

LLANYBYDDER FAMILY CENTRE

England & Wales · Charity number 1087515

Details

Other names	CANOLFAN DEULUOL, CANOLFAN DEULUOL TY'R TEULU FAMILY CENTRE LLANYBYDDER, FAMILY CENTRE LLANYBYDDER, LLANYBYDDER FAMILY CENTRE CANOLFAN DEULUOL TY R TEUL, TY'R TEULU
Status	Registered
Legal form	Other
Registered	2001-07-13
Register	View on the Charity Commission register

Contact

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Activities

Objects: I. 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.II. 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.

Activities: support and activities for families with pre-school children

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** LLANYBYDDER AND SURROUNDING DISTRICT.
- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£45,139	£45,621	-	-
2024-03-31	£23,741	£38,764	-	-
2023-03-31	£57,269	£39,362	-	-
2022-03-31	£44,428	£43,065	-	-
2021-03-31	£24,822	£27,093	-	-

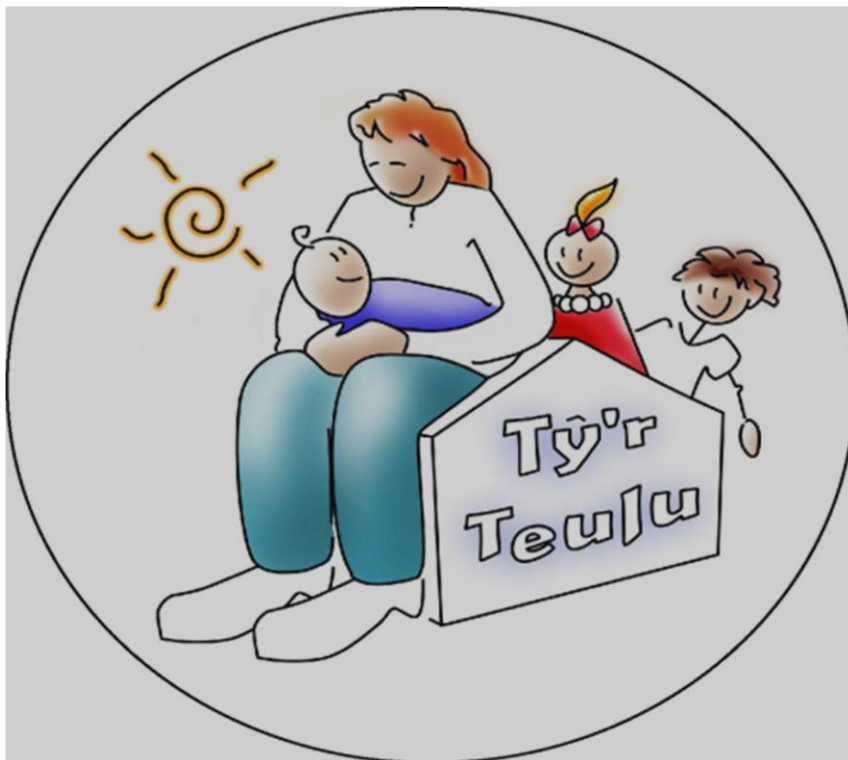
Trustees

Name	Role	Appointed
Ann Smith		2016-09-15
Catherine Violet Davies		2025-09-16
Catrin Rachel Thomas		2022-09-21
Dawn Hamblin		2023-09-21
Lesley Ann White		2021-09-22
SARAH Jones		2012-01-13
Sandra Heather Jones		2019-02-19

Accounts

LLANYBYDDER FAMILY CENTRE

Registered Charity Number: 1087515



ANNUAL REPORT 2024 – 2025

BACKGROUND

Llanybydder Family Centre was founded as an independent charity in **2001** with the aim of supporting families in Llanybydder and nearby rural communities in addressing challenges such as low income, poor health, inadequate housing, social exclusion, rural isolation, and limited access to services. The Centre's Management Committee was established by local residents who brought a diverse set of skills and a common commitment to improving the wellbeing of their community.



Llanybydder is a small, rurally isolated town with a population of 1,544 (Census 2021). In recent years, it has experienced the loss of several businesses and local banking services to the nearby larger towns of Carmarthen and Lampeter. Employment in the area is primarily provided by two industries—an abattoir and a horse mart—both of which suffered significantly during the 2001 foot-and-mouth outbreak and have struggled to fully recover since.

According to the 2019 Welsh Index of Multiple Deprivation (WIMD), Llanybydder ranks 854th, placing it within the 30–50% most deprived areas in Wales overall. The WIMD highlights that 27% of local children live in low-income households, and the village falls within the 10–20% most deprived areas in terms of housing and education. Additionally, 30.6% of residents have no formal qualifications, which is 3.8% above the Carmarthenshire average.

When the Family Centre first launched in 2001, it operated from a portacabin, which served as its base until 2017. However, during the severe winter of that year, the cabins became increasingly unfit for use due to leaks, inadequate heating, and limited space. In response, the Management Committee and Centre Co-ordinator collaborated with Gwalia to explore using a decommissioned room in the Cwm Aur Independent Living Facility. The proposal was well received, and in July 2017, the Family Centre successfully relocated to its new premises.



The Centre was fully set up in its new location in time for the 2017 school summer holidays.

Staff quickly introduced the facility to the residents and team at Cwm Aur, who warmly welcomed its presence. The residents were delighted to see the space brought to life and many visited daily, often bringing treats like pop, biscuits, and cakes to share with the families. Inspired by these positive interactions, the team decided to build on this connection—and so, the Intergenerational Project was launched, fostering relationships between the older and younger generations.

The Centre is run by a Manager and a Play Worker, both of whom receive continuous training to stay informed about current best practices, policies, and legislation. Staff are routinely trained in areas such as Child Protection and Safeguarding, Food Hygiene, and First Aid, and they undergo DBS checks every three years. Oversight of the Family Centre is provided by a Management Committee made up of local residents who contribute valuable knowledge, skills, and experience.

What we have done 2024 – 2025

Our primary goal is to support families through a range of challenges, fostering strong relationships between adults and children by working together in various sessions. We strive to provide children with a wealth of new experiences during their formative years.

We remained committed to listening to families' immediate needs and shaped our future planning around their feedback. We placed equal importance on children's voices, using their interests and hobbies to inform our session planning.

Isolation continued to be a significant concern among families in the community. As the only free drop-in service, we prioritised creating connections and building friendships through support and encouragement, with the hope that these relationships would continue beyond our space.

We focused on developing children's abilities across all areas, particularly in social interaction, independence, creativity, and speech and language. Sessions such as **Language & Play**, **Cylch Ti a Fi**, and **Stay & Play** provided opportunities for children to grow in these areas, guided by staff skilled in modelling and supporting learning.

Our partnership with the **local primary school** continued to thrive, with regular meetings and many Cylch Ti a Fi sessions now taking place there. Their insights into emerging needs among incoming pupils have been invaluable to our **School Readiness** sessions.

The **Pre-Loved Clothes** scheme, initiated during the pandemic, has become an essential resource for families. What began as a few bags of donated clothes has expanded into a dedicated space. '**Y Siop**' officially opened in November 2023 and is now used daily. With children constantly growing, the demand for clothing remains high. Families value the

accessibility and cost-saving benefits, along with the positive environmental impact of reusing and recycling clothing.



Clothes, toys, and books – all ready for a good rummage!

A treasure trove of pre-loved items, perfect for families to browse, share, and discover something new.

We continue to serve as a distribution hub for Carmarthenshire County Council's 'Period Dignity Project,' providing families with free, high-quality sanitary products.



Lastly, we've been actively engaging with the wider community, forging and strengthening relationships with a variety of organisations, businesses, and agencies.

It's been a successful, productive, and vibrant year!

Baby Groups

Over the past year, we delivered **22 Bumps & Babies** sessions, providing a welcoming and supportive space for new parents and their babies (aged 0–18 months). These sessions offered a calm, relaxed environment where families could connect with one another and take part in a range of **messy and sensory play activities**, designed to promote early development and stimulation.



In addition to indoor play, the group regularly engaged in **gentle walks** around the local area, offering both physical and emotional benefits for parents and babies, and encouraging community connection.

Our trained staff were on hand throughout the year to provide guidance on common parenting challenges, including **breastfeeding, weaning, sleep difficulties, and teething**. Where further support was needed, families were signposted or referred to trusted local services and professionals.



As part of our commitment to expanding support for new parents, staff undertook training in **Rubba Bubba Baby Massage** and successfully delivered **two 6-week courses**. Feedback from participants was overwhelmingly positive, with many parents reporting an improved bond with their babies and an increased sense of confidence. The social aspect of the sessions was also highly valued, offering peer support during the early stages of parenting.

We also partnered with Rubba Bubba with Rach to deliver two Sensory and Messy Play sessions during the summer, enhancing our offer to families and broadening the range of developmental experiences available to babies.

Toddler Groups

To support older children, we offer a wide variety of engaging and age-appropriate activities tailored to toddlers' interests and developmental stages. Over the past year, we have delivered:

- **52 Stay & Play sessions**
 - **21 Amser Chwarae (Play Time) sessions**
 - **22 Cylch Ti a Fi sessions**
- Activities included: Tri Mochyn Bach, Anifeiliaid Fferm, Buwch Goch Gota, Jambori'r Jyngl, Noson Tan Gwyllt*
- **13 Cylch Ti a Fi @ Ysgol Llanybydder School**
 - **32 Arts & Crafts sessions**

Creative highlights included: junk modelling, Duplo dino printing, den building, rock snakes, stained glass colouring, paper bead jewellery, paper boat & river building, and ribbon weaving.

- **28 Messy Play sessions**

Messy fun included: gloop cement, car wash role play, outdoor mark making, finger paint collages, leek paintbrushes, fruit kebabs, and bubbles.



We plan our sessions based on the children's interests, seasonal themes, and local or national events. Through careful observation, we tailor activities to match the children's developmental levels. Our trained staff are skilled in delivering stage-appropriate experiences and adapting them to support a wide range of abilities.



Outdoor Learning



An appearance by Peppa Pig!

Physical Wellbeing & Movement

Our physical activity sessions provide children with valuable opportunities to develop their **gross motor skills** in a safe, supportive, and fun environment. Each session is designed to keep children fully engaged while encouraging movement, coordination, and confidence.



Little Groovers was one of our most popular offerings—an energetic dance session tailored for toddlers. It provided an outlet for **creative expression**, helped children burn off excess energy, and contributed to their **overall wellbeing**.



Ribbon Weaving



Discussing, (and tasting!) healthy fruits



Sports Day at Llanybydder Park

We also incorporated **local nature walks** into our programme, where children explored their surroundings, collected natural materials such as leaves and twigs, and brought them back to the Centre to repurpose in creative activities—connecting physical activity with sensory learning and environmental awareness.



Den Building

Throughout the year, we collaborated with **Actif-i-ti**, a local external organisation, to deliver physical sessions during the **school holidays**. These were always well received by the children - joyful and memorable times filled with play, laughter, and excitement.

We also introduced **Adult & Child Mindfulness Sessions**, which proved extremely popular. These sessions focused on **gentle yoga movements**, **calming breathing techniques**, and **soothing hand massages**, helping both children and parents to relax, regulate emotions, and develop tools for emotional wellbeing.

Cuppa & Catch-up sessions offered adults a much-needed moment to pause, enjoy a hot drink, and engage in friendly conversation with others—while their children took part in a range of fun and educational activities.

For many families, opportunities like this are rare. Going out for a simple cup of tea often comes with financial barriers, making these sessions at the Family Centre particularly

valuable. **With no entry fee and free tea, coffee, and biscuits, families could relax without worrying about cost.**

This simple yet meaningful offer contributed positively to the **wellbeing of the entire family unit**, reducing isolation, encouraging peer support, and helping parents recharge in a safe, welcoming space.

Trips, Days Out & New Experiences

Throughout the year, we organised a variety of **trips and special experiences**, offering families the chance to enjoy time together outside of their usual routines. These outings created opportunities for **learning, exploration, and fun**, while also helping to build relationships among families and staff.



Cardigan Island Farm Park

For many families, these experiences are not easily accessible due to financial or practical barriers. By removing those obstacles, we ensured that everyone could take part—regardless of circumstances.

Whether it was a **local nature walk, a visit to a nearby park, or a group day out**, each trip was carefully planned to support children's development, strengthen family bonds, and provide meaningful shared experiences. These moments often became highlights of the year for both children and adults, sparking curiosity and creating lasting memories.



Trip to Lampeter Fire Station

We remain committed to offering **inclusive, low-cost or free opportunities** that enrich family life and broaden horizons.



A very soggy trip to National Botanic Garden of Wales (thank you Plant Dewi!)



Trip to St Ffagans

School Readiness and Language & Play

The **School Readiness course** is a carefully designed four-week programme aimed at supporting both children and parents as they prepare for the important transition into formal schooling. During the 2024–2025 period, we delivered **12 sessions** arranged into three blocks of four sessions each.

The course was developed with input from local schools and Cylch Meithrins to identify common challenges faced by incoming pupils. This collaboration ensured the course content targeted key areas where children benefit from additional preparation.

By addressing both child development and parental support, the School Readiness course helps families feel prepared and confident for the start of the school journey.

The first week focuses on the foundational skill of **mark-making**, which is essential in early years as a precursor to writing. Activities are designed to strengthen children's arm, shoulder, and hand muscles through a variety of engaging resources and experiences.

Building this physical readiness supports children in developing the fine motor skills necessary to hold a pencil and write confidently.



Week two centres on developing **social skills and independence**. Children are encouraged to practice fine motor tasks that foster self-reliance, such as managing coat zips and buttons and using the bathroom independently. They also engage in collaborative play in the role-play area, supporting the growth of social interaction and teamwork with their peers.



Week three focuses on **speech and language development**. Parents learn techniques to model effective conversation, including the use of open-ended questions, supported by a variety of resources like toys, jigsaws, and flashcards. These activities aim to expand children's vocabulary and communication skills.

In **week four**, attention turns to **emotional preparation** for school. Families receive practical advice and strategies to help children manage strong emotions and adapt to the new environment. Upon completion of the course, participants are awarded a certificate, celebrating their commitment and achievement.



The **Language and Play** programme ran in three blocks of four-week sessions and focuses primarily on supporting children's speech and language development. Similar in approach to our School Readiness course, it offers a fun and interactive space where parents can learn about key aspects of early communication and play.

Throughout the sessions, parents explore the importance of:

- Eye contact and face-to-face conversation
 - Waiting your turn
 - Making choices
- Different types of play
- Sustaining attention

This programme empowers parents with practical strategies to enhance their child's language skills while fostering positive interactions and engagement through play.

Parenting Support

Centre staff were pleased to co-facilitate the '**Family Links Nurture Parenting Puzzle**', a 10-week course delivered in partnership with **Team Around the Family**. The programme covered a range of important topics to support positive parenting, including:

- The Art of Listening and How We Communicate
 - Giving Praise
- Helping Children Manage Big Emotions
 - Praise and Criticism
 - Child-led Play
 - Boundaries
 - Handling Anger
- Choices and Consequences
 - Behaviour to Ignore

Feedback from participants indicated significant benefits, including stronger bonds with their children, improved behaviour at home, and enhanced communication skills within the family.

Big Sky Club

New for 2024, and generously funded by **Children in Need**, our **Big Sky Club** is an after-school programme designed for children aged 8–11. Held during term time at the Centre, the club provides a safe and supportive space focused on improving children's **wellbeing**.

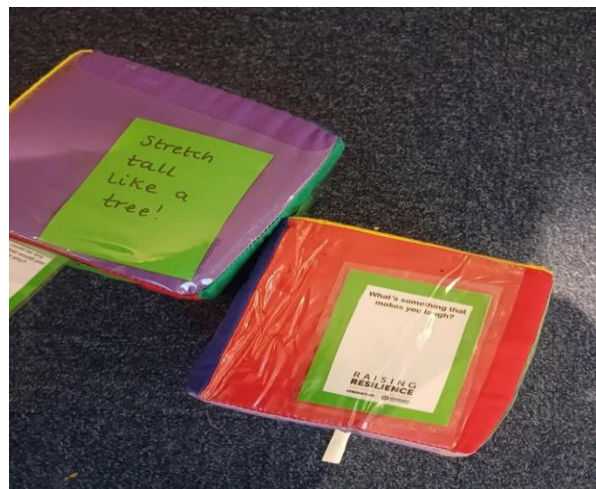
A key feature of the club is that children take ownership of the sessions, shaping the activities and making decisions about what they want to do. This autonomy encourages engagement and confidence.



Pizza Making

Throughout the programme, activities are woven together with opportunities to explore and **identify feelings and emotions**. By helping children label their emotions, the club supports them in understanding and managing their feelings more effectively, which in turn builds their **emotional resilience**.

Children have enjoyed a variety of activities including **board games, arts and crafts, Lego building**, and even **making their own pizzas**. Alongside the fun, they've also gained valuable **knowledge and skills** about where to turn if they are feeling **anxious, worried, or unsafe**, helping to build emotional awareness and confidence, as we promote ChildLine and the NSPCC.



Big Sky Activities

Community & Partnership Working

Using the local primary school as a base for some of our Cylch Ti a Fi sessions (18 sessions in '23-'24) has proved very beneficial to our parents. They appreciate being able to maintain early links with the school, before their child starts full-time, especially since the closure of the Cylch Meithrin in 2022. We have introduced children to the building, to the staff and to the older pupils, which will undoubtedly make transitions smoother.



Our dedicated Cylch Ti a Fi room at Ysgol Llanybydder

We continued with our **Intergenerational Project**, which we are working hard to bring back to pre-Covid levels of engagement. Sessions took place in Alltymynydd Nursing Home – everything from singing to crafts, a Halloween party and Christmas activities. We organised the attendance of local charity, Stepp Upp, to visit us and the tenants for a wonderful Christmas Nativity Puppet Show.



Delivering Christmas Gifts to our friends in Cwm Aur



Halloween Party @ Allt-y-mynydd



Trick or Treating with the tenants of Cwm Aur

We were delighted to welcome the community to our **Garden Opening** event. Our heartfelt thanks go to Pobl for their outstanding work in carrying out repairs and remodelling, which have transformed the garden into a space we can all enjoy.



Before



Official opening by a much-loved friend from Cwm Aur



Special thanks to Year 5 & 6 of Llanybydder Primary School for organising a very special Cylch Ti a Fi session for our little ones!



Rocket building lesson at the Centre, with staff from the National Botanic Garden of Wales, through the Multiply project



A Christmas visit from Dre Twt (role play and small world play) – providing a fantastic imaginative experience for our youngest

Winners!

Early Years Wales Award 2024 – Category ‘Cynefin’

In December, we very proudly, held a **‘Winner’s Party’**, as we had been privileged to win the **Early Years Wales** award in the category **‘Cynefin’**.

The panel had been looking for services ‘..that respond to local need and work directly with parents and young children. .. Parent and Toddler Groups, community groups or groups/businesses providing sessional activities to parents and children such as play, child development, parent support, physical activities, life skills, social interaction.’ Services or projects needed to demonstrate an inclusive approach to improving the lives of young children and their families, supporting them to build connections with the community and inspiring a sense of Cynefin.

Being the winners, out of 850 other settings in Wales, was a huge achievement for us, one that we are incredibly proud of, and is a testament to how important our work is. The VIPs of the party were very clearly our wonderful families, staff and Trustees, and also in attendance - Ann Davies MP, Cefin Cambell MS, Dave Goodger CEO of Early Years Wales and the Archdeacon of the diocese of St David’s Eileen Davies. Our whole community came together for an afternoon of celebration, with entertainment provided by the wonderful children of Llanybydder Primary School, and a delicious buffet prepared by a local caterer.



L-R Dave Goodger, CEO of Early Years Wales; Denise Owen, County Councillor; Ann Davies MP, Kim Rees, Centre Manager



Celebration cake & Entertainment from the children of Llanbydder Primary School

We also participated in **Llanbydder Community Council's Christmas Fair**, hosting a stall where children enjoyed decorating their own wooden baubles through free craft activities.

Facts & Figures 2024 – 2025 :

Supporting:

248 families ~ 267 adults ~ 348 children

Of these adults:

29% did not have employment, 8% were raising children as single parents, and 6% experienced both.

In a survey to encapsulate the whole year:

96% indicated that the Family Centre had helped them, and their children, meet new people and to form friendships they may otherwise not have done (4% neutral)

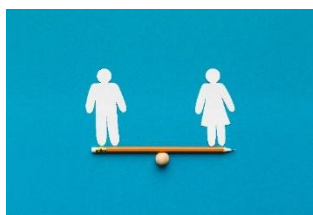
95.2% of respondents stated that The Family Centre has helped to improve their confidence - and/or the confidence of their child(ren) (4.8% neutral)

92% agreed that the Family Centre had helped them with the cost-of-living crisis, through providing clothing, food and sanitary products (8% neutral)

90.5% of respondents stated that The Family Centre has reduced feelings of isolation and loneliness for them and/or their family (9.5% neutral)

85.7% stated that The Family Centre has helped them or given them ideas on how to improve their wellbeing, or/and the wellbeing of their family (14.3% neutral)

81% believed that The Family Centre had helped them improve their relationship with their child(ren), and/or given them advice and ideas on how to improve their relationship (19% neutral)



Welcoming families

We continue to warmly **welcome new families** to the Centre—many of whom are **new to the area** or **first-time parents** living in the village. Families often hear about us through **word of mouth**, particularly from other parents who've benefited from our services. We also promote the Centre via **Facebook, community posters**, and through referrals from our **local Health Visitor**, who shares information during surgeries and home visits.

For many, the Family Centre offers a much-needed **sense of connection and companionship**, helping to reduce feelings of **isolation** for both parents and children. New friendships regularly blossom during sessions and often continue beyond the Family Centre setting.

We pride ourselves on being **user-led** and regularly seek input from parents and older children to shape our programmes. We collect **feedback**, encourage **suggestions**, and actively incorporate ideas into our planning to ensure our **workshops, activities, and support services** remain relevant, inclusive, and of the highest quality. All feedback is reviewed and discussed at committee meetings, ensuring it plays a central role in guiding the Centre's development.

Timetables

Llanybydder Family Centre is open **four days a week**, offering a welcoming and supportive environment for families throughout the week:

- **Monday:** Closed
- **Tuesday:** 9:00 am – 3:00 pm
- **Wednesday:** 9:00 am – 3:00 pm
- **Thursday:** 9:00 am – 3:00 pm
- **Friday:** 9:00 am – 3:00 pm

Monthly timetables are shared on **Facebook**, and **printed copies** are available at the Centre to take home. For those who don't use social media, timetables can also be sent via **email** upon request—ensuring everyone stays informed and included.

Referrals, Partnerships & Multi-Agency Working

We continue to respond to the **individual needs of families** by identifying when more **specialised support** is required and making appropriate **referrals**. This ensures that the help we provide remains **targeted, timely, and effective**.

Looking ahead, we hope to see **increased engagement with Health Professionals**, particularly the local **Health Visitor**, whose involvement has been limited this year due to staffing pressures—currently, just one Health Visitor is covering a very large area, which has understandably impacted capacity.

To deliver a truly **holistic service**, it is essential that the Family Centre builds and maintains strong, collaborative links with both **statutory** and **voluntary organisations**, locally and beyond. In addition to independent trainers who occasionally deliver workshops and courses, the Family Centre works in partnership with the following organisations:

Plant Dewi - The Strategic Manager from Plant Dewi visits the Centre regularly, providing ongoing support to both the **Centre Manager** and the **Management Committee**. They also attend **Committee Meetings**, offering strategic guidance and helping to ensure the smooth and effective running of the Centre.

Family Centre Network - The Centre Manager attends monthly Family Centre Network meetings, which bring together all Family Centres across **Carmarthenshire**. These meetings provide valuable updates on **training opportunities, funding, policy developments, research, and best practice**, as well as information about **local and national events** in which Centres can participate. This collaborative network ensures we remain connected, informed, and aligned with county-wide priorities.

Cwm Aur - We have a strong and valued relationship with Cwm Aur, who support us in delivering our **Intergenerational Project**. Together, we've hosted a number of shared activities, including **Bingo evenings** and **Christmas events**, which bring different generations together to foster connection, understanding, and community spirit.

Cymraeg i Blant - We are regularly visited by Cymraeg i Blant, who deliver engaging **Baby Massage, Yoga, and Story & Song** sessions at the Centre—**through the medium of Welsh**. These sessions are always well-received, offering families a fun and accessible way to introduce Welsh language and culture from an early age.

Llanybydder Village Committee - The Family Centre maintains a positive relationship with the Llanybydder Village Committee and takes part in **community-organised events** whenever possible. This helps strengthen community ties and ensures the Centre remains an active and visible part of local life.

Early Years Wales - We continue to benefit from the **ongoing support** of Early Years Wales, who provide us with up-to-date **information, training opportunities, and valuable resources** to support our work with young children and their families.

Mudiad Meithrin - We continue to benefit from the **ongoing support** of Mudiad Meithrin, who provide us with up-to-date **information, training opportunities, and valuable resources** to support our work with young children and their families.

Llanybydder Primary School - We maintain regular contact with Llanybydder Primary School and greatly value their input when developing our sessions and courses. This collaboration helps ensure our programmes are well-aligned with local educational priorities and the needs of children transitioning to school.

WCVA and CAVS - The WCVA (Wales Council for Voluntary Action) and CAVS (Carmarthenshire Association of Voluntary Services) keep us informed about relevant **training opportunities, funding updates**, and other important information that supports the ongoing development of our services.

Carmarthenshire County Council - We continue to benefit from our relationship with Carmarthenshire County Council, which provides access to valuable **training opportunities** and support from their **Housing Officer**. This year, we were pleased to welcome the **Carmarthenshire Road Safety Team** to deliver a session on **car seat and in-car safety**. Additionally, we hosted the **Carmarthenshire Rural Hub team**, who offer advice on a wide range of topics including council services, financial support, and employment assistance for local residents.

Health Visitor - The Health Visiting service in our area has faced extensive pressures over recent years, which unfortunately limited our access to their support. However, we are pleased to report that we now have a strong point of contact and can schedule their regular visits to the Centre. During these sessions, the Health Visitor weighs babies and addresses any general concerns parents may have. We hope to continue this valuable collaboration moving forward.



COMMENTS FROM SERVICE USERS

"I think the family centre provide such a positive and helpful experience. I absolutely adore visiting weekly with my daughter and my son. It's helped both of them gain so much confidence in making new friends and playing kindly before they both start going to school. The family centre really helped me during those first postpartum months between having both of my children, some days it gave me a reason to get out of the house when I felt like I couldn't and for that I will always be grateful. Kim, Hannah and the rest of the staff are absolute angels and I know my time visiting the family centre won't end anytime soon."

"It's absolutely amazing and we have had so many great times thanks to the family centre! We've been on trips I wouldn't have otherwise been able to afford because of it, and I honestly think they do the activities and play sessions so perfectly. Thank you family centre"

"The centre has helped me come out of the house with 2 young children. I was scared the first time, thinking how id cope knowing my toddler is clingy to me whilst having a newborn. But the staff there were so lovely and helpful in every possible way i could think of. Even the other parents would help you out. I enjoy coming here every week to attend baby classes for my son and also for my girl to play and make new friends"

"The centre is a god send its helped us with ideas to promote the children's development and kept us sain through the tougher times of raising children ... thank you Kim and Hannah ... E and D both love their time with you ... the best family centre around ...xx🥰"

"Safe, welcoming and comfortable place to come. Just getting out the house for an adult conversation and a cup of tea does wonders for my mental health. Meeting and making new friends and having the clothes bank has helped greatly."

"The family centre has helped us integrate our little ones into the community in a lively and friendly way. Lovely place that is well run and well organised"

"The centre has provided a safe space for me to go with my daughter. Here I can have a chat with other parents which has helped me feel less isolated. Also, they run great trips and experiences! As money is tight, this has enabled me and my daughter to make these family memories and have experiences we might not have been able to."



Case Study illustrating family support

Child M was referred to the Family Centre by their parent. When they first came, Child M was very quiet and withdrawn, often clinging tightly to their mother. They rarely made eye contact and spoke only a few words or used gestures. Group activities were overwhelming for them, so they preferred to watch from the side rather than join in. Mum asked for support with helping Child M's speech, language, and social skills.

The family is a single-parent household with one child. We worked with both Child M and their parent throughout their time at the Centre. We also found that the family was living on a low income and wasn't receiving all the financial support they were entitled to.

Our team provided ongoing, caring support through bilingual Toddler Groups and Play Sessions. A Play Worker spent time with Child M one-on-one, using their interests—especially dinosaurs and building blocks—to build trust and encourage participation. The family regularly used our 'Shop', which helped ease the financial burden by providing essentials like clothes and nappies. We also connected them with Citizens Advice to make sure they were receiving all the benefits they should.

Child M and their parent joined Tiny Talkers sessions, which gave Child M a chance to practise speech and social skills in a supportive group. At the same time, the parent learned how to help their child develop language at home, following the Welsh Government's 'Talk With Me' programme.

We have been working with Child M and their family for 19 months and continue to do so. The consistent support in a welcoming and friendly environment gave Child M a safe space to explore and express themselves.

Over time, Child M started to explore the room more freely. With gentle encouragement, they joined in singing using hand gestures, began naming familiar objects and people, and started repeating simple words during play. They even made friends, beginning to have short conversations, ask questions, and take turns.

Now, Child M confidently leads their own play, chooses activities, and fully participates in story time. They enjoy helping plan sessions and love being involved in deciding what happens next. Child M no longer needs their mother by their side all the time. Their self-esteem has grown noticeably—they smile more, help others, and use words to express their feelings instead of frustration.

One key to success was celebrating the small achievements as much as the big ones, keeping everyone motivated. There were no major barriers, but building trust and finding the right approach for Child M took time. We are happy with the progress and plan to offer even more opportunities for Child M to take the lead in sessions, helping them grow in confidence through greater choice.

Lessons learned & how we are changing what we do

At present, there are no significant changes to report, as our established targets with our funders remain highly relevant and our current approach continues to deliver positive results. We remain committed to continuous monitoring and actively gathering feedback from stakeholders to ensure we consistently meet the evolving needs of the families and communities we serve.

Challenges for the Future

Our key challenges remain largely unchanged. Supporting families through the ongoing cost-of-living crisis will continue to be a central part of our daily work. In time, this crisis may also affect the Centre directly, as many charities face rising operational costs. Competition for limited grants and funding remains a persistent pressure. Nevertheless, we are a resilient organisation, well-equipped to demonstrate the essential nature of our services and the positive impact we deliver within the local community.



Funding Partners

We would like to thank everyone who has funded the Family Centre over the last year. Without the funding, the Family Centre would not exist, as it is a free-of-charge, non-profit-making organisation. It has been essential to maintain a constant flow of income in order to provide a consistent service for the families of Llanybydder. The funding we have received has enabled us to offer these families high quality support and help in dealing with the complexities of family life.

We would like to thank:



Dr Dewi Davies Endowment Fund

*Llanybydder & Rhydcymerau
Community Council*

Thank you
Diolch



Contact Details

Organisation name: Canolfan Ty'r Teulu, Ty'r Teulu Family Centre

Llanybydder Family Centre

Reg. Charity Number: 1087515

Address: Cwm Aur,

Heol Y Dderi,

Llanybydder

Carmarthen

SA40 9AB

Contact name: Kimberly Rees, BA (Hons), (Centre Manager)

Tel: 01570 481 617

Email: llanybydderfc2@gmail.com

Facebook | Messenger: Llanybydder FamilyCentre

Staff: Manager – Kimberly Rees, BA (Hons)

Playworker– Hannah Benson

Staff training '24-'25

- Ffa-la-la
- Neurodiversity
- Safeguarding A, B & C
- ADHD training
- Rubba Bubba Baby Massage
- Trauma Informed Practice & ACEs
- Systemic Practice
- Attendance at the health board's Healthy Pre-School conference



Management:

The Family Centre's Management Committee is made up of six dedicated members of the local community who share a genuine commitment to the wellbeing of local families. The committee brings together a diverse mix of perspectives — from professionals with a range of skills and expertise to parents who currently use or have previously used our services.

Living locally, members are actively engaged, attending regular management meetings and remaining readily available to support the Centre. They play a vital role in shaping the Centre's strategic direction, ensuring our work remains relevant and impactful. We continue to actively seek new members to broaden the committee's range of experience and knowledge, further strengthening our ability to serve the community.

Chairperson – Sarah Jones has been a valued member of the Management Committee for 13 years, serving as Chair for the past 10. Deeply committed to the Centre's mission, she hopes to continue in her role for as long as possible, recognising the vital role the Centre plays in the local community.

A working mother of three, Sarah first became involved with the Centre after finding its support invaluable when her children were young. In addition to her work with the Centre, she has served as a Parent Governor at the local school for the past six years, where her children are pupils.

Treasurer - Dawn Jones first came to the Centre as a parent and regular visitor, before joining the Management Committee in 2023. A mother of three young children, she is a strong advocate for the Centre and firmly believes in the positive impact it has on the local community.

Dawn brings a wealth of fundraising experience, gained through many years of involvement with various committees and organisations, and continues to use her skills to support the Centre's growth and sustainability.

Secretary - Ann Smith brings over 40 years of experience working across a wide range of childcare settings. For many years, she has worked as an Assessor, delivering childcare training (NVQ, QCF) to those employed in residential childcare environments. She holds numerous qualifications, most recently completing her MA (Hons), and regularly undertakes professional development courses to maintain and enhance her expertise.

A long-standing member of the Family Centre's Management Committee, Ann is dedicated to ensuring local families have access to a safe and welcoming space where they can relax, share experiences, and support their children's development.

Additional Committee Member – Heather Jones has been a resident of Llanybydder for more than 50 years and is deeply rooted in the local community. Now retired after 14 years working at the local pharmacy, she serves on the Management Committee as the nominated representative from St Peter's Church, Llanybydder, appointed by the Parochial Church Council.

Heather is an active organiser and fundraiser, notably leading the Church's annual sponsored walk. A member of the Llanybydder Women's Institute since 1978, she is a long-serving President, bringing decades of community leadership and dedication to her role at the Centre.

Additional Committee Member – Lesley White moved to the area shortly before the onset of the 2020 pandemic. She brings extensive experience of working with children, having led out-of-school clubs, after-school provision, and children's activities within the Church. In addition to her professional and voluntary roles, Lesley is a proud mother, grandmother, and great-grandmother.

She is also an active member of the Llanwenog Women's Institute, contributing her time and energy to community initiatives. Lesley's wealth of experience and dedication make her a valued member of the Management Committee.

Additional Committee Member – Catrin Thomas joined the Management Committee in 2022. A mother of three and grandmother of five, she has lived and worked in the local area for many years.

Catrin has been connected to the Centre since it first opened over two decades ago and has remained a strong supporter throughout.

With a deep understanding of the challenges faced by families in Llanybydder, she is committed to helping reduce the difficulties and pressures they encounter, ensuring the Centre continues to be a place of support and welcome for all.



Staff & Trustees of Llanybydder Family Centre

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Arwyn Vobe Accountancy Ltd.
Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Contents

Reference and Administrative Details	I
Independent examiner's report	2 to 3
Statement of financial activities	4
Balance Sheet	5
Notes to the financial statements	6 to 10

The following page do not form part of the statutory financial statements:

Llanybydder Family Centre
Reference and Administrative Details

Charity name	Llanybydder Family Centre
Trustees	Sarah Jones Bev Pold Heather Jones Ann Smith Lesley White Catrin Thomas Dawn Hamblin
Secretary	Ann Smith
Chair	Sarah Jones
Treasurer	Dawn Hamblin
Accountant	Arwyn Vobe Accountancy Ltd. Maesowen Rhydowen Llandysul Ceredigion SA44 4PY

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 4 to 10.

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 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act); and
- 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 I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Acthave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

..... continued

I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 4 to 10.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- 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:

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

.....
Arwyn Vobe Accountancy Ltd.

29 August 2025

Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Statement of Financial Activities for the Year Ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£	£
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	1,406	43,733	45,139	23,741
Total incoming resources		1,406	43,733	45,139	23,741
Resources expended					
Costs of generating funds					
Costs of generating voluntary income	4	1,304	43,597	44,901	38,194
Governance costs	4	720	-	720	570
Total resources expended		2,024	43,597	45,621	38,764
Net movements in funds		(618)	136	(482)	(15,023)
Reconciliation of funds					
Total funds brought forward		19,474	15,670	35,144	50,167
Total funds carried forward		18,856	15,806	34,662	35,144

All incoming resources and resources expended derive from continuing activities.

The charity has no recognised gains or losses for the year other than the results above.

The notes on pages 6 to 10 form an integral part of these financial statements.

Llanybydder Family Centre
Balance Sheet as at 31 March 2025

		2025		2024	
	Note	£	£	£	£
Fixed assets					
Tangible assets	7		1,732		1,086
Current assets					
Cash at bank and in hand		33,650		34,628	
Creditors: Amounts falling due within one year	8	(720)		(570)	
Net current assets			32,930		34,058
Net assets			34,662		35,144
<u>The funds of the charity:</u>					
Restricted funds			15,806		15,669
Unrestricted funds					
Other reserves		(144)		(144)	
Unrestricted income funds		19,000		19,619	
Total unrestricted funds			18,856		19,475
Total charity funds			34,662		35,144

Approved by the Board on 29 August 2025 and signed on its behalf by:

.....

Sarah Jones
Trustee

The notes on pages 6 to 10 form an integral part of these financial statements.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

I Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional 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, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Plant & Equipment	15% reducing balance basis
-------------------	----------------------------

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Voluntary income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
<u>Donations and legacies</u>				
Appeals and donations	1,406	250	1,656	3,440
<u>Grants</u>				
Trusts and foundations	-	43,483	43,483	20,301
	<u>1,406</u>	<u>43,733</u>	<u>45,139</u>	<u>23,741</u>

3 Grants receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Trusts and foundations	-	43,483	43,483	20,301

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

4 Total resources expended

	Donations and legacies	Grants	Governance	Total
	£	£	£	£
Direct costs				
Fundraising costs	-	20	-	20
Publicity costs	-	573	-	573
Employment costs	-	36,437	-	36,437
Establishment costs	1,423	4,105	-	5,528
Repairs and maintenance	-	107	-	107
Office expenses	119	336	-	455
Printing, posting and stationery	-	423	-	423
Subscriptions and donations	-	30	-	30
Travel and subsistence	-	373	-	373
Advertising and promotion	-	302	-	302
Accountancy fees	-	-	720	720
Legal and professional costs	30	317	-	347
Depreciation of tangible fixed assets	306	-	-	306
	<u>1,878</u>	<u>43,023</u>	<u>720</u>	<u>45,621</u>

5 Net outgoing resources

Net outgoing resources is stated after charging:

	2025	2024
	£	£
Depreciation of owned assets	<u>306</u>	<u>168</u>

6 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2025	2024
	£	£
Wages and salaries	34,809	28,973
Other pension costs	<u>1,628</u>	<u>1,104</u>
	<u>36,437</u>	<u>30,077</u>

No employee received emoluments of more than £60,000 during the year (2024 - No. 0).

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

7 Tangible fixed assets

	Plant & Equipment £	Fixtures, fittings and equipment £	Total £
<u>Cost</u>			
As at 1 April 2024	2,620	1,986	4,606
Additions	-	952	952
As at 31 March 2025	<u>2,620</u>	<u>2,938</u>	<u>5,558</u>
<u>Depreciation</u>			
As at 1 April 2024	2,283	1,237	3,520
Charge for the year	51	255	306
As at 31 March 2025	<u>2,334</u>	<u>1,492</u>	<u>3,826</u>
<u>Net book value</u>			
As at 31 March 2025	<u>286</u>	<u>1,446</u>	<u>1,732</u>
As at 31 March 2024	<u>337</u>	<u>749</u>	<u>1,086</u>

8 Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	-	570
Accruals and deferred income	720	-
	<u>720</u>	<u>570</u>

9 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,628 (2024 - £1,104).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

10 Analysis of funds

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
General Funds				
General Reserves	19,474	1,406	(2,024)	18,856
Restricted Funds				
Families first	-	1,750	(1,750)	-
Mudiad Meithrin	-	-	-	-
Llanybydder Community Council	-	250	-	250
BBC Children In Need	2,020	9,348	(9,031)	2,337
William Hill Brown	1,900	-	(612)	1,288
Furlough Scheme	379	-	-	379
Tesco	-	500	-	500
Lottery	10,596	23,318	(30,109)	3,805
Nisa	275	500	(775)	-
Children In Need extra	500	-	(279)	221
Lottery underspend	-	-	-	-
CO-OP Community Fund	-	2,067	600	2,667
Big Sky	-	5,000	(1,593)	3,407
Dr Dewi Davies	-	1,000	(48)	952
	<u>15,670</u>	<u>43,733</u>	<u>(43,597)</u>	<u>15,806</u>
	<u>35,144</u>	<u>45,139</u>	<u>(45,621)</u>	<u>34,662</u>

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Arwyn Vobe Accountancy Ltd.
Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Contents

Reference and Administrative Details	I
Independent examiner's report	2 to 3
Statement of financial activities	4
Balance Sheet	5
Notes to the financial statements	6 to 10

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Reference and Administrative Details

Charity name	Llanybydder Family Centre
Trustees	Sarah Jones Bev Pold Heather Jones Ann Smith Lesley White Catrin Thomas Dawn Hamblin
Secretary	Ann Smith
Chair	Sarah Jones
Treasurer	Dawn Hamblin
Accountant	Arwyn Vobe Accountancy Ltd. Maesowen Rhydowen Llandysul Ceredigion SA44 4PY

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 4 to 10.

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 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the 1993 Act);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act); and
- 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 I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Acthave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

..... continued

I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 4 to 10.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- 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:

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

.....
Arwyn Vobe Accountancy Ltd.

29 August 2025

Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Statement of Financial Activities for the Year Ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£	£
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	1,406	43,733	45,139	23,741
Total incoming resources		<u>1,406</u>	<u>43,733</u>	<u>45,139</u>	<u>23,741</u>
Resources expended					
Costs of generating funds					
Costs of generating voluntary income	4	1,304	43,597	44,901	38,194
Governance costs	4	720	-	720	570
Total resources expended		<u>2,024</u>	<u>43,597</u>	<u>45,621</u>	<u>38,764</u>
Net movements in funds		(618)	136	(482)	(15,023)
Reconciliation of funds					
Total funds brought forward		19,474	15,670	35,144	50,167
Total funds carried forward		<u><u>18,856</u></u>	<u><u>15,806</u></u>	<u><u>34,662</u></u>	<u><u>35,144</u></u>

All incoming resources and resources expended derive from continuing activities.

The charity has no recognised gains or losses for the year other than the results above.

The notes on pages 6 to 10 form an integral part of these financial statements.

Llanybydder Family Centre
Balance Sheet as at 31 March 2025

		2025		2024	
	Note	£	£	£	£
Fixed assets					
Tangible assets	7		1,732		1,086
Current assets					
Cash at bank and in hand		33,650		34,628	
Creditors: Amounts falling due within one year	8	<u>(720)</u>		<u>(570)</u>	
Net current assets			<u>32,930</u>		<u>34,058</u>
Net assets			<u><u>34,662</u></u>		<u><u>35,144</u></u>
<u>The funds of the charity:</u>					
Restricted funds			15,806		15,669
Unrestricted funds					
Other reserves		(144)		(144)	
Unrestricted income funds		<u>19,000</u>		<u>19,619</u>	
Total unrestricted funds			<u>18,856</u>		<u>19,475</u>
Total charity funds			<u><u>34,662</u></u>		<u><u>35,144</u></u>

Approved by the Board on 29 August 2025 and signed on its behalf by:

.....

Sarah Jones
Trustee

The notes on pages 6 to 10 form an integral part of these financial statements.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

I Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional 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, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Plant & Equipment	15% reducing balance basis
-------------------	----------------------------

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Voluntary income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
<u>Donations and legacies</u>				
Appeals and donations	1,406	250	1,656	3,440
<u>Grants</u>				
Trusts and foundations	-	43,483	43,483	20,301
	<u>1,406</u>	<u>43,733</u>	<u>45,139</u>	<u>23,741</u>

3 Grants receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Trusts and foundations	-	43,483	43,483	20,301

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

4 Total resources expended

	Donations and legacies	Grants	Governance	Total
	£	£	£	£
Direct costs				
Fundraising costs	-	20	-	20
Publicity costs	-	573	-	573
Employment costs	-	36,437	-	36,437
Establishment costs	1,423	4,105	-	5,528
Repairs and maintenance	-	107	-	107
Office expenses	119	336	-	455
Printing, posting and stationery	-	423	-	423
Subscriptions and donations	-	30	-	30
Travel and subsistence	-	373	-	373
Advertising and promotion	-	302	-	302
Accountancy fees	-	-	720	720
Legal and professional costs	30	317	-	347
Depreciation of tangible fixed assets	306	-	-	306
	<u>1,878</u>	<u>43,023</u>	<u>720</u>	<u>45,621</u>

5 Net outgoing resources

Net outgoing resources is stated after charging:

	2025	2024
	£	£
Depreciation of owned assets	<u>306</u>	<u>168</u>

6 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2025	2024
	£	£
Wages and salaries	34,809	28,973
Other pension costs	<u>1,628</u>	<u>1,104</u>
	<u>36,437</u>	<u>30,077</u>

No employee received emoluments of more than £60,000 during the year (2024 - No. 0).

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

7 Tangible fixed assets

	Plant & Equipment £	Fixtures, fittings and equipment £	Total £
<u>Cost</u>			
As at 1 April 2024	2,620	1,986	4,606
Additions	-	952	952
As at 31 March 2025	<u>2,620</u>	<u>2,938</u>	<u>5,558</u>
<u>Depreciation</u>			
As at 1 April 2024	2,283	1,237	3,520
Charge for the year	51	255	306
As at 31 March 2025	<u>2,334</u>	<u>1,492</u>	<u>3,826</u>
<u>Net book value</u>			
As at 31 March 2025	<u>286</u>	<u>1,446</u>	<u>1,732</u>
As at 31 March 2024	<u>337</u>	<u>749</u>	<u>1,086</u>

8 Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	-	570
Accruals and deferred income	720	-
	<u>720</u>	<u>570</u>

9 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,628 (2024 - £1,104).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2025

..... continued

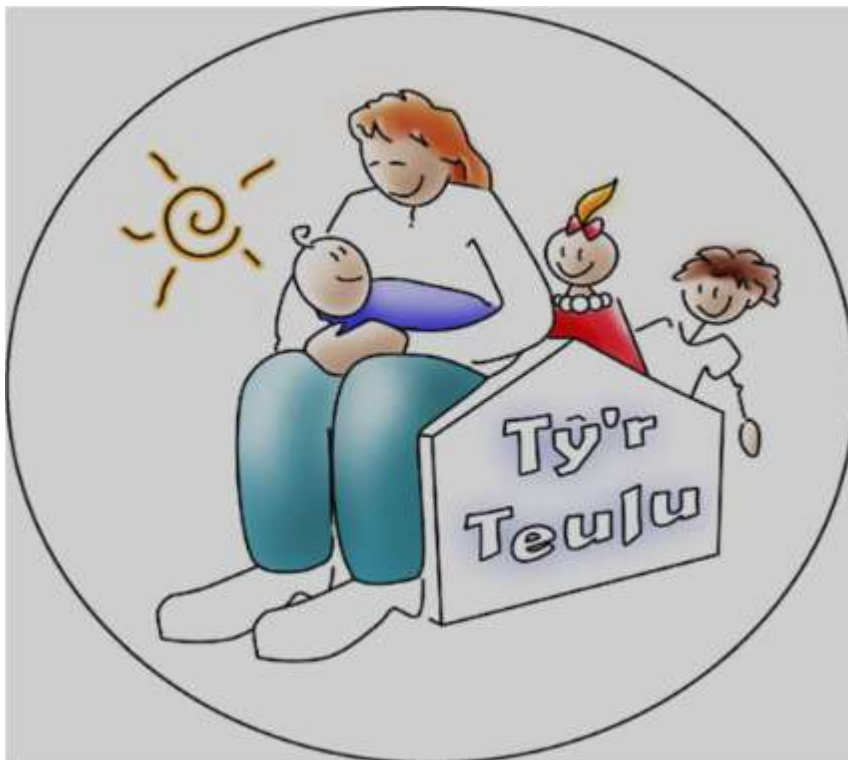
10 Analysis of funds

	At 1 April 2024	Incoming resources	Resources expended	At 31 March 2025
	£	£	£	£
General Funds				
General Reserves	19,474	1,406	(2,024)	18,856
Restricted Funds				
Families first	-	1,750	(1,750)	-
Mudiad Meithrin	-	-	-	-
Llanybydder Community Council	-	250	-	250
BBC Children In Need	2,020	9,348	(9,031)	2,337
William Hill Brown	1,900	-	(612)	1,288
Furlough Scheme	379	-	-	379
Tesco	-	500	-	500
Lottery	10,596	23,318	(30,109)	3,805
Nisa	275	500	(775)	-
Children In Need extra	500	-	(279)	221
Lottery underspend	-	-	-	-
CO-OP Community Fund	-	2,067	600	2,667
Big Sky	-	5,000	(1,593)	3,407
Dr Dewi Davies	-	1,000	(48)	952
	<u>15,670</u>	<u>43,733</u>	<u>(43,597)</u>	<u>15,806</u>
	<u>35,144</u>	<u>45,139</u>	<u>(45,621)</u>	<u>34,662</u>

Accounts

LLANYBYDDER FAMILY CENTRE

Registered Charity Number: 1087515



ANNUAL REPORT 2022 – 2023

BACKGROUND

Llanybydder Family Centre was established as an independent charity in 2001 to help the families of

Llanybydder and its surrounding rural areas overcome the effects of low income, poor health, poor housing, social exclusion, rural isolation and a lack of services. The Management Committee was formed by local people with a range of skills and knowledge and a shared interest in the welfare of their community.



Llanybydder is a small rurally isolated town, with a population of 1544 (Census, 2021), which has lost several businesses and local banks to the larger neighbouring towns of Carmarthen and Lampeter. Low paid irregular shift work is provided by its two main industries, an abattoir and horse mart, both hit hard by, and never fully recovered from, the foot-and-mouth epidemic in 2001.

Llanybydder is ranked 854 in the 2019 Welsh Index for Multiple Deprivation (WIMD), with an overall ranking of 30-50% most deprived area in Wales. Figures from the WIMD show that 27% of children come from low-income families. Llanybydder is placed in the 10-20% most deprived areas for housing and education.

30.6% of residents have no qualifications, which is 3.8% higher than the Carmarthenshire average.

The Family Centre firstly opened in a portacabin, and this served as the centre from 2001 to 2017. At the beginning of 2017, during the harsh winter weather the cabins started to become unsuitable due to leaks, poor heating system and becoming too small. The Management Committee and Co-ordinator discussed with Gwalia management to use a decommissioned room in their Cwm Aur Independent Living Facility. The idea was embraced by both parties and the Family Centre moved into their new home in July 2017.



The centre was ready in its new home for the 2017 school summer holidays. The staff introduced the centre to the residents and staff of Cwm Aur and residents could not have been happier that the room was being used for such an amazing facility. Many of the residents came daily to see the families bring with them pop, biscuits and cakes for all. Because of this it was decided to consider developing a project, working with the families and the residents, and our Intergenerational Project was born.

The staff consist of a Manager and a Play Worker. All staff receive ongoing training to keep them up to date with the latest information, guidance and legislation. All members of staff are regularly trained in Child Protection and Safeguarding, Food Hygiene, First Aid and are subject to DBS checks every three years. The Family Centre is managed by local people who sit on the Management Committee. They bring a wealth of experience, knowledge and qualifications.

What we have done 2022 – 2023

Our over-arching aim is to support families through the many difficulties they may face - to promote and enhance the relationship between the adult and child through working together in different sessions, and to ensure children have as many new experiences as possible during their early years.

As we emerged from a difficult and unprecedented, global pandemic our service was more important to our families than ever.

Families reported feeling isolated, and we went the extra mile in welcoming families, both familiar and new, back through our doors, to support and encourage friendships which would ultimately extend outside of our doors.

Children's social skills needed building on – quite understandably after consecutive lockdown periods, and our Language & Play, Cylch Ti a Fi, and Stay & Play sessions allowed children the freedom, along with the guidance, to develop these.

The dramatic speech and language concerns that we had anticipated seeing after consecutive lockdown periods hadn't come to fruition – the children were evidently quite resilient in that respect!

Working with guidance from the local primary school, we helped transition our children to school with our School Readiness sessions.

The Pre-Loved Clothes scheme, that we started through the pandemic, has continued to be a lifeline to parents. We supported families with **101 clothes** packages in 2022-2023! Families appreciate the convenience of not having to travel for clothes, or wait for an online delivery, which all adds to the cost of clothing purchases. We also discussed the environmental benefits of the scheme; Reduce – Reuse – Recycle.



Clothes boxes – ready for rummaging!

In addition to this, we became a distribution point for Carmarthenshire County Council's 'Period Dignity Project' – where families are able to access free, good quality sanitary products.



We re-engaged with the community, after such a long period of being unable to – and we turned 21 year old!

It has been a busy year ...!

Baby Groups

Baby Group is designed to give new parents a chance to socialise with other parents, in a calm, relaxed environment. We organised a mixture of messy and sensory play, designed to provide new and stimulating experiences for children aged 0-18 months. We also went on walks, exploring the local area. Staff offer advice on breastfeeding, weaning, sleeping problems, teething and a whole host of other problems that can arise for new families. If staff do not immediately know the answer, or are unable to offer advice, they know where to signpost, and refer, to those who can help.

Rubba Bubba with Rach, an external organisation, delivered 11 sessions of Baby Yoga for our youngest, and was a massive hit! All participants felt that they had increased their bond with their child and were extremely grateful for the opportunity.

Cymraeg i Blant also deliver Baby Massage and Baby Yoga at the Family Centre, through the medium of Welsh, and the sessions are always popular.

A 6-week course of Peter Walker Developmental Baby Massage was also delivered this year.



Toddler Groups

To support older children, we facilitate a range of different activities for toddlers. During this year we have organised:

- 59 Stay & Play sessions
- 32 Cylch Ti a Fi sessions
- 11 Crafts sessions

We organise our planning for sessions around the children's interests, current seasons and local and national events. We take in to account the children's abilities through observation. Staff are trained to deliver stage-appropriate activities and are skilled at differentiating for a wide range of abilities.



Physical Sessions

Our physical sessions allow the children to practice their gross motor skills in a safe environment. We make the sessions fun, and the children are always engaged in what we are doing.

We also go for walks in the local community - exploring, learning and collecting fallen natural resources, such as leaves and twigs, in order to repurpose them in the Centre.

In addition to this, we have used **Actif-i-ti**, an external organisation, to deliver four sessions for the older children during the school holidays. Much to the delight of the participants, the final session was a Water Fight at Llanybydder park. It was an absolute pleasure to watch the children play, squeal, run and laugh!



Practicing our gross motor skills!



Summer WATER FIGHT!

Trips, Days Out & New Experiences

Taking families on days out and trips allows them to explore local areas, that they may not otherwise experience. It gives them the confidence to attend, as they know they will not be alone, and also gives the children new experiences.



Trip to Cardigan Island Farm Park



Summer Trip to Crazy Horses Soft Play



Trip to Norwood Gardens



Pond-dipping, cooking on an open fire and exploring The National Botanic Gardens of Wales. Thank you to Plant Dewi for the opportunity!

School Readiness, Language & Play and Stay & Play

The **School Readiness** course is a four-week course, focusing on the main priorities to consider before a child starts school. The course was developed with both children AND parents in mind, as it is a big transition for both. Staff spoke with local schools and Cylch Meithrins, to see if there were any particular issues they were noticing, with incoming pupils, that could be targetted through these sessions.

Week one focuses on the importance of 'Mark-Making' in the early years, as a precursor to writing. Children's hand muscles need strengthening with a wide range of resources and experiences before they are capable of holding a pencil to write.



Mark Making at the farmyard

Week two focuses on social skills and independence. Children are encouraged to practice their fine-motor skills, in order to gain independence (doing zips and buttons up on a coat, being able to use the bathroom by themselves and so on). Children also play together in the role play area, to develop their social skills alongside their peers.

Week three focuses on speech and language. Parents are encouraged to model the art of conversation, and use open-ended questions, with their children, using a wide range of resources – toys, jigsaws, flash cards. This also develops vocabulary.

In week four, we discuss emotional preparation, and give advice and tips on how to manage strong feelings. Participants always receive a certificate for completing the course too!

Language and Play, in much a similar vein, focuses more on the speech and language of our children. It is a fun opportunity to discuss, with parents, the importance of:

- Eye Contact and face-to-face conversation
 - Waiting your turn
 - Making Choices
- The Different Types of Play
 - Attention



Den Building!

Stay & Play sessions are a lot less structured than the other sessions, and are a great chance for children to explore the Centre, make their own choices, and engage in important imaginative play, in our fantastic Role Play area.



Planting flowers

Cooking



Biscuit Making



Pizza Making



Pancakes with strawberries & banana

Theme Days & Other Family Support



Easter Afternoon Tea



Easter Egg Hunt in the park



We were very aware that some of our families couldn't make it to the seaside during the Summer – so we bought the beach to them! With some strategically placed backdrops, a sand pit, and some flamingo straws, it was great fun!



*Families gaining an accredited qualification in **Basic First Aid** through The Family Foundation*



Halloween Party & Messy Play!



'Spotty Day' supporting Children in Need

Our Christmas party was an all-day event, beginning with a Story and Song session delivered by Menter Iaith. In the afternoon, we were entertained by Crazy Clayton, the popular children's entertainer (accompanied by Honey the Bear of course!)



In October half-term, after a suggestion by one of our families, we organised a '**Princess & Pirate**' themed party, which was a tremendous amount of fun!



Community & Partnership Working

This year, we saw the unfortunate closure of the local Cylch Meithrin, which had been operating in the village for more than forty years, from a classroom inside **Llanybydder Primary School**. In order to keep our families familiar with the building and its staff, we began attending the school, once a month, in order to deliver our Cylch Ti a Fi sessions.

Parents have been grateful for this opportunity to familiarise themselves with the school, now that the natural transition, from Cylch to School, isn't possible, and we believe it is working well.

It was absolutely fantastic to be able to join in with community events once again, and it was with great satisfaction that we, as a Centre, defended our title – 1st prize for Best Dressed Float at **Llanybydder Carnival**, with 'Children's Stars of the 60s'. The staff had little input into the design and creation of the float - it was the parents who took charge, and spent hours upon hours in the Centre, working together, designing props.



Our **Intergenerational Project**, which has been so successful in the past, has been a little bit slow restarting – perhaps some of our friends are still concerned or fear gathering. Despite this we have held some very lovely sessions with Cwm Aur Independent Living Facility and with Alltymynydd Nursing Home.



A gathering of around 80 of our families and tenants of Cwm Aur, enjoying a sunny Afternoon Tea to celebrate the Queen's Jubilee.



Recycling old tyres to make painted planters for Cwm Aur

Enjoying a cake with the residents of Alltymynydd

Filling and planting with our Cwm Aur friends



Celebrating Chinese New Year at Cwm Aur

We were very fortunate, during the summer, to have **Plant Dewi** visit us to join in with their 20th birthday celebrations! A special candle was taken around, to be blessed, at all of the Family Centre's in the St. David's Diocese, in a celebration that lasted over a month. We welcomed Archdeacon of Cardigan, Eileen Davies, to the Centre to help with the blessing of the candle, and also painted handprints which were used to create a big mural at a special celebration in St. David's Cathedral.



Continuing in the celebratory theme, Llanybydder Family Centre also had a big birthday this year! **21 years!** It was a pleasure to invite the entire community in to celebrate this special occasion with us. We believe that the lasting resilience that the Centre has shown over the last two decades is a testament to how essential, and relevant, it continues to be.



During the summer, we also welcomed **WI Llanwenog** in to the Centre, who were very eager to learn more about what we do, how we work, and the support that we offer.



*A music session with **Arts 4 Wellbeing***

To support the new local market in Llanybydder, set up by Llanybydder Community Council, we took our families to the market – leaving apples on each stall, which the children then had to find!



In December, we partnered with Llanybydder Village Committee, and Llanybydder Community Council to hold a **Christmas Fair** in the village. The Family Centre delivered free crafts and activities for the children, and it was an absolute pleasure to join in with the local primary school, singing traditional Christmas carols as dusk fell.



Facts & Figures 2022 – 2023 :

Baby Group (Sensory/Messy Play/Walks) – 51

Stay & Play - 59

Cylch Ti a Fi – 32

School Readiness – 12

Coffee, Cake & Catch up – 9

Crafts -23 (incl. Father's Day, Bonfire Night, Remembrance Day, Christmas, Chinese New Year, Mother's Day, Santes Dwywnwen, St. David's Day & Valentines)

Face Painting Days – 2

Move it! Move it! | Physical activity for Toddlers – 10

Cooking – 7

Facts & Figures 2022 – 2023 :

Supporting:

129 families

159 adults

189 children

Of these adults:

26.61% were unemployed

4.59% were single parents

10.09% were unemployed and single parents

In a survey to encapsulate the whole year:

96.3% of respondents stated that The Family Centre has reduced feelings of isolation and loneliness for them and/or their family (3.7% neutral)

88.9% of respondents stated that The Family Centre has helped to improve their confidence - and/or the confidence of their child(ren) (11.1% neutral)

88.9% indicated that the Family Centre had helped them, and their children, meet new people and to form friendships they may otherwise not have done (11.1% neutral)

85.2% stated that The Family Centre has helped them or given them ideas on how to improve their wellbeing, or/and the wellbeing of their family (14.8% neutral)

81.5% believed that The Family Centre had helped them improve their relationship with their child(ren), and/or given them advice and ideas on how to improve their relationship (18.5% neutral)

74.1% agreed that the Family Centre had helped them with the cost-of-living crisis, through providing clothing, food and sanitary products (25.9% neutral)



Families

We continue to welcome new families to the centre and they hear about us through other parents, as sometimes they are families who are new to the area or are new parents living in the village. We advertise the centre through the use of Facebook and posters in the community. The Health Visitor promotes the centre during her surgeries and visits to families and we rely on word of mouth. Many of the parents feel isolated and come to the Family Centre for company for themselves and their children. Many families have had us recommended to them by other families, and some come of their own accord. New friendship develops amongst these families that gradually extend outside the Family Centre environment. We regularly ask for ideas and suggestions from parents and older children to ensure that we are delivering different activities suitable for all. We ensure we receive feedback from users in order that we deliver the best quality work, workshops, activities and information. We ensure that the centre is user-lead and all feedback is taken back to committee meetings and reported on.

Timetables

Llanybydder Family Centre is open 4 days a week.

Monday: Closed

Tuesday: 9 am – 3pm

Wednesday: 9 am – 3 pm

Thursday: 9 am – 3 pm

Friday: 9 am – 3 pm

Monthly timetables are placed on Facebook, and physical copies are placed in the Centre, and are available to take home, or via e-mail for those who do not use social media.

Project Partners – Partnership Working

Clients' specific needs have been identified and referrals have been made when more specialised help has been needed, ensuring the support we provide is appropriate. We hope that during the next year, there will be increased engagement with Health Professionals, such as the Health Visitor. This has been problematic this year due only having one Health Visitor covering an extremely large area.

To provide a comprehensive holistic service, it is essential that the Family Centre develops and maintains productive links with other statutory and voluntary organisations in the

community and further afield. In addition to independent trainers who run courses from time to time the organisations that the Family Centre works with are as follows:

Plant Dewi – The Strategic Manager from Plant Dewi visits the centre on a regular basis, attends Committee Meetings and supports the Manager and Management Committee in the running of the centre.

Family Centre Network – the Manager attends monthly meetings that ensure that all the Carmarthenshire Family Centres are updated on training and funding opportunities, policies and research, good practice and events in which they can take part.

Cwm Aur and Cwm Aur Friendship Group – We have a strong relationship with Cwm Aur, who help us facilitate our Intergenerational Project. We have held a Bingo Evenings, and Christmas activities in conjunction with them.

Cymraeg i Blant – We have regular visits from Cymraeg i Blant who deliver successful Baby and Yoga Massage and Story & Song sessions, at the Centre, through the medium of Welsh.

Llanybydder Village Committee– the Family Centre takes part in their community organised events when possible.

Early Years Wales – Ongoing provision of information, training, and resources.

Mudiad Meithrin – Ongoing provision of information, training and resources.

Llanybydder Primary School – We have regular contact with the local school and use their valuable input when developing sessions and courses.

WCVA and CAVS – Keep us updated on training and funding information as well as other information that may be relevant to our service

Health Visitor – Previously visited the centre once a month to help with any concerns the parents may have, and we hope to resume this in the near future.

Carmarthenshire County Council – with access to training and their Housing Officer.



COMMENTS FROM SERVICE USERS

Llanybydder Family Centre has been such a wonderful, safe and supportive environment for both me and my daughter. We moved here not knowing anyone and the centre introduced us to other families, gave us opportunities to see the local school and provided so many fun & educational sessions for my daughter. They made us feel welcome and I am so grateful to Kim & all the staff. I would highly recommend them!

Going to the centre is like a home from home. A safe place that me and my son can go and relax. Learn and play. The staff go above and beyond to accommodate my sons ADHD

The Family Centre has been a lifeline to us. Without this service I would have been isolated and not had the opportunity to make friends in the community.

Thank you Llanybydder family centre ... some days are a struggle with 2 young children and the morning school run rush can get a little over whelming ... the centre is a safe place where we can chill out and chat to other likeminded people about all the struggles family life can bring without feeling the only one and the sometimes knowing everyone else is sailing the same seas is a relief

I moved new into the area and came across the centre on social media. After visiting the first time me and my daughter felt very welcomed and connected well with the staff. I gained truly great advice and staff took the time to understand my situation and as alone as I felt the centre was a safe place for me and my daughter. She's made lots of friends and I also got the opportunity to go on a child course free and learnt so much from other parents. Even though my daughter and I moved out of the area. I always feel like this will be a place I'll always remember and so will my daughter. The staff are truly incredible people who do a lot for the community and I haven't come across any place which is as good as this centre

Llanybydder Family Centre has helped me feel less lonely and gave me a purpose, it literally saved my life

Comment from Debbie Vince, Strategic Manager for Carmarthenshire Family Centres of the Plant Dewi Network

'Llanybydder Family Centre, what can I say, it is a beautiful warm and welcoming space. If you haven't joined in the fun there, what are you waiting for? The staff extend warm welcomes and friendly faces to all who walk through their doors. Children learn and develop through play and the staff are always coming up with new ideas to make learning fun. They currently support 149 is a fantastic achievement in a small rural community. Those families whose children attended a language and play group in the centre reported a 100% increase in their child's speech, language, and communication skills. What a way to get a head start in life and help children get ready for the next stage in their lives, school!'



Comment from Mr G R Jones, Headteacher of Llanybydder Primary School

'As an organization the Family Centre provide a fantastic service to the people of Llanybydder and with currently no other provision for Nursery age pupils in the area they are a vital service to families in the area.'

As a school we have always had a close relationship with the Llanybydder Family Centre. Recently our relationship has strengthened further as the 'Ti a fi' group have held monthly sessions at the school. The sessions have been of benefit to both of us as organizations and it has been a pleasure to welcome the Ti a fi group to the school. We hope with the development of the 'Help llaw Llanybydder' project that our partnership will improve further and go from strength to strength.'



Comment from Catrin Jenkins, Cymraeg i Blant Ceredigion

'Mae'n bleser medru cydweithio â Chanolfan Deulu Llanybydder. Lleoliad a gofod arbennig ar gyfer teuluoedd a chroeso cynnes a brwdfrydig gan Kim a Julie ar bob ymweliad. Mae'r Ganolfan yn darparu gwasanaeth gwerthfawr i'r gymuned ac i Kim a Julie mae'r diolch am hynny.'



Comment from Luned Jones, Development Officer at Menter Gogledd Sir Gâr

Mae Canolfan Deulu Llanybydder yn leoliad hyfryd, diogel a modern yng nghanol tref Llanybydder. Mae yna ddwy faes parcio sydd yn hygyrch ac yn agos i'r lleoliad i deuluoedd ifanc ddefnyddio. Unwaith rydych wedi cyrraedd y lleoliad, rydych yn cael ei groesawi gyda'r staff cyfeillgar, gan gynnwys siaradwyr Cymraeg hefyd (iaith gyntaf a dysgwyr).

Pan rwyf yn ymweld â'r ganolfan ar gyfer gwneud sesiynau stori a chân, sylwaf fod llawer o deuluoedd di-Gymraeg yn yr ardal. Er hyn, mae'r rhieni yn ymroi i'r sesiynau ac yn awyddus i'r plant gymryd rhan yn y canu a'r stori.

Mae'r ganolfan yn gefnogol iawn o ddigwyddiadau'r ardal. O ran Menter Gogledd Sir Gâr, cynhelir digwyddiad yn yr ardal, ac roedden nhw'n barod i hybu a hysbysebu'r digwyddiad hynny pa bynnag modd oedd yn bosib.

Lessons learned

As we emerged from the unprecedented Covid-19 pandemic, and all the challenges that came with it, we ultimately focused on the children's development, and how this may be impacted by successive lockdowns.

We observed the children closely and were pleasantly surprised that there didn't seem to be many difficulties with most of the children's development. They were all, roughly, on the same level for their stage, and demonstrated an incredible resilience to the Early Years challenges they had faced.

What we did notice however, was that it was the adults who had lost the art of 'play'. They were reluctant to join in with activities with their children, at the risk of 'looking silly', or 'not knowing how to play'. We learned that adults sometimes, simply 'don't know how to play'.

It became incredibly important for us to work on this, as engaging in play with children is holistically beneficial for adults! With the right amount of encouragement, and staff modelling play activities, it was a pleasure to watch these grown-ups, who had previously been self-conscious, 'let go' and really start enjoying themselves with their children. Parent-Child bonds were strengthened and play skills were transferred to the home.

Challenges for the Future

Due to the extreme pressures, on all areas of the NHS, we have, and potentially will have for some time, limited access to the support of midwives and Health Visitors at the Family Centre. We hope to continue trying to overcome this; however, the resources are simply not available.

Our families will continue to feel the financial pressures of the cost-of-living crisis for some time to come, and it may be the case that this crisis also impacts on the Family Centre.

As a strong organisation, we are able to prove the need for our service in the local community, and are at this time, financially secure. However, we are fully aware that the fight for funding remains and could become a challenge for us in the future.



Funding Partners

We would like to thank everyone who has funded the Family Centre over the last year. Without the funding, the Family Centre would not exist, as it is a free-of-charge, non-profit-making organisation. It has been essential to maintain a constant flow of income in order to provide a consistent service for the families of Llanybydder. The funding we have received has enabled us to offer these families high quality support and help in dealing with the complexities of family life.

We would like to thank:



Thank you

Diolch



Contact Details

Organisation name: Canolfan Ty'r Teulu, Ty'r Teulu Family Centre
Llanybydder Family Centre

Reg. Charity Number: 1087515

Address: Cwm Aur,
Heol Y Dderi,
Llanybydder
Carmarthen
SA40 9AB

Contact name: Kimberly Rees (Centre Manager)

Tel: 01570 481 617

Email: llanybydderfc2@gmail.com

Facebook | Messenger: Llanybydder FamilyCentre

Staff: Manager – Kimberly Rees, BA (Hons)
Playworker– Sonia Evans
Playworker – Julie Simpson, BA (Hons)



Management:

The Family Centre's Management Committee consists of six members of the local community who have a shared a genuine interest in the welfare of local families. Some are professionals with a variety of skills and knowledge and others are parents who use/have used the Family Centre service. They attend Management meetings regularly and are always on hand, as they live locally. They are responsible for the strategic direction that the Centre takes. We are always actively looking for committee members so that we have a committee with a wide range of experiences and knowledge to continue strengthening the Centre.

Chairperson – Sarah Davies has been a member of the Management Committee for the last 11 years and has held the position of Chair for the last 8 years. Sarah hopes to continue on the Committee for as long as she is able, as the Centre is very much needed in our area. Sarah is a stay-at-home Mum with 3 children and found the Centre very helpful when her children were small. Sarah is also a parent Governor of the local school, where her children attend. She has done this for 3 years.

Treasurer – Bev Pold has been on the board of Trustees since 2017. She was a Board member of C4EE and represented Chwarae Teg on Wales Rural Development Programme Monitoring Committee as a Specialist Advisor and Chair of Wales Rural Network. Bev has a particular interest in rural enterprise and gender equality and is the founder of AGRI-FEMM: Economic & Social Equality for Rural Women. Bev was Chair of the Management Board of Antur Teifi (Wales' leading rural enterprise agency). Bev was honoured with the Queen's Award for Enterprise Promotion (QAEP) in 2009. Bev was an important member of Llanybydder & Rhydcymerau Community Council for several years.

Secretary - Ann Smith has 40 years' experience in working within a variety of childcare settings. For many years Ann has been an Assessor delivering childcare training (NVQ, QCF) and for those working in residential childcare settings. Ann has a variety of qualifications and undertakes courses on a regular basis in order to ensure her continuous professional development. Ann has been on the Committee in the Family Centre for many years and is committed to helping the families in local community access a safe and secure place for them to relax, share experiences and to provide facilities to develop the children's skills.

Additional Committee Member – Heather Jones is a long-term resident of Llanybydder, having lived here for over 50 years. She is retired, having worked at the local pharmacy for 14 years. She is the nominated person from St Peter's Church, Llanybydder, by the Parochial Church Council. Heather is the organiser and fund raiser for the Church annual sponsored

walk. She has been a member of the Women's Institute (WI) Llanybydder since 1978 and is a long serving President.

Additional Committee Member – Lesley White moved to the area shortly before the pandemic of 2020 hit. Lesley has extensive experience of working with children and has been leader of out-of-school clubs, after-school provision, and children's work with the Church, as well as having children, grandchildren and great-grandchildren. Lesley is also a member of Llanwenog WI.

Additional Committee Member – Catrin Thomas joined the committee in 2022. She is a mother of three, and grandmother of five, who has lived, and worked locally, for many years. She has used the Centre since it opened over two decades ago and has always been a great supporter. She understands, and wants to help alleviate, the difficulties and pressures that the families of Llanybydder may face.



Charity No. : 1087515

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Arwyn Vobe Accountancy Ltd.
Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Contents

Reference and Administrative Details	1
Independent examiner's report	2
Statement of financial activities	3
Balance Sheet	4
Notes to the financial statements	5 to 9

The following page do not form part of the statutory financial statements:

Llanybydder Family Centre
Reference and Administrative Details

Charity name	Llanybydder Family Centre
Trustees	Sarah Davies Bev Pold Heather Jones Ann Smith Lesley White Catrin Thomas
Secretary	Ann Smith
Chair	Sarah Davies
Treasurer	Bev Pold
Accountant	Arwyn Vobe Accountancy Ltd. Maesowen Rhydowen Llandysul Ceredigion SA44 4PY

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

I report on the accounts of the Trust for the year ended 31 March 2023, which are set out on pages 3 to 9.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- 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:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

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

.....
Arwyn Vobe Accountancy Ltd.

20 September 2023

Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Statement of Financial Activities for the Year Ended 31 March 2023

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	1,844	55,425	57,269	44,428
Total incoming resources		<u>1,844</u>	<u>55,425</u>	<u>57,269</u>	<u>44,428</u>
Resources expended					
Costs of generating funds					
Costs of generating voluntary income	4	(44)	38,836	38,792	42,495
Governance costs	4	570	-	570	570
Total resources expended		<u>526</u>	<u>38,836</u>	<u>39,362</u>	<u>43,065</u>
Net movements in funds		1,318	16,589	17,907	1,363
Reconciliation of funds					
Total funds brought forward		<u>15,481</u>	<u>16,779</u>	<u>32,260</u>	<u>30,897</u>
Total funds carried forward		<u><u>16,799</u></u>	<u><u>33,368</u></u>	<u><u>50,167</u></u>	<u><u>32,260</u></u>

All incoming resources and resources expended derive from continuing activities.

The charity has no recognised gains or losses for the year other than the results above.

The notes on pages 5 to 9 form an integral part of these financial statements.

Llanybydder Family Centre
Balance Sheet as at 31 March 2023

		2023	2022
	Note	£	£
Fixed assets			
Tangible assets	7	1,254	1,476
Current assets			
Cash at bank and in hand		49,483	31,354
Creditors: Amounts falling due within one year	8	(570)	(570)
Net current assets		48,913	30,784
Net assets		50,167	32,260
<u>The funds of the charity:</u>			
Restricted funds in surplus		33,656	16,779
Restricted funds in deficit			
Tesco		(288)	-
Total restricted funds		33,368	16,779
Unrestricted funds			
Revaluation reserve		(144)	(144)
Unrestricted income funds		16,943	15,625
Total unrestricted funds		16,799	15,481
Total charity funds		50,167	32,260

Approved by the Board on 20 September 2023 and signed on its behalf by:

.....

Sarah Davies
Trustee

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

I Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain fixed assets, and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional 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, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

..... continued

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Plant & Equipment 15% reducing balance basis

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Voluntary income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and legacies				
Appeals and donations	1,844	-	1,844	682
Social lotteries	-	-	-	30
	<u>1,844</u>	<u>-</u>	<u>1,844</u>	<u>712</u>
Grants				
Trusts and foundations	-	55,425	55,425	43,716
	<u>1,844</u>	<u>55,425</u>	<u>57,269</u>	<u>44,428</u>

3 Grants receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Trusts and foundations	-	55,425	55,425	43,716

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

..... continued

4 Total resources expended

	Grants	Governance	Total
	£	£	£
Direct costs			
Publicity costs	96	-	96
Employment costs	30,645	-	30,645
Establishment costs	6,195	-	6,195
Repairs and maintenance	449	-	449
Printing, posting and stationery	592	-	592
Subscriptions and donations	80	-	80
Travel and subsistence	85	-	85
Advertising and promotion	174	-	174
Accountancy fees	-	570	570
Legal and professional costs	254	-	254
Depreciation of tangible fixed assets	222	-	222
	<u>38,792</u>	<u>570</u>	<u>39,362</u>

5 Net incoming resources

Net incoming resources is stated after charging:

	2023	2022
	£	£
Depreciation of owned assets	<u>222</u>	<u>261</u>

6 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2023	2022
	£	£
Wages and salaries	29,056	30,009
Other pension costs	<u>1,202</u>	<u>1,123</u>
	<u>30,258</u>	<u>31,132</u>

No employee received emoluments of more than £60,000 during the year (2022 - No. 0).

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

..... continued

7 Tangible fixed assets

	Plant & Equipment £	Fixtures, fittings and equipment £	Total £
<u>Cost or Valuation</u>			
As at 1 April 2022 and 31 March 2023	2,620	1,986	4,606
<u>Depreciation</u>			
As at 1 April 2022	2,181	949	3,130
Charge for the year	66	156	222
As at 31 March 2023	2,247	1,105	3,352
<u>Net book value</u>			
As at 31 March 2023	373	881	1,254
As at 31 March 2022	439	1,037	1,476

8 Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	570	570

9 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,202 (2022 - £1,123).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

..... continued

10 Analysis of funds

	At 1 April 2022	Incoming resources	Resources expended	At 31 March 2023
	£	£	£	£
General Funds				
General Reserves	15,481	1,844	(526)	16,799
Restricted Funds				
The Henry Smith Charity	-	-	-	-
Garfield Weston	-	-	-	-
Awards for All	-	-	-	-
Families first	1	2,000	(2,001)	-
Mudiad Meithrin	-	-	-	-
Llanybydder Community Council	1	-	(1)	-
BBC Children In Need	-	18,096	(8,948)	9,148
Dewi Davies	-	-	-	-
Foyle	-	-	-	-
William Hill Brown	2,955	-	(251)	2,704
Masonic	1	-	(1)	-
Pobl	-	-	-	-
Nineveh	(1)	-	1	-
Furlough Scheme	379	-	-	379
Tesco	-	1,125	(1,413)	(288)
Lottery	13,159	33,254	(25,773)	20,640
Oakdale	(1)	-	1	-
Nisa	285	450	(450)	285
Children In Need extra	-	500	-	500
	<u>16,779</u>	<u>55,425</u>	<u>(38,836)</u>	<u>33,368</u>
	<u>32,260</u>	<u>57,269</u>	<u>(39,362)</u>	<u>50,167</u>

Charity No. : 1087515

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Arwyn Vobe Accountancy Ltd.
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Llanybydder Family Centre

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- examine the accounts under section 145 of the 2011 Act;
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Arwyn Vobe Accountancy Ltd.

20 September 2023

Maesowen
Rhydowen
Llandysul
Ceredigion
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Llanybydder Family Centre

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Llanybydder Family Centre
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Creditors: Amounts falling due within one year	8	(570)	(570)
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Restricted funds in surplus		33,656	16,779
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Total unrestricted funds		16,799	15,481
Total charity funds		50,167	32,260

Approved by the Board on 20 September 2023 and signed on its behalf by:

.....

Sarah Davies
Trustee

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

I Accounting policies

Basis of preparation

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Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

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Grants				
Trusts and foundations	-	55,425	55,425	43,716
	<u>1,844</u>	<u>55,425</u>	<u>57,269</u>	<u>44,428</u>

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Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

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	Grants	Governance	Total
	£	£	£
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Employment costs	30,645	-	30,645
Establishment costs	6,195	-	6,195
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Depreciation of tangible fixed assets	222	-	222
	<u>38,792</u>	<u>570</u>	<u>39,362</u>

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Net incoming resources is stated after charging:

	2023	2022
	£	£
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	2023	2022
	£	£
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Other pension costs	<u>1,202</u>	<u>1,123</u>
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Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

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7 Tangible fixed assets

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There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2023

..... continued

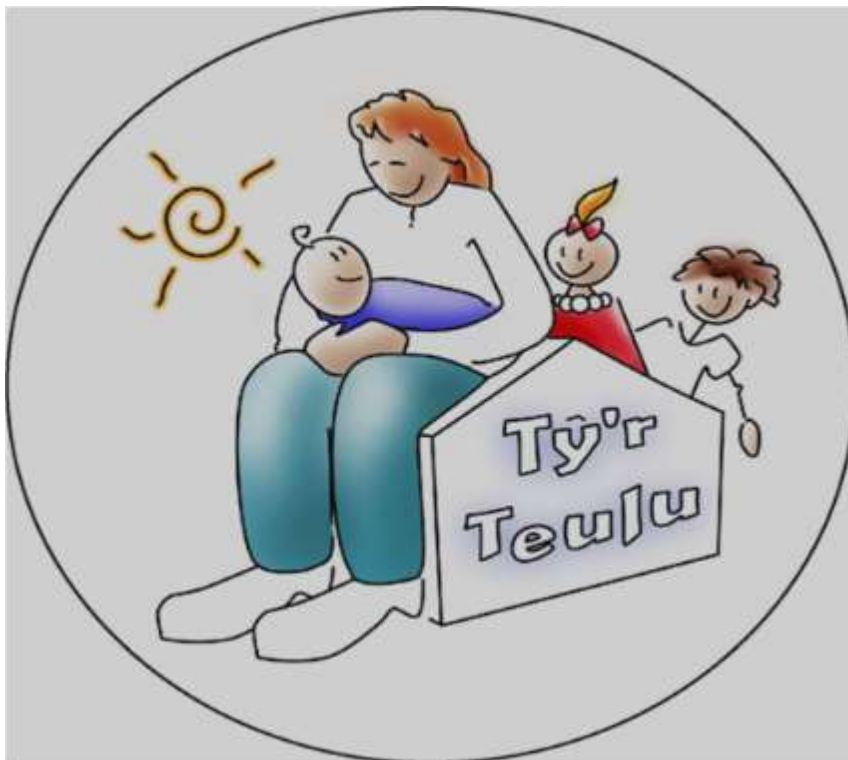
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Restricted Funds				
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Garfield Weston	-	-	-	-
Awards for All	-	-	-	-
Families first	1	2,000	(2,001)	-
Mudiad Meithrin	-	-	-	-
Llanybydder Community Council	1	-	(1)	-
BBC Children In Need	-	18,096	(8,948)	9,148
Dewi Davies	-	-	-	-
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William Hill Brown	2,955	-	(251)	2,704
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Pobl	-	-	-	-
Nineveh	(1)	-	1	-
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Nisa	285	450	(450)	285
Children In Need extra	-	500	-	500
	<u>16,779</u>	<u>55,425</u>	<u>(38,836)</u>	<u>33,368</u>
	<u>32,260</u>	<u>57,269</u>	<u>(39,362)</u>	<u>50,167</u>

Accounts

LLANYBYDDER FAMILY CENTRE

Registered Charity Number: 1087515



ANNUAL REPORT 2021 – 2022

BACKGROUND

Llanybydder Family Centre was established as an independent charity in 2001 to help the families of Llanybydder and its surrounding rural areas overcome the effects of low income, poor health, poor housing, social exclusion, rural isolation and a lack of services. The Management Committee was formed by local people with a range of skills and knowledge and a shared interest in the welfare of their community.



Llanybydder is a small rurally isolated town, with a population of 1683 (Census, 2011), which has lost several businesses and local banks to the larger neighbouring towns of Carmarthen and Lampeter. Low paid irregular shift work is provided by its two main industries, an abattoir and horse mart, both hit hard by, and never fully recovered from, the foot-and-mouth epidemic in 2001.

Llanybydder is ranked 854 in the Welsh Index for Multiple Deprivation (WIMD), with an overall ranking of 30-50% most deprived area in Wales. Figures from the WIMD show that 27% of children come from low-income families. Llanybydder is placed in the 10-20% most deprived areas for housing and education.

30.6% of residents have no qualifications, which is 3.8% higher than the Carmarthenshire average.

The Family Centre firstly opened in a portacabin, and this served as the centre from 2001 to 2017. At the beginning of 2017, during the harsh winter weather the cabins started to become unsuitable due to leaks, poor heating system and becoming too small. The Management Committee and Co-ordinator discussed with Gwalia management to use a decommissioned room in their Cwm Aur Independent Living Facility. The idea was embraced by both parties and the Family Centre moved into their new home in July 2017.



The centre was ready in its new home for the 2017 school summer holidays. The staff introduced the centre to the residents and staff of Cwm Aur and residents could not have been happier that the room was being used for such an amazing facility. Many of the residents came daily to see the families bring with them pop, biscuits and cakes for all. Because of this it was decided to consider developing a project, working with the families and the residents, and our Intergenerational Project was born.

The staff consist of a Manager and a Play Worker. All staff receive ongoing training to keep them up to date with the latest information, guidance and legislation. All members of staff are regularly trained in Child Protection and Safeguarding, Food Hygiene, First Aid and are subject to DBS checks every three years. The Family Centre is managed by local people who sit on the Management Committee. They bring a wealth of experience, knowledge and qualifications.

What we have done 2021 – 2022

Our over-arching aim is to support families through the many difficulties they may face, to promote and enhance the relationship between the adult and child through working together in different sessions, and to ensure children have as many new experiences as possible during their early years.

Our service has been more important than ever, as we emerge from the Covid-19 restrictions. Families were reporting feeling isolated, and in response to this a lot of our work this year focused on wellbeing. We organised Coffee, Cake & Catch-up sessions, where there was no pressure, just a chance for families to enjoy a warm drink, have a chat and let the children burn off some energy together.

There were also some concerns given surrounding the speech & language, and social skills of children, particularly those born during lock-down periods. Many children had spent a lot of their very early years without the interaction with other adults and peers that previous generations of children had enjoyed. We made it our aim to facilitate more Language & Play sessions than we had done before, and developed a School Readiness course, ready for those starting Cylch Meithrin or school.

The whole year was governed by Covid-19 safety guidelines, directed by the Welsh Government. Under the restrictions, we had to run a booking system, to control numbers, and had to limit the time of sessions to an hour each, in order to prevent people being in the same room for too long, and to accommodate the extra cleaning requirements that were in place. It was still a far cry from the drop-in service that we have provided for many years, but our families safety was always out top priority.

Pre-loved Clothes Scheme

During the initial period of lockdown, staff set-up a pre-loved clothes scheme. This was in response to families needing clothes for their children, but not being able to access clothes shops due to lockdowns and travel limitations. The Family Centre also recognised that there

were families in need due to financial losses, be that redundancy, reduced working hours or being furloughed.

During 2021-2022 we continued the scheme, distributing clothes from the Centre, and were able to support approximately 50 families from the local community.

Families are extremely grateful for the scheme, and we regularly hear comments about how expensive children's clothes can be. Families are also glad of the environmental sustainability of the scheme, knowing that the clothes they donate are not only being recycled, but helping other families in need.



Baby Group – 41 sessions

Baby Group has been extremely popular this year again. We organised a mixture of messy and sensory play, designed to provide new and stimulating experiences for children aged 0-18 months. We also went on walks, exploring the local area. Staff offer advice on breastfeeding, weaning, sleeping problems, teething and a whole host of other problems that can arise for new families. If staff do not immediately know the answer, or are unable to offer advice, they know where to signpost and refer to those who can help.



Messy play with cocoa powder!



Sensory fun with light-up pebbles!



Messy Play with spaghetti!



Bubble Play!

Halloween Messy Play!

Two 6-week courses of Peter Walker Developmental Baby Massage were delivered and were a great success. We had extremely positive feedback which indicated that 100% of participants felt that the course had given them increased confidence and tools to support their child's developmental needs.

Active Baby & You was a 4-week course, designed to give families the tools to meet the physical needs of their children, focusing on physical literacy in the first 1000 days of life. The course helped families to support the development of movement through play and physical activity.

Toddler Groups

To support older children, we facilitate a range of different activities for toddlers. During this year we have organised:

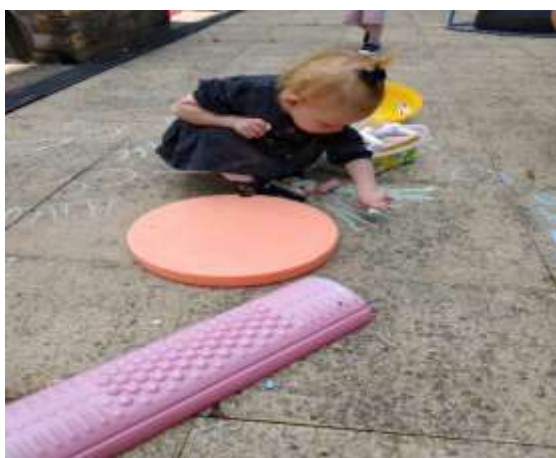
- 23 Stay & Play Garden sessions
- 19 Indoor Stay & Play sessions
- 33 Cylch Ti a Fi sessions
- 23 Crafts sessions
- 8 Move it! Move it! | Physical Activity for Toddlers
- 4 Stori Actif sessions



Washing the cars at the Car Wash



Planting flowers



Outdoor Chalks



Bonfire Night Crafts



Remembrance Day Crafts



Developing fine-motor skills in the 'snow'!



Santes Dwywnen crafts



*Authentic Chinese clothes and fabrics for
Chinese New Year*



Developing our gross motor skills!

From evaluation surveys (18 responses) we know that:

94.4% of families believe that The Family Centre has helped their child's behaviour in a group setting, and improved their social skills through interaction with others (5.6% neutral)

88.9% of families believe that the Family Centre has helped to improve their child's speech & language skills (11.1% neutral)

Llanybydder Park

We attended Llanybydder Park fifteen times throughout the year – using the equipment, having picnics, and making the most of the lovely green space provided for us. We had our Sports Day at the park during the summer and had a lovely Story and Song session there too. Thank you to Llanybydder & Rhydcymerau Community Council for maintaining such a lovely space for the families of the local area.



Parachute play



Egg and Spoon race



Obstacle Course



Fun on the swings

Grants and additional funding

Thanks to additional funding from the Welsh Government, we were given these tremendous bikes, which we have had fun with around the garden! We also received a grant from the Mudiad Meithrin which allowed us to purchase a fantastic stock of Welsh language resources and books.



We were also able to develop our role-play area in to a much more inviting area. We purchased many items, in order to be able to rotate the area termly, from a 'Home' to a 'Café', and in the coming terms you will be able to see a 'Garden Centre', and take a trip to the 'Dentist'! Feedback from our families has been great, and it has been wonderful to see the children immersed in imaginative play, and developing their social skills.



Thanks to the Welsh Government's 'Love Reading' project, we received a large number of books, which we were able to give to our families, free of charge. This was gratefully appreciated by our families, as they all commented on the price of books, and the tremendous financial pressures they were facing, in the current climate. It gave families a real opportunity to read together, increasing bonds and literacy in our children.



Trips and days out

Taking families on days out and trips allows them to explore local areas, that they may not otherwise experience. It gives them the confidence to attend, as they know they will not be alone, and also gives the children new experiences.



Cors Caron Nature Reserve



Fun with Crazy Clayton, the popular children's entertainer

School Readiness

The School Readiness course is a four-week course, focusing on the main priorities to consider before a child starts school. The course was developed with both children AND parents in mind, as it is a big transition for both. Staff spoke with local schools and Cylch Meithrins, to see if there were any particular issues they were noticing, with incoming pupils, that could be targetted through these sessions.

Week one focuses on the importance of 'Mark-Making' in the early years, as a precursor to writing. Children's hand muscles need strengthening with a wide range of resources and experiences before they are capable of holding a pencil to write.



Painting with a spaghetti brush!

Week two focuses on social skills and independence. Children are encouraged to practice their fine-motor skills, in order to gain independence (doing zips and buttons up on a coat, being able to use the bathroom by themselves and so on). Children also play together in the role play area, to develop their social skills alongside their peers.

Week three focuses on speech and language. Parents are encouraged to model the art of conversation, and use open-ended questions, with their children, using a wide range of resources – toys, jigsaws, flash cards. This also develops vocabulary.

In week four, we discuss emotional preparation, and give advice and tips on how to manage strong feelings. Participants always receive a certificate for completing the course too!



Emotions with play-dough



School Readiness Certificate! Well done!

Healthy Eating on a Budget

After staff had completed their Level 2 Community Nutrition and Food Skills in the Early Years training, we delivered a five-week Healthy Eating on a Budget course, using recipes from the Love Food, Hate Waste website.

Families attended the session, and were shown how to make the recipe. They were then able to take packs of ingredients home, with a recipe card, and make the meals for themselves and their families. We had excellent feedback from the sessions – parents were glad of the new ideas, and the use of ingredients that may not otherwise have bought themselves.

Children were keen to try the new recipes at the Centre, and parents were surprised that their child was eating certain things that, again, they may not necessarily have otherwise!



Carrot & Coriander Soup



Pasta Bake

Other



Face painting fun



Halloween Messy Bug Hunt



Pumpkin Messy Play



*Best Halloween Fancy Dress – judged by
Mr & Mrs A. Lewis of Llanybydder Rugby Club*



Decorating the Christmas Tree



*A generous donation of Selection Boxes
gratefully received from Dunbia*



Making pancakes

Facts & Figures 2021 – 2022 :

Baby Group (Sensory/Messy Play/Walks) – 41

Park sessions – 15

Stay & Play Garden sessions – 23

Stay & Play - 19

Cylch Ti a Fi – 33

School Readiness – 2 x 4-week sessions

Active Baby & You – 4

Coffee, Cake & Catch up – 4

Home Safety Session – 2

Wednesday Walking – 4

Crafts -23 (incl. Father's Day, Bonfire Night, Remembrance Day, Christmas, Chinese New Year,

Mother's Day, Santes Dwywnwen, St. David's Day & Valentines)

Face Painting Days – 2

Move it! Move it! | Physical activity for Toddlers – 8

Stori Actif – 4

Cooking | Healthy Eating on a Budget - 9

Supporting:

93 families

109 adults

149 children

Of these adults:

20.18% were unemployed

14.68% were single parents

5.5% were unemployed and single parents

In a survey to encapsulate the whole year (41 responses):

92.7% of respondents stated that The Family Centre has helped to improve their confidence - and/or the confidence of their child(ren) (7.3% neutral)

95.2% of respondents stated that The Family Centre has reduced feelings of isolation and loneliness for them and/or their family (4.8% neutral)

82.9% stated that The Family Centre has helped them or given them ideas on how to improve their wellbeing, or/and the wellbeing of their family (17.1% neutral)

73.1% believed that The Family Centre had helped them improve their relationship with their child(ren), and/or given them advice and ideas on how to improve their relationship (26.9% neutral)

Community & Partnership Working

We have used our Social Media platforms to promote and share notices and information from local organisations, such as Bro Pedr Medical Group, Llanybydder Primary School and Cylch Meithrin Llanybydder.

Physical engagement proved difficult, due to the different restrictions that were in place, however we maintained contact with the local schools, Cylch Meithrin and Llanybydder Village Committee and hope to be in a better position to engage in the coming year.

We were lucky enough to receive additional funding from the Welsh Government's Child Development Fund, which allowed us to facilitate fun, sensory sessions with Arts 4 Wellbeing and also Rubba Bubba Baby Yoga with Rach.



Families

We continue to welcome new families to the centre and they hear about us through other parents, as sometimes they are families who are new to the area or are new parents living in the village. We advertise the centre through the use of Facebook and posters in the community. The Health Visitor promotes the centre during her surgeries and visits to families and we rely on word of mouth. Many of the parents feel isolated and come to the Family Centre for company for themselves and their children. Many families have had us recommended to them by other families, and some come of their own accord. New friendship develops amongst these families that gradually extend outside the Family Centre environment. We regularly ask for ideas and suggestions from parents and older children to ensure that we are delivering different activities suitable for all. We ensure we receive feedback from users in order that we deliver the best quality work, workshops, activities and information. We ensure that the centre is user-lead and all feedback is taken back to committee meetings and reported on.

Timetables

Llanybydder Family Centre is open 4 days a week.

Monday	Closed
Tuesday	9 am – 3pm
Wednesday	9 am – 3 pm
Thursday	9 am – 3 pm
Friday	9 am – 3 pm

Monthly timetables are placed on Facebook, and physical copies are placed in the Centre, and are available to take home, or via e-mail for those who do not use social media.

Project Partners – Partnership Working

Clients' specific needs have been identified and referrals have been made when more specialised help has been needed, ensuring the support we provide is appropriate. We hope that during the next year, there will be increased engagement with Health Professionals, such as the Health Visitor. This has been problematic this year due only having one Health Visitor covering an extremely large area.

To provide a comprehensive holistic service, it is essential that the Family Centre develops and maintains productive links with other statutory and voluntary organisations in the community and further afield. In addition to independent trainers who run courses from time to time the organisations that the Family Centre works with are as follows:

Plant Dewi – The Strategic Manager from Plant Dewi visits the centre on a regular basis, attends Committee Meetings and supports the Manager and Management Committee in the running of the centre.

Cwm Aur and Cwm Aur Friendship Group – We have a strong relationship with Cwm Aur, who help us facilitate our Intergenerational Project. We advertise their Community Café, and have held a Bingo Evening, a Community Fun BBQ, and a Christmas Fair in conjunction with them.

Cymraeg i Blant – We have regular visits from Cymraeg i Blant who have held successful Baby and Yoga Massage and Story & Song sessions through the medium of Welsh.

Llanybydder Village Committee– the Family Centre takes part in their community organised events when possible.

Early Years Wales – Ongoing provision of information, training, and resources.

Mudiad Meithrin – Ongoing provision of information, training and resources.

Family Centre Network – the Manager attends monthly meetings that ensure that all the Carmarthenshire Family Centres are updated on training and funding opportunities, policies and research, and events in which they can take part.

Llanybydder Primary School & Cylch Meithrin Llanybydder – We have regular contact with the local school and Cylch Meithrin and use their valuable input when developing sessions and courses.

WCVA and CAVS – Keep us updated on training and funding information as well as other information that may be relevant to our service

Health Visitor – Previously visited the centre once a month to help with any concerns the parents may have, and we hope to resume this in the near future.

Carmarthenshire County Council – with access to training and their Housing Officer.



COMMENTS FROM SERVICE USERS

'My daughter was born during the Pandemic. As a result of this for over a year of her life she never seen any children her age. We were very isolated. Coming to the family centre has helped me and her greatly. She has made friends and has learned how to share and play nicely. They have a fantastic assortment of resources that change often. They encourage the children to join in. For me also it has done wonders for my mental health. Getting me out the house and talking to other parents has been hugely beneficial. Hopefully moving forward with the restrictions loosening, we will be able to do more. Small things like having lunch at the centre, a cup of tea etc'

'Llanybydder is more than just a centre for families to go to for play sessions. It's like coming to see close friends who welcome you with open arms and make you feel like you're home. Since having my son the centre has been our sanctuary where he can learn and develop and I have the support that actually I'm doing alot better than I think I am! It's been particularly difficult becoming a new mum in the pandemic as I've had very little support from health visitors and family but I've been able to get that from the centre and without it I would have struggled more than I did. I am so lucky to have such a wonderful place in my area!'

'Llanybydder Family centre is like a family you choose'

Comment from Debbie Vince, Strategic Manager for Carmarthenshire Family Centres of the Plant Dewi Network

"Llanybydder Family Centre is a large, warm welcoming space for parents and children alike. It has grown to become an essential part of the community, helping, nurturing, and supporting families. It allows a safe space for parents and children to get together, socialise and learn new skills. The staff are friendly, well- informed, and organised. Feedback from parents has been extremely positive with 100% of parents agreeing that it has helped to improve their ability to support their children's learning and developmental needs.

The centre staff are also very knowledgeable about their community and work well with other projects in the area, always seeking out partnerships in how best to serve the local community as well as avoiding duplication of services.

The family centre staff deserve a huge pat on the back for thinking outside the box in engaging parents and children alike during the pandemic. They have delivered sessions that have worked within Government guidelines, and just by being an ear at the end of a phone, when needed, they have been a lifeline for many families feeling isolated and alone"

Lessons learned

The problems that families face can be multiple, ranging from child-related problems - such as behaviour, language, potty training and sleep issues - to debt and relationship breakdowns. We have learned that it is essential to have an accessible range of contacts (outside professionals and organisations, both statutory and voluntary) with whom we can liaise so that our support is effective in helping a family overcome their problems.

Challenges for the Future

Many health workers were redeployed to other areas within the Health Board during the height of the pandemic, and most educational settings were closed for an extended period of time. Staff were aware that there may be an increase in children with additional learning needs or developmental delays not being identified at key times, and this has come to fruition during this year. Staff have identified some children with immature social skills, from where they should typically be for their stage. As early identification is paramount to better outcomes, we will work closely with external agencies to overcome this increase.

Furthermore, due to the impact of the virus on all areas of life, funding is still being redirected, quite rightly, towards Covid-19 support. While we have been extremely lucky in our funding this year, and are secure for the time being, there is no telling how long the impacts of the crisis are going to be felt. Despite this, we are a strong organisation, and we can prove the need for our services in the local community.

Funding Partners

We would like to thank everyone who has funded the Family Centre over the last year. Without the funding, the Family Centre would not exist as it is a free-of-charge, non-profit-making organisation. It has been essential to maintain a constant flow of income in order to provide a consistency of service for the families of Llanybydder. The funding we have received has enabled us to offer these families high quality support and help in dealing with the complexities of family life.

We would like to thank:



Llanybydder & Rhydcymerau

Community Council

Contact Details

Organisation name: Canolfan Ty'r Teulu, Ty'r Teulu Family Centre
Llanybydder Family Centre

Reg. Charity Number: 1087515

Address: Cwm Aur, Heol Y Dderi,
Llanybydder
Carmarthen
SA40 9AB

Contact name: Kimberly Rees

Tel: 01570 481617

Email: llanybydderfc2@gmail.com

Staff:	Manager	–	Kimberly Rees, BA (Hons)
	Playworker	–	Sonia Evans

Management:

The Family Centre's Management Committee consists of five members of the local community who have a shared and genuine interest in the welfare of local families. Some are professionals with a variety of skills and knowledge and others are parents who use/have used the Family Centre service. They attend Management meetings regularly and are always on hand, as they live locally. They are responsible for the strategic direction that the Centre takes. We are always actively looking for committee members so that we have a committee with a wide range of experiences and knowledge to continue strengthening the Centre.

Chairperson – Sarah Davies has been a member of the Management Committee for the last 10 years and has held the position of Chair for the last 7 years. Sarah hopes to continue on the Committee for as long as she is able, as the Centre is very much needed in our area. Sarah is a stay-at-home Mum with 3 children and found the Centre very helpful when her children were small. Sarah has also been a parent Governor of the local school, where her children attend. She has done this for 3 years.

Trustee – Bev Pold has been on the board of Trustees since 2017. She was a Board member of C4EE and represented Chwarae Teg on Wales Rural Development Programme Monitoring Committee as a Specialist Advisor and Chair of Wales Rural Network. Bev has a particular interest in rural enterprise and gender equality and is the founder of AGRI-FEMM: Economic & Social Equality for Rural Women. Bev was Chair of the Management Board of Antur Teifi (Wales' leading rural enterprise agency). Bev was honoured with the Queen's Award for Enterprise Promotion (QAEP) in 2009. Since 2015, Bev has been a member of Llanybydder & Rhydcymerau Community Council.

Secretary - Ann Smith has 40 years' experience in working within a variety of childcare settings. For many years Ann has been an Assessor delivering childcare training (NVQ, QCF) and for those working in residential childcare settings. Ann has a variety of qualifications and undertakes courses on a regular basis in order to ensure her continuous professional development. Ann has been on the Committee in the Family Centre for many years and is committed to helping the families in local community access a safe and secure place for them to relax, share experiences and to provide facilities to develop the children's skills.

Additional Committee Member – Heather Jones is a long-term resident of Llanybydder, having lived here for over 50 years. She is retired, having worked at the local pharmacy for 14 years. She is the nominated person from St Peter's Church, Llanybydder, by the Parochial Church Council. Heather is the organiser and fund raiser for the Church annual sponsored walk. She has been a member of the Women's Institute (WI) Llanybydder since 1978 and is a long serving President.

Additional Committee Member – Lesley White moved to the area shortly before the pandemic of 2020 hit. Lesley has extensive experience of working with children and has been leader of out-of-school clubs, after-school provision, and children's work with the Church, as well as having children, grandchildren and great-grandchildren. Lesley is also a member of Llanwenog WI.



Charity No. : 1087515

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Arwyn Vobe Accountancy Ltd.
Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Contents

Reference and Administrative Details	1
Independent examiner's report	2
Statement of financial activities	3
Balance Sheet	4
Notes to the financial statements	5 to 9

The following page do not form part of the statutory financial statements:

Llanybydder Family Centre
Reference and Administrative Details

Charity name	Llanybydder Family Centre
Trustees	Sarah Davies Bev Pold Heather Jones Ann Smith Lesley White
Secretary	Ann Smith
Chair	Sarah Davies
Treasurer	Bev Pold
Accountant	Arwyn Vobe Accountancy Ltd. Maesowen Rhydowen Llandysul Ceredigion SA44 4PY

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

I report on the accounts of the Trust for the year ended 31 March 2022, which are set out on pages 3 to 9.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- 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:

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

.....
Arwyn Vobe Accountancy Ltd.

19 August 2022

Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Statement of Financial Activities for the Year Ended 31 March 2022

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	712	43,716	44,428	24,822
Total incoming resources		712	43,716	44,428	24,822
Resources expended					
Costs of generating funds					
Costs of generating voluntary income	4	(257)	42,752	42,495	26,523
Governance costs	4	570	-	570	570
Total resources expended		313	42,752	43,065	27,093
Net movements in funds		399	964	1,363	(2,271)
Reconciliation of funds					
Total funds brought forward		15,082	15,815	30,897	33,169
Total funds carried forward		15,481	16,779	32,260	30,898

All incoming resources and resources expended derive from continuing activities.

The charity has no recognised gains or losses for the year other than the results above.

The notes on pages 5 to 9 form an integral part of these financial statements.

Llanybydder Family Centre
Balance Sheet as at 31 March 2022

		2022		2021	
	Note	£	£	£	£
Fixed assets					
Tangible assets	7		1,476		1,737
Current assets					
Cash at bank and in hand		31,354		29,731	
Creditors: Amounts falling due within one year	8	<u>(570)</u>	<u>(570)</u>		
Net current assets			<u>30,784</u>		<u>29,161</u>
Net assets			<u><u>32,260</u></u>		<u><u>30,898</u></u>
<u>The funds of the charity:</u>					
Restricted funds			16,779		15,816
Unrestricted funds					
Revaluation reserve		(144)		(144)	
Unrestricted income funds		<u>15,625</u>	<u>15,226</u>		
Total unrestricted funds			<u>15,481</u>		<u>15,082</u>
Total charity funds			<u><u>32,260</u></u>		<u><u>30,898</u></u>

Approved by the Board on 19 August 2022 and signed on its behalf by:

.....

Sarah Davies
Trustee

The notes on pages 5 to 9 form an integral part of these financial statements.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

I Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain fixed assets, and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional 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, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Plant & Equipment	15% reducing balance basis
-------------------	----------------------------

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Voluntary income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
<u>Donations and legacies</u>				
Appeals and donations	682	-	682	-
Social lotteries	30	-	30	-
	<u>712</u>	<u>-</u>	<u>712</u>	<u>-</u>
<u>Grants</u>				
Trusts and foundations	-	43,716	43,716	24,822
	<u>712</u>	<u>43,716</u>	<u>44,428</u>	<u>24,822</u>

3 Grants receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Trusts and foundations	-	43,716	43,716	24,822
	<u>-</u>	<u>43,716</u>	<u>43,716</u>	<u>24,822</u>

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

4 Total resources expended

	Grants	Governance	Total
	£	£	£
Direct costs			
Publicity costs	1,964	-	1,964
Employment costs	32,053	-	32,053
Establishment costs	4,961	-	4,961
Repairs and maintenance	1,033	-	1,033
Printing, posting and stationery	292	-	292
Cleaning	155	-	155
Travel and subsistence	982	-	982
Advertising and promotion	574	-	574
Accountancy fees	144	570	714
Legal and professional costs	76	-	76
Depreciation of tangible fixed assets	261	-	261
	<u>42,495</u>	<u>570</u>	<u>43,065</u>

5 Net incoming/(outgoing) resources

Net incoming/(outgoing) resources is stated after charging:

	2022	2021
	£	£
Depreciation of owned assets	<u>261</u>	<u>306</u>

6 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2022	2021
	£	£
Wages and salaries	30,009	21,051
Other pension costs	<u>1,123</u>	<u>806</u>
	<u>31,132</u>	<u>21,857</u>

No employee received emoluments of more than £60,000 during the year (2021 - No. 0).

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

7 Tangible fixed assets

	Plant & Equipment £	Fixtures, fittings and equipment £	Total £
<u>Cost or Valuation</u>			
As at 1 April 2021 and 31 March 2022	2,620	1,986	4,606
<u>Depreciation</u>			
As at 1 April 2021	2,103	766	2,869
Charge for the year	78	183	261
As at 31 March 2022	2,181	949	3,130
<u>Net book value</u>			
As at 31 March 2022	439	1,037	1,476
As at 31 March 2021	517	1,220	1,737

8 Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	570	570

9 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,123 (2021 - £806).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

10 Analysis of funds

	At 1 April 2021	Incoming resources	Resources expended	At 31 March 2022
	£	£	£	£
General Funds				
General Reserves	15,082	712	(313)	15,481
Restricted Funds				
The Henry Smith Charity	-	-	-	-
Garfield Weston	1	-	(1)	-
Awards for All	-	-	-	-
Families first	(1)	2,000	(1,999)	-
Mudiad Meithrin	-	310	(310)	-
Llanybydder Community Council	373	-	(373)	-
BBC Children In Need	-	8,895	(8,895)	-
Dewi Davies	-	-	-	-
Foyle	-	-	-	-
William Hill Brown	3,374	-	(419)	2,955
Masonic	-	-	-	-
Pobl	-	-	-	-
Nineveh	356	-	(356)	-
Furlough Scheme	379	-	-	379
CFiW	1,974	-	(1,974)	-
Lottery	9,136	32,072	(28,048)	13,160
Oakdale	223	-	(223)	-
Nisa	-	439	(154)	285
	15,815	43,716	(42,752)	16,779
	30,897	44,428	(43,065)	32,260

Charity No. : 1087515

Llanybydder Family Centre

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Arwyn Vobe Accountancy Ltd.
Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Contents

Reference and Administrative Details	1
Independent examiner's report	2
Statement of financial activities	3
Balance Sheet	4
Notes to the financial statements	5 to 9

The following page do not form part of the statutory financial statements:

Llanybydder Family Centre
Reference and Administrative Details

Charity name	Llanybydder Family Centre
Trustees	Sarah Davies Bev Pold Heather Jones Ann Smith Lesley White
Secretary	Ann Smith
Chair	Sarah Davies
Treasurer	Bev Pold
Accountant	Arwyn Vobe Accountancy Ltd. Maesowen Rhydowen Llandysul Ceredigion SA44 4PY

Independent Examiner's Report to the Trustees of Llanybydder Family Centre

I report on the accounts of the Trust for the year ended 31 March 2022, which are set out on pages 3 to 9.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The 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.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- 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:

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

.....
Arwyn Vobe Accountancy Ltd.

19 August 2022

Maesowen
Rhydowen
Llandysul
Ceredigion
SA44 4PY

Llanybydder Family Centre

Statement of Financial Activities for the Year Ended 31 March 2022

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	712	43,716	44,428	24,822
Total incoming resources		712	43,716	44,428	24,822
Resources expended					
Costs of generating funds					
Costs of generating voluntary income	4	(257)	42,752	42,495	26,523
Governance costs	4	570	-	570	570
Total resources expended		313	42,752	43,065	27,093
Net movements in funds		399	964	1,363	(2,271)
Reconciliation of funds					
Total funds brought forward		15,082	15,815	30,897	33,169
Total funds carried forward		15,481	16,779	32,260	30,898

All incoming resources and resources expended derive from continuing activities.

The charity has no recognised gains or losses for the year other than the results above.

The notes on pages 5 to 9 form an integral part of these financial statements.

Llanybydder Family Centre
Balance Sheet as at 31 March 2022

		2022		2021	
	Note	£	£	£	£
Fixed assets					
Tangible assets	7		1,476		1,737
Current assets					
Cash at bank and in hand		31,354		29,731	
Creditors: Amounts falling due within one year	8	<u>(570)</u>	<u>(570)</u>		
Net current assets			<u>30,784</u>		<u>29,161</u>
Net assets			<u><u>32,260</u></u>		<u><u>30,898</u></u>
<u>The funds of the charity:</u>					
Restricted funds			16,779		15,816
Unrestricted funds					
Revaluation reserve		(144)		(144)	
Unrestricted income funds		<u>15,625</u>	<u>15,226</u>		
Total unrestricted funds			<u>15,481</u>		<u>15,082</u>
Total charity funds			<u><u>32,260</u></u>		<u><u>30,898</u></u>

Approved by the Board on 19 August 2022 and signed on its behalf by:

.....

Sarah Davies
Trustee

The notes on pages 5 to 9 form an integral part of these financial statements.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

I Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain fixed assets, and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Charities Act 2011.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional 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, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Plant & Equipment	15% reducing balance basis
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Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

Pensions

The charity operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

2 Voluntary income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
<u>Donations and legacies</u>				
Appeals and donations	682	-	682	-
Social lotteries	30	-	30	-
	<u>712</u>	<u>-</u>	<u>712</u>	<u>-</u>
<u>Grants</u>				
Trusts and foundations	-	43,716	43,716	24,822
	<u>712</u>	<u>43,716</u>	<u>44,428</u>	<u>24,822</u>

3 Grants receivable

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Trusts and foundations	-	43,716	43,716	24,822

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

4 Total resources expended

	Grants	Governance	Total
	£	£	£
Direct costs			
Publicity costs	1,964	-	1,964
Employment costs	32,053	-	32,053
Establishment costs	4,961	-	4,961
Repairs and maintenance	1,033	-	1,033
Printing, posting and stationery	292	-	292
Cleaning	155	-	155
Travel and subsistence	982	-	982
Advertising and promotion	574	-	574
Accountancy fees	144	570	714
Legal and professional costs	76	-	76
Depreciation of tangible fixed assets	261	-	261
	<u>42,495</u>	<u>570</u>	<u>43,065</u>

5 Net incoming/(outgoing) resources

Net incoming/(outgoing) resources is stated after charging:

	2022	2021
	£	£
Depreciation of owned assets	<u>261</u>	<u>306</u>

6 Employees' remuneration

The aggregate payroll costs of these persons were as follows:

	2022	2021
	£	£
Wages and salaries	30,009	21,051
Other pension costs	<u>1,123</u>	<u>806</u>
	<u>31,132</u>	<u>21,857</u>

No employee received emoluments of more than £60,000 during the year (2021 - No. 0).

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

7 Tangible fixed assets

	Plant & Equipment £	Fixtures, fittings and equipment £	Total £
<u>Cost or Valuation</u>			
As at 1 April 2021 and 31 March 2022	2,620	1,986	4,606
<u>Depreciation</u>			
As at 1 April 2021	2,103	766	2,869
Charge for the year	78	183	261
As at 31 March 2022	2,181	949	3,130
<u>Net book value</u>			
As at 31 March 2022	439	1,037	1,476
As at 31 March 2021	517	1,220	1,737

8 Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	570	570

9 Pension scheme

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the period represents contributions payable by the charity to the scheme and amounted to £1,123 (2021 - £806).

There were no outstanding or prepaid contributions at either the beginning or end of the financial year.

Llanybydder Family Centre

Notes to the Financial Statements for the Year Ended 31 March 2022

..... continued

10 Analysis of funds

	At 1 April 2021	Incoming resources	Resources expended	At 31 March 2022
	£	£	£	£
General Funds				
General Reserves	15,082	712	(313)	15,481
Restricted Funds				
The Henry Smith Charity	-	-	-	-
Garfield Weston	1	-	(1)	-
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