	9,482	(8,974)	-	508
Comic Relief	131	9,628	(5,472)	-	4,287
G & M	-	3,000	(3,000)	-	-
William Brownhill	697	-	(697)	-	-
St Davids of the Diocesan	96	-	(96)	-	-
Tesco	721	-	(721)	-	-
Families First	-	19,000	(19,000)	-	-
Garfield Weston	67	7,500	(7,499)	-	68
Foyles	-	5,000	-	-	5,000
Awards for All	4,821	9,961	(8,494)	-	6,288
Westward	-	1,000	-	-	1,000
SOF	-	4,631	(4,631)	-	-
Waterloo Foundation	5,187	-	(5,187)	-	-
Voluntary Sector – VSRF	17	-	(17)	-	-
Neighbourly	400	-	(400)	-	-
CAB	-	500	-	-	500
Postcode lottery	6,282	25,000	(8,675)	-	22,607
CC19	-	4,196	(4,196)	-	-
Poverty Fund	-	-	(1,675)	-	(1,675)
MYD	189	-	(189)	-	-
	<u>19,606</u>	<u>98,898</u>	<u>(79,921)</u>	<u>-</u>	<u>38,583</u>

GARNANT FAMILY CENTRE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023**3. SALARY AND WAGES**

£

Total staff costs comprised:

Wages and salaries (including employers NI & pension) 52,169**Total staff costs** **52,169**

Payroll DBS and recruitment costs totalled £Nil

The average monthly number of employees in the year was 3

No employees received emoluments of more than £60,000

4. GOVERNANCE COSTS

Includes costs of the preparation and examination of statutory accounts, the costs of trustee meetings and costs of any legal advice to trustees on governance or charity matters.

There was no trustee remuneration.

Governance costs were as follows:

	£
Independent Examination	552
Insurance	966
Consultancy and advice	8,610
Membership fees	-
Total	<u>10,128</u>