

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 Dwynwen, 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

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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		15,481	16,779	32,260	30,897
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.

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

Depreciation

Plant & Equipment	15% reducing balance basis
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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.

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
<u>Donations and legacies</u>				
Appeals and donations	1,844	-	1,844	682
Social lotteries	-	-	-	30
	<u>1,844</u>	<u>-</u>	<u>1,844</u>	<u>712</u>
<u>Grants</u>				
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>

	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
	16,779	55,425	(38,836)	33,368
	32,260	57,269	(39,362)	50,167

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

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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		15,481	16,779	32,260	30,897
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
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		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

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

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Plant & Equipment	15% reducing balance basis
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<u>Grants</u>				
Trusts and foundations	-	55,425	55,425	43,716
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Llanybydder Family Centre

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

..... continued

4 Total resources expended

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Net incoming resources is stated after charging:

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Llanybydder Family Centre

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

..... continued

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<u>Net book value</u>			
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Llanybydder Family Centre

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

..... continued

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Llanybydder Community Council	1	-	(1)	-
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Dewi Davies	-	-	-	-
Foyle	-	-	-	-
William Hill Brown	2,955	-	(251)	2,704
Masonic	1	-	(1)	-
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	32,260	57,269	(39,362)	50,167

