

# FOLLOW YOUR DREAMS LIMITED

England & Wales · Charity number 1106379

## Details

---

**Status** Registered

**Legal form** Charitable company

**Company number** [04673165](#)

**Registered** 2004-10-20

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

## Contact

---

**Address** The Clock House  
High Street  
Wroughton  
Bristol  
BS40 5QA

**Phone** 01934862877

**Email** [INFO@HAWKINSINSOLVENCY.CO.UK](mailto:INFO@HAWKINSINSOLVENCY.CO.UK)

## Activities

---

**Objects:** THE RELIEF OF PEOPLE WITH LEARNING DIFFICULTIES BY SUCH CHARITABLE MEANS AS THE TRUSTEES DETERMINE FROM TIME TO TIME IN PARTICULAR BUT NOT EXCLUSIVELY BY SPONSORING THEM TO ATTEND AND COMPETE IN SPORTING ACTIVITIES.

**Activities:** Follow Your Dreams is a national charity that inspires children and young adults with learning disabilities to follow their dreams, and be supported through life. Our vision is for children and young adults with learning disabilities to achieve their full potential and enhance their well-being throughout life.

## Classification

---

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, Disability, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies

## Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE NATIONALLY.
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30		-	-	-
2023-09-30	£167,270	£237,042	-	-
2022-09-30	£234,059	£238,526	-	-
2021-09-30	£334,915	£260,781	-	-
2020-09-30	£619,538	£590,087	£66,639	10
2019-03-31	£634,321	£614,381	£37,188	9

## Trustees

Name	Role	Appointed
Edward Hope		2020-11-01
Pamela Volausek		2019-12-02
Ryan Smith		2020-11-01

**FOLLOW YOUR DREAMS LIMITED**

England & Wales - Charity number 1106379

---

# Accounts

---

REGISTERED COMPANY NUMBER: 04673165 (England and Wales)  
REGISTERED CHARITY NUMBER: 1106379

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2023  
FOR  
FOLLOW YOUR DREAMS LIMITED

MHA  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
CF23 8RS

**FOLLOW YOUR DREAMS LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

	<b>Page</b>
<b>Chief Executive's Report</b>	1
<b>Report of the Trustees</b>	2 to 10
<b>Independent Examiner's Report</b>	11
<b>Statement of Financial Activities</b>	12
<b>Balance Sheet</b>	13
<b>Cash Flow Statement</b>	14
<b>Notes to the Cash Flow Statement</b>	15
<b>Notes to the Financial Statements</b>	16 to 25

Over the last twelve months, we have continued to put helping children and young people with learning disabilities and their families at the heart of everything we do. As a small charity it is important to us that we have reached out to as many families as we can, and our membership has increased. I am immensely proud of our team of staff and volunteers, each and every one committed to improving our service delivery. As we continue to face increased costs of operating with reduced support, our survival in itself is an achievement. But none of our work would be possible without the support of the people who donate or fundraise for us, and especially our volunteers who are so incredibly important to us. I would like to thank our staff, trustees, volunteers, supporters and partners for helping us continue this wonderful charity. As we look forward to the future, we know that there is a big job to do, but together we can and will make a difference.

A handwritten signature in cursive script that reads "Diane Blackmore". The signature is written in dark ink and has a long, sweeping underline that extends to the left.

Diane Blackmore  
Chief Executive

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### OBJECTIVES AND ACTIVITIES

Follow Your Dreams was set up "To help people with learning disabilities by such charitable means as the trustees determine from time to time in particular but not exclusively by sponsorship".

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set out as follows:

### COVID19 RESPONSE

Since the pandemic started, we rapidly changed our charitable activities, in line with our constitution, to:

- Provide regular zoom sessions for children with disabilities and siblings, with professional entertainers who are DBS checked and teaching qualified
- Provide regular zoom sessions for adults with disabilities delivered by staff and volunteers covering subjects such as crafts, karaoke, bingo and general social interaction
- Advice and support to parents, carers and guardians - 24/7 by telephone, messenger and online.
- Sent out activity packs including adult colouring, word search, quiz, arts and crafts

Our participants consist of children, young people and older adults with mainly learning disabilities, but some with physical disabilities. Also, siblings, young carers, carers, parents and guardians. Due to the unprecedented times, we also reached out to older people with learning disabilities to include them in our activities and received many referrals from local councils throughout England and Wales.

### CHARITABLE ACTIVITIES

#### LIFEWISE

LifeWise delivers a weekly workshop to young people 15+ with learning disabilities who are not in full time education or work. Sessions are focused on Arts & Crafts, Health & Wellbeing, Heritage, Knowledge & Life Skills and Performing Arts. Participants are encouraged to participate in the full programme of activities, regardless of interest, to engage in new and varied topics.

**47 weekly sessions** were delivered during this financial year covering the following subjects:



06/10/2022 World Animal Day - Makaton Animals and creating your own animal

13/10/2022 Poetry with Claire Potter

20/10/2022 Reptile Awareness Day. Crocodiles of the World virtual tour

27/10/2022 Lego, Halloween Presentation & Bingo

10/11/2022 National Origami Day and Cindy Howells from Wales Museum

17/11/2022 RNLI presentation & Makaton

24/11/2022 World Cup & Glass stone magnets

01/12/2022 Christmas activity - Christmas crackers

08/12/2022 Clay tags, Christmas singalong with trumpet

15/12/2022 Christmas card making and Quiz

05/01/2023 Introduction to Canva

12/01/2023 Tangram art, Wordsearch day & Winnie Day

19/01/2023 Take a walk outdoors day and Chinese - year of the rabbit

26/01/2023 LifeWise Day, Zebra engraving art and stargazing

02/02/2023 International Day of the Zebra - Edinburgh Zoo virtual tour

09/02/2023 Masking canvas painting & 6 nations Makaton signs

16/02/2023 Pancake Day with live demonstration

23/02/2023 World bookmark day

02/03/2023 National Pig Day – live visit to Curly's Farm

**CHARITABLE ACTIVITIES (CONTINUED)**

09/03/2023 National Dream Day & International Women's Day  
16/03/2023 World Down Syndrome Day (design WDSD socks)  
23/03/2023 Peacock Day  
30/03/2023 Scribble Day  
13/04/2023 Social session  
20/04/2023 Sightlife.Wales guest presentation  
27/04/2023 National Tell a Story Day with storyteller  
04/05/2023 The Coronation of the King  
11/05/2023 Bryn Pica recycling guest speaker & Eurovision  
18/05/2023 National Cactus Day  
25/05/2023 National Bath Bomb Day  
08/06/2023 National Black Bear Day with storytelling - We're going on a Bear Hunt  
15/06/2023 Drawing with guest host & veggie/fruit bingo  
22/06/2023 National take your dog to work day  
29/06/2023 Singing Hands - ABC book  
06/07/2023 Alice in Wonderland Day  
13/07/2023 Vegetable growing with Bonvilston Edge  
20/07/2023 Summer - exercise with guest and word art  
27/07 – 31/8/2023 LifeWise Summer Book Club  
07/09/2023 Interactive storytelling and music with Key Create Wales  
14/09/2023 National Piano Month  
21/09/2023 Dinosaur tour at Edinburgh Zoo  
28/09/2023 National Honey Month with guest speaker



**Feedback received:**

"Thank you for another great book club session, I think judging her face you've made her day by continuing this"

"Book Club is so much fun!!! It's a nice feeling of community to read the same book at the same time... Was looking at the screen occasionally, it was so nice to see how everyone was reading!!!"

"Loved today's session again today, didn't want it to end 😊 She is battling with herself she wants to read more but loves the read along each week for the surprise of what is going to happen next.

This really was a fantastic idea of a book club through summer, thank you it's perfect ❤️❤️xxx"

"She has just got into her pjs to carry on reading the book, hearing her giggling away is amazing as she's always struggled with comprehension, but she's clearly understanding every word 💜 and it's even more lovely to see she hasn't got a device in her hands 😊"

"Thank you so much for another fab session. Leyla enjoyed making her piggy. She's called it Pig Ferris and it's going to sleep in bed with her every night. X"

"Thanks everyone, great informative session today, blended in great with our home Ed as we're doing animal habitats and haven't started deserts yet!!!"

"I love doing this and it made me smile!"

"Great session today, thanks and well done to everyone... I loved the quiz, you never stop learning!!!"

**CHARITABLE ACTIVITIES (CONTINUED)**

Thank you for such a lovely session. So informative & useful (definitely learnt a few things from it).

Thanks for the lovely session and for welcoming me since I first joined!!! I don't take it for granted!!!

Loved today's session and the facts and video about the Peacock were very informative.

"Lovely session Amy just loves watching and listening to everyone "

"Thank you for another great session. Leyla had great fun doing the flag quiz and making her flag"

"I really enjoyed today's session. The video call with Jessica in Edinburgh Zoo with the 2 pandas was the best, fantastic questions from everyone and then Break out Rooms to sketch our own Panda. Perfect afternoon."

"Thank you. For today's session. So lovely especially the signing. So lovely to see the youngsters using it. Thank you"

"Loved it!!!! Sunflowers always my favourite especially Van Gogh and sunflowers yayyyyy"

"We absolutely loved today's session and I will be watching the penguins intently"

"massive thank you for everything you do each week she learns so much from these sessions ( the home education lady was super impressed at what she does and learns on here) xxx"

"We have made flatbread this morning. Super easy! Will be turning them into pizza for dinner."

"Loved doing this silhouette it's my first time doing this I want to do more so I can get better at them"

"Emily really enjoyed this today thanks so much, no help off me, done it herself her words xx"

"Niamh had my help but loved the session and sticking all the paper on. She was really surprised how it looked once I cut the giraffe out for her."

"This is my Macintosh Rose finally finished, I'm quite proud of it because i hand drew it all by myself"



REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

We measure demonstrable improvement in the following: - Attitude, Belief in their own ability, Social Interaction, Life Skills, Knowledge and Practical Skills. We evaluate every session and track individual progress and development through observations, social interaction questionnaires and interview. Success is measured on the progress of service users using value-added principles.

Since September 2020 our LifeWise project is now run fully online and has attracted new members from across England and Wales, sessions now average around 20 participants with a team of 4 regular session volunteers. We are extremely grateful to all the businesses, organisations and individuals who have supported this project coming on our sessions or by sponsorship, and also to our incredible volunteers, without whom this project would be impossible to deliver.

**ME TIME**

We commenced our Me Time sessions in November 2021. Sessions are for Parents/Unpaid Carers to gift themselves 60 minutes for their health and wellbeing with a group of like-minded people. Beginning with a relaxation session provided by Pilates Studio Innerpeace Fitness and followed by a different art/craft each week. Sessions and all equipment and materials were supplied free of charge thanks to grant funding.

6th October	Notebook
13th October	Heart Box
20th October	Needlefelt
3rd November	Rock Art
10th November	Raffia
17th November	Etching
22nd November	Calligraphy
29th November	Angel
6th December	Poetry
13th December	Christmas Fox
10th January	Glass Stone
17th January	Rainbow
24th January	Clay
31st January	Clay
7th February	Mandala Stone
14th February	Sudoku
21st February	Finishing off
28th February	Candles
7th March	Colouring
14th March	Coffee Painting
21st March	Macrame
18th April	Finishing off
25th April	Book Art
9th May	Coffee & Chat
16th May	Book Covering
23rd May	Warli
8th June	Finishing off
15th June	Houses
22nd June	Dandelions
6th July	I can't imagine life without
13th July	Mackintosh Rose
20th July	Silhouettes
7th September	Watercolour – Hedgehog
14th September	Watercolour – Thrush
21st September	Watercolour – Duck
28th September	Watercolour – Flowers



**Feedback:**

"Thank you for always being there for us. ❤️ I enjoyed the session. It was really good to relax and have fun painting. Self-care is critical and this is what the sessions bring to me. Time to unwind & enjoy with a cuppa xx"

"Another lovely session thank you. Its only by allowing this hour out for myself that I am realising how much I need it. Thank you. Xxx"

"Thank you, really needed that hour for myself this afternoon."

During the year we have held a number of dedicated weeks on Zoom during school holidays full with activities such as arts, crafts, Makaton, music, storytelling, quizzes and bingo. This would be up to 20 sessions each week. In November 2022 Amanda Glennon, Inclusive Teaching Matters kindly provided a 'Using Makaton with Singing' Course to our members. We exhibited at the Carers Rights Day to raise awareness of our charity activities. In December 2022 we funded 22 young people to meet superstar singer and TV Personality Ollly Murs. We won an Award in the Understanding Disability Awards 2022 for our Community Work. We received gifts from the St Davids Toy Appeal. We held monthly sessions with Singing Hands on Zoom, and received Makaton Refresher Training for staff, volunteers and members from Andy Mc Makaton Tutor.

We participated in the BCBC Fun Day in August. We funded 31 smart hula hoops to encourage our families to get active and continue to hold daily move zooms. During the year we distributed sim cards through National Databank to 90 families experiencing hardship, this gave them much needed data and calls to enable them to join our sessions. 15 Families went to Legoland. In November 2022 we held a bus trip to the Hammond Theatre to see the Singing Hands Christmas Show for 52 people. We had 126 parents/carers and their children attend the Fairytale Ball with afternoon tea.

In February 2023 we had a very successful Click RCT project for 21 participants with an exhibition at Giles Gallery to celebrate and show the photographs taken. And in June received tickets from our members for Glastonbarry Juniors. We were devastated to very sudden loss of one of our key volunteers Andy Mc which really impacted on our team and our families. We pledge to continue his legacy with our Makaton learning.

**ACHIEVEMENTS AND PERFORMANCE**

We work with children and young people with learning disabilities helping to realise their full potential and making their Dreams and aspiration become a reality. Our work not only impacts on individual directly but can impact on the family by providing an opportunity for their child that they may not be able to afford or organise themselves and often taking them out of their comfort zone. We also where funds permit endeavour to involve the siblings who are often carers, and parent/carer support. To summarise the main achievements of our Charity during this financial period to September 2023:

- We delivered over **300 online sessions**.
- We supported **4 community groups**, and support **4 affiliated groups** and **2 Registered Charities** providing much needed weekly support for **over 500 families**
- We delivered **47 sessions for our LifeWise Project** during the period which focuses on health, wellbeing and independence for young people with disabilities aged 18+.
- We delivered **36 sessions for our Me Time Project** during the period which focuses on health and wellbeing for Parents/Unpaid Carers of children and young people 18+ with learning disabilities
- Administered **15 Legoland Tickets** thanks to our friends at Merlins Wan
- Staff and key volunteers continue to develop their knowledge of Makaton and are proud of our silver award.

## FUTURE PLANS

### Commitment for 2023/2024

- Ensure financial and operational stability.
- To continue being a lifeline to our families during the Covid19 Pandemic and whatever may lay ahead.
- Inspire the ambitions of children and young people with learning disabilities
- Encourage, empower and motivate a change in attitude, inspiring optimism to make dreams a reality, providing hope, aspiration and opportunities.
- Support young adults with learning disabilities who are seeking employment or volunteering opportunities.
- To ensure that our services are consistent with the Mission, Vision and Values of the Charity. Charity values are consistently applied to all we do and how we do it. To challenge poor performance and attitude and to support improvement at all levels.
- To ensure representation of people with disabilities within the charity; - workshops, staff, volunteers and Board level.
- To work effectively with relevant partners both locally and regionally.
- To diversify our funding streams. To develop current and additional trading initiatives. To raise funds and finance the charity.
- To ensure staff and volunteers have the skills, capacity, training, facilities, tools and support.
- To ensure continued development of the Trustee Board and its capacity to oversee and direct an ambitious growing charity.
- To ensure compliance in all aspects of Governance.

To increase volunteer support and involvement at all levels, including both maintenance and client liaison

### Public benefit

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set out in this report.

## FINANCIAL REVIEW

The results for the year can be found in the following Statement of Financial Activities, Balance Sheet and related notes.

### Reserves policy

It is the policy to maintain the free reserves of Follow Your Dreams at a level approximating three months of forthcoming unavoidable operational expenditure. This would equate to approximately £40,000. There were unrestricted reserves of £21,540 (2022: £128,306) as at the year end, however of this £3,180 (2022: £5,279) are represented by tangible fixed assets leaving free reserves of £18,360 (2022: 123,037), less than the three months policy.

It is not considered appropriate to build up reserves beyond this level, since the aim of Follow Your Dreams is to develop services for the benefit of users, rather than seek excessive financial security. Three months of operating expenditure is considered prudent (given the need to cover fluctuations in income) whilst taking into account the need to expend funds for the good of Follow Your Dreams beneficiaries.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Governing document

Follow Your Dreams governance structure is supported by its constitution document, the Memorandum and Articles of Association. The organisation is a registered charity and a company limited by guarantee.

### Mission statement

Follow Your Dreams are a national charity that supports children and young people with learning disabilities. Follow Your Dreams will inspire the ambitions of children and young people with learning disabilities by delivering enjoyable methods of learning and play. We focus on their abilities and identify opportunities, growing and developing skills through the delivery of creative and interactive events, dreams and workshops through collaborative partnerships.

### Recruitment, appointment and induction of new trustees

The directors of the company are also charity trustees for the purposes of charity law. When selecting trustees, the charity aims to ensure there is a broad range of relevant skills. Candidates are asked to declare at this stage any potential conflicts of interest. Trustees are appointed after interviews with existing trustees and formal visits to the organisation, to ensure that they understand our vision and values. Trustees are subject to Disclosure and Barring Service checks where applicable.

### STRUCTURE, GOVERNANCE AND MANAGEMENT

Follow Your Dreams actively endorses training at all levels of the charity. New trustees participate in an induction process to include spending time with staff and volunteers, relevant information regarding health and safety and personal safety, charity official documentation, minutes of recent Trustee meetings, Strategic and Operational Plan and role-related knowledge where applicable. New trustees are also given copies of relevant Charity Commission literature, and an Anti-Money Laundering Form is completed along with other adapted Charity Commission forms. Trustees are encouraged to undertake development training where appropriate.

The trustees met monthly during the year to make strategic and policy decisions. Trustee meetings were held on zoom throughout the Pandemic. Unfortunately, two of our trustees needed to resign at short notice due to the impact of Covid19 on their incomes. We appreciate their support, and our focus as the Pandemic reaches closure will be to increase our board of trustees, while we endeavour to recruit during this time. All trustees give of their time freely and no trustee remuneration was paid in the year.

#### Organisational structure

The charity is administered by a Board of Trustees who meet regularly to oversee all activities of the charity and to ensure it adheres to a clear direction for the charity. Day to day management is delegated to a Chief Executive Officer and Management Team.

#### Membership and affiliation

- Fundraising Regulator
- British Institute of Learning Disabilities (BILD)
- Interlink
- Glamorgan Voluntary Services (GVS)
- Bridgend Association of Voluntary Organisations (BAVO)
- Wales Council for Voluntary Action (WCVA)
- Torfaen Voluntary Alliance (TVA)
- Cardiff Third Sector Council (C3SC)
- Carmarthenshire Association of Voluntary Services (CAVS)
- Swansea Council for Voluntary Service (SCVS)
- Powys Association of Voluntary Organisations (PAVO)
- Sported Foundation
- Makaton Charity (Makaton Friendly Silver Status)
- Pontyclun Business Community

#### Fundraising

Follow Your Dreams complies with all relevant statutory regulations, including the Charities Act 2011, General Data Protection Regulation. We always seek to act in ways which are legal, open, honest and respectful, striving for best practice in fundraising by complying with a range of codes of practice, including being registered with the Fundraising Regulator, and adhering to its Code of Fundraising Practice and Fundraising Promise. We are careful to monitor our fundraising activities and provide supporters with help and information via our social media, email, phone or post. We have a complaints procedure and record and respond to all complaints; no complaints were received in connection with fundraising activities.

#### Financial review

Financial sustainability is the major financial risk for the charity, we have continuously worked towards our objective of settling debts as they fall due, and active management of our cash flow. We have also ensured:

- Public and Employers Liability Insurance maintained
- Accreditation for food hygiene and premises
- Strong Application Process for dream support
- Monthly Trustee meetings including formal agendas and review of accounts

#### Volunteers

Our volunteers are at the heart of all our work, they make a huge difference they make an enormous difference and are committed to the passion to help children and young people with learning disabilities. They supplement the work our employees do and also take the lead on service delivery in our community groups. We recognise that placing a monetary value on the contribution which our volunteers deliver, over 30,000 hours over the past 12 months, presents significant difficulties due to the wide range of roles performed, and the lack of a reliable market comparator price for volunteers. Accordingly, we do not include any contribution from such sources in our declared income.

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
04673165 (England and Wales)

**Registered Charity number**  
1106379

**Registered office**  
8A Cambrian Industrial Estate, East Side  
Coedcae Lane  
Pontyclun  
Rhondda Cynon Taff  
CF72 9EW

**Trustees**  
Pamela Volausek  
Ryan Smith  
John Hope

**Company Secretary**  
John Hope

**Independent Examiner**  
MHA (trading name of MacIntyre Hudson LLP)  
Limited liability partnership in England & Wales  
Registered number OC312313  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
CF23 8RS

**Bankers**  
Lloyds Bank plc (Victoria Park)  
Cowbridge Road  
Canton  
CARDIFF  
CF11 9TB

**Staff**

<b>Full time</b>	Diane Blackmore	Chief Executive	
<b>Part time</b>	Vicky George Tia Lewis	Project Manager - Operations & Membership Finance Assistant	- appointed Aug 2024

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 23rd October 2024 and signed on its behalf by:



.....  
P Volausk - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOLLOW YOUR DREAMS LIMITED**

---

**Independent examiner's report to the trustees of Follow Your Dreams Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2023.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Julia Mortimer  
MHA (trading name of MacIntyre Hudson LLP)  
Limited liability partnership in England & Wales  
Registered number OC312313  
County of Cardiff  
CF23 8RS

Date: 23 October 2023

FOLLOW YOUR DREAMS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	91,425	-	91,425	131,673
<b>Charitable activities</b>					
Working with young people with learning disabilities	6	-	64,887	64,887	78,826
Other trading activities	4	10,743	-	10,743	23,551
Investment income	5	215	-	215	9
<b>Total</b>		<u>102,383</u>	<u>64,887</u>	<u>167,270</u>	<u>234,059</u>
<b>EXPENDITURE ON</b>					
<b>Raising funds</b>					
Raising donations and legacies	7	3,538	-	3,538	10,312
Other trading activities	8	439	-	439	70
		3,977	-	3,977	10,382
<b>Charitable activities</b>					
Working with young people with learning disabilities	9	<u>205,172</u>	<u>27,893</u>	<u>233,065</u>	<u>228,144</u>
<b>Total</b>		<u>209,149</u>	<u>27,893</u>	<u>237,042</u>	<u>238,526</u>
<b>NET INCOME/(EXPENDITURE)</b>		(106,766)	36,994	(69,772)	(4,467)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		128,306	8,000	136,306	140,773
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>21,540</u>	<u>44,994</u>	<u>66,534</u>	<u>136,306</u>

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**BALANCE SHEET  
30 SEPTEMBER 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	16	3,180	-	3,180	5,279
<b>CURRENT ASSETS</b>					
Debtors	17	630	-	630	4,081
Cash at bank		<u>28,599</u>	<u>44,994</u>	<u>73,593</u>	<u>133,793</u>
		29,229	44,994	74,223	137,874
<b>CREDITORS</b>					
Amounts falling due within one year	18	(10,869)	-	(10,869)	(6,847)
<b>NET CURRENT ASSETS</b>		<u>18,360</u>	<u>44,994</u>	<u>63,354</u>	<u>131,027</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>21,540</u>	<u>44,994</u>	<u>66,534</u>	<u>136,306</u>
<b>NET ASSETS</b>		<u>21,540</u>	<u>44,994</u>	<u>66,534</u>	<u>136,306</u>
<b>FUNDS</b>	20				
Unrestricted funds				21,540	128,306
Restricted funds				<u>44,994</u>	<u>8,000</u>
<b>TOTAL FUNDS</b>				<u>66,534</u>	<u>136,306</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2023.

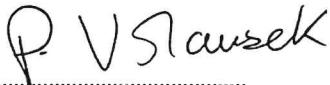
The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 22 October 2023 and were signed on its behalf by:

  
.....  
P Volausek - Trustee

The notes form part of these financial statements

FOLLOW YOUR DREAMS LIMITED

CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

---

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>(60,415)</u>	<u>(5,847)</u>
Net cash used in operating activities		<u>(60,415)</u>	<u>(5,847)</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>215</u>	<u>9</u>
Net cash provided by investing activities		<u>215</u>	<u>9</u>
<b>Change in cash and cash equivalents in the reporting period</b>		(60,200)	(5,838)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>133,793</u>	<u>139,631</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>73,593</u></u>	<u><u>133,793</u></u>

The notes form part of these financial statements

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
<b>Net expenditure for the reporting period (as per the Statement of Financial Activities)</b>	(69,772)	(4,467)
<b>Adjustments for:</b>		
Depreciation charges	2,099	2,275
Interest received	(215)	(9)
Decrease in debtors	3,451	2,561
Increase/(decrease) in creditors	<u>4,022</u>	<u>(6,207)</u>
<b>Net cash used in operations</b>	<u>(60,415)</u>	<u>(5,847)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/10/22 £	Cash flow £	At 30/9/23 £
<b>Net cash</b>			
Cash at bank	<u>133,793</u>	<u>(60,200)</u>	<u>73,593</u>
	<u>133,793</u>	<u>(60,200)</u>	<u>73,593</u>
<b>Total</b>	<u>133,793</u>	<u>(60,200)</u>	<u>73,593</u>

**1. STATUTORY INFORMATION**

Follow Your Dreams is a company limited by guarantee incorporated in Wales within the United Kingdom. Each member is liable for a maximum of £10 in the event of the company being wound up. The registered office is 8A Cambrian Industrial Estate, East Side, Coedcae Lane, Pontyclun, Rhondda Cynon Taff, CF72 9EW.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activities of the charity is to help people with learning disabilities by such charitable means as the trustee determine from time to time in particular but not exclusively by sponsorship.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 S1A Update Bulletin 1) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Going concern**

The trustees are satisfied that it is appropriate for the charity's financial statements to be prepared on a going concern basis. The trustees have concluded that no adjustments are required to the financial statements at this time.

**Income**

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

This includes capital grants.

**Donations and legacies income**

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

**Other trading activities income**

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Investment income**

Investment income is recognised on a receivable basis.

**Donated goods**

Income received from donated goods sold in its shop is recognised on the sale of the goods.

Other donated goods received by charity which has been used for fundraising activities or charitable activities have been valued at fair value on the date that the goods or services were received.

2. ACCOUNTING POLICIES - continued

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds include direct costs applicable to the activity, advertising, marketing and direct materials as well as a proportion of salaries based on an approximation of time spent in this area.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity as well as a proportion of salaries based on an approximation of time spent in this area.

**Termination payments**

The charitable company recognises termination benefits as a liability and an expense only when the entity is demonstrably committed either to terminate the employment of an employee or group of employees before the normal retirement date or to provide termination benefits as a result of an offer made in order to encourage voluntary redundancy.

**Allocation and apportionment of costs**

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

**Tangible fixed assets**

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings and equipment - 20% - 50% on cost.

Only assets costing over £300 are capitalised.

**Financial Instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Debtors**

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. ACCOUNTING POLICIES - continued

**Debtors**

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Any other proposed transfer between funds would be considered on the particular circumstances.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Bucket collections	7,109	33,847
Donations	73,989	82,783
Gift aid	184	3,758
Grants	2,650	7,864
Membership scheme	<u>7,493</u>	<u>3,421</u>
	<u>91,425</u>	<u>131,673</u>

The charity is grateful to its many donors which provided a wide range of goods and services valued at £61,809 (2022: £69,355) which contribute significantly to helping support people with learning disabilities explore and develop their potential through a wide range of activities.

The charity benefits from the involvement and enthusiastic support of its many volunteers, details of which are given in the annual report. In accordance with accounting standards, the economic contribution of general volunteers is not recognised in the accounts.

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Community Foundation Wales	-	5,000
Department for Work and Pensions	-	2,864
Charities Trust	1,000	-
Making a Difference Locally	450	-
Y Pant School	1,000	-
Other grants	<u>200</u>	<u>-</u>
	<u>2,650</u>	<u>7,864</u>

<b>4. OTHER TRADING ACTIVITIES</b>		2023	2022
		£	£
Fundraising events		10,737	21,889
Shop sales		<u>6</u>	<u>1,662</u>
		<u>10,743</u>	<u>23,551</u>
<b>5. INVESTMENT INCOME</b>		2023	2022
		£	£
Deposit account interest		<u>215</u>	<u>9</u>
<b>6. INCOME FROM CHARITABLE ACTIVITIES</b>		2023	2022
	Activity	£	£
Grants	Working with young people with learning disabilities	<u>64,887</u>	<u>78,826</u>
Grants received, included in the above, are as follows:			
		2023	2022
		£	£
Rhondda Cynon Taff Country Borough Council		8,847	2,000
Interlink Rhondda Cynon Taff		-	260
Tesco Bags of Help Community Grants		-	4,000
Bridgend Association of Voluntary Organisations		-	17,165
Sported Foundation		-	500
WCVA - Third Sector Resilience Fund for Wales		-	43,538
First Give - Tonyrefail Community School		-	1,000
Gwent Association of Voluntary Organisations		-	9,063
Rank Foundation		-	1,300
Carers Trust		46,194	-
Bridgend Association of Voluntary Organisations		<u>9,846</u>	<u>-</u>
		<u>64,887</u>	<u>78,826</u>
<b>7. RAISING DONATIONS AND LEGACIES</b>		2023	2022
		£	£
Fundraisers' commission & expenses		3,138	9,100
Website fees		216	486
Fundraising event costs		<u>184</u>	<u>726</u>
		<u>3,538</u>	<u>10,312</u>
<b>8. OTHER TRADING ACTIVITIES</b>		2023	2022
		£	£
Volunteer expenses		<u>439</u>	<u>70</u>

9. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 10) £	Support costs (see note 11) £	Totals £
Working with young people with learning disabilities	<u>216,548</u>	<u>16,517</u>	<u>233,065</u>

10. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023 £	2022 £
Staff costs	62,688	56,961
Hire of plant and machinery	687	-
Roadshow and PR	177	-
Motor and travel	133	82
Rent, rates & office services	5,036	3,893
Insurance	599	419
Telephone and internet	546	628
Postage, stationery & advertising	1,681	2,457
Staff welfare	637	657
Fixtures & fittings depreciation	1,822	1,661
Life wise costs	1,194	1,198
Donated goods and services	61,810	69,355
COVID-19 Expenditure	25,402	49,575
Bluestone Expenses	53,316	536
Workshop costs	-	180
Charitable Expenses	<u>820</u>	<u>-</u>
	<u>216,548</u>	<u>187,602</u>

11. SUPPORT COSTS

	Staff costs £	Depreciation £	Other £	Governance costs £	Totals £
Working with young people with learning disabilities	<u>4,727</u>	<u>139</u>	<u>2,371</u>	<u>9,280</u>	<u>16,517</u>

12. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023 £	2022 £
Depreciation - owned assets	2,099	2,275
Operating leases	739	1,490
Independent examination fees	<u>3,600</u>	<u>2,893</u>

13. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2023 (2022 - £nil).

**Trustees' expenses**

No trustee expenses were reimbursed or paid on behalf of the trustees for the year ended 30 September 2023 (2022 - £nil).

**14. STAFF COSTS**

	2023 £	2022 £
Wages and salaries	67,249	77,396
Social security costs	2,892	(2,143)
Other pension costs	<u>2,001</u>	<u>2,569</u>
	<u>72,142</u>	<u>77,822</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Number of employees	<u>2</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

**15. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	131,673	-	131,673
<b>Charitable activities</b>			
Working with young people with learning disabilities	2,000	76,826	78,826
Other trading activities	23,551	-	23,551
Investment income	<u>9</u>	<u>-</u>	<u>9</u>
<b>Total</b>	<u>157,233</u>	<u>76,826</u>	<u>234,059</u>
<b>EXPENDITURE ON</b>			
<b>Raising funds</b>			
Raising donations and legacies	10,312	-	10,312
Other trading activities	<u>70</u>	<u>-</u>	<u>70</u>
	10,382	-	10,382
<b>Charitable activities</b>			
Working with young people with learning disabilities	<u>121,284</u>	<u>106,860</u>	<u>228,144</u>
<b>Total</b>	<u>131,666</u>	<u>106,860</u>	<u>238,526</u>
<b>NET INCOME/(EXPENDITURE)</b>	25,567	(30,034)	(4,467)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>102,739</u>	<u>38,034</u>	<u>140,773</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>128,306</u>	<u>8,000</u>	<u>136,306</u>

**16. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 October 2022 and 30 September 2023	<u>20,276</u>
<b>DEPRECIATION</b>	
At 1 October 2022	14,997
Charge for year	<u>2,099</u>
At 30 September 2023	<u>17,096</u>
<b>NET BOOK VALUE</b>	
At 30 September 2023	<u>3,180</u>
At 30 September 2022	<u>5,279</u>

**17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Other debtors	335	832
Prepayments and accrued income	<u>295</u>	<u>3,249</u>
	<u>630</u>	<u>4,081</u>

**18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade creditors	17	436
Social security and other taxes	1,274	1,058
Other creditors	344	406
Accruals and deferred income	<u>9,234</u>	<u>4,947</u>
	<u>10,869</u>	<u>6,847</u>

Included in accruals and deferred income above is £2,634 (2022: £1,947) of deferred membership income received in advance of service delivery. All amounts deferred in the year ended 30 September 2022 were released to the Statement of Financial Activities during the year ended 30 September 2023.

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023 £	2022 £
Within one year	<u>-</u>	<u>792</u>

20. MOVEMENT IN FUNDS

	At 1/10/22 £	Net movement in funds £	At 30/9/23 £
<b>Unrestricted funds</b>			
General fund	128,306	(106,766)	21,540
<b>Restricted funds</b>			
COVID-19 Pandemic Fund	8,000	(4,200)	3,800
Play Stay and Sign Fund	<u>-</u>	<u>41,194</u>	<u>41,194</u>
	<u>8,000</u>	<u>36,994</u>	<u>44,994</u>
<b>TOTAL FUNDS</b>	<u>136,306</u>	<u>(69,772)</u>	<u>66,534</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	102,383	(209,149)	(106,766)
<b>Restricted funds</b>			
COVID-19 Pandemic Fund	-	(4,200)	(4,200)
Play Stay and Sign Fund	41,194	-	41,194
Carers Respite Fund	14,846	(14,846)	-
Shared Prosperity Fund	<u>8,847</u>	<u>(8,847)</u>	<u>-</u>
	<u>64,887</u>	<u>(27,893)</u>	<u>36,994</u>
<b>TOTAL FUNDS</b>	<u>167,270</u>	<u>(237,042)</u>	<u>(69,772)</u>

## 20. MOVEMENT IN FUNDS - continued

## Comparatives for movement in funds

	At 1/10/21 £	Net movement in funds £	At 30/9/22 £
<b>Unrestricted funds</b>			
General fund	102,739	25,567	128,306
<b>Restricted funds</b>			
IT Fund	3,000	(3,000)	-
COVID-19 Pandemic Fund	27,934	(19,934)	8,000
Wellbeing Together	5,000	(5,000)	-
Lifewise Gwent Fund	2,100	(2,100)	-
	<u>38,034</u>	<u>(30,034)</u>	<u>8,000</u>
<b>TOTAL FUNDS</b>	<u>140,773</u>	<u>(4,467)</u>	<u>136,306</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	157,233	(131,666)	25,567
<b>Restricted funds</b>			
IT Fund	-	(3,000)	(3,000)
COVID-19 Pandemic Fund	70,526	(90,460)	(19,934)
Wellbeing Together	-	(5,000)	(5,000)
Lifewise Gwent Fund	-	(2,100)	(2,100)
Play Stay and Sign Fund	5,300	(5,300)	-
First Give - Tonyrefail Community Fund	1,000	(1,000)	-
	<u>76,826</u>	<u>(106,860)</u>	<u>(30,034)</u>
<b>TOTAL FUNDS</b>	<u>234,059</u>	<u>(238,526)</u>	<u>(4,467)</u>

**COVID-19 Pandemic Fund**

Supporting children, young people and older adults with disabilities, their siblings, young carers, carers, parents and guardians during the Covid-19 Pandemic. Including regular zoom sessions, posting activity packs and providing 24/7 advice and support. Funding was provided by the following organisations:

National Lottery - Awards for All

The National Lottery Community Fund - Coronavirus Community Support Fund

Postcode Neighbourhood Trust

WCVA - VSRF Small grant

Community Foundation Wales

Neath Port Talbot CVS

Interlink Rhondda Cynon Taff

Torfaen Voluntary Alliance

Sported

Glamorgan Voluntary Services

Tesco Bags of help Community Grants

The Moondance Foundation

Track 2000

Bridgend Association of Voluntary Organisations

Voluntary Action Merthyr Tydfil

**20. MOVEMENT IN FUNDS - continued**

**Stay Play and Sign Fund**

The Sign and Play Fund was originally set up with funding from Tesco Bags of Help Community Grants. The project was created to provide a break for families in need of respite, by providing a trip to Bluestone resort. The funds were used to cover venue hire and staffing costs. Additional funding for this project was provided by Tesco and Rank Foundation during the previous year, and Carers Trust in 2023.

**Carers Respite Fund**

Fund established to provide respite to carers. £9,846 received from Bridgend Association of Voluntary Organisations towards Me Time Carers Project. Additional £5,000 received from Carers Trust to provide Zoom sessions focused on carers respite.

**Shared Prosperity Fund**

Funding from Rhondda Cynon Taf of £8,847 towards Click RCT Project delivered in March and April 2023.

**Prior year restricted funds**

**Wellbeing Together**

Voluntary Action Merthyr Tydfil provided funding to support Wellbeing Wednesdays, a project which focuses on delivering a series of meet ups based on arts and craft activities via Zoom.

**Lifewise Gwent Fund**

Community Foundation Wales provided funding towards Lifewise Gwent, which delivers a weekly workshop to young people 18+ with learning disabilities in the Gwent area.

**IT Fund**

The charity set up a fund to try and replace their IT equipment. The fund was supported in the 18/19 financial year by the Ford Britain Trust and the Millennium Stadium Charitable Trust. Additional funding was received from Glamorgan Voluntary Alliance during the current financial year to support the fund

**First Give - Tonyrefail Community School**

Funding was received via First Give, who in association with students at Tonyrefail Community School provided a one off grant towards core charitable activities. A requirement of the funding was that the grant be used to assist the school and students in the Tonyrefail area where possible.

**21. RELATED PARTY DISCLOSURES**

The total key management personnel remuneration benefits paid during the period was £50,017 (2022: £52,033).

No fundraising income was received from trustees during the financial year.

Donation income of £nil was received from trustees during the 22/23 financial year (2022: £nil).

**22. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions paid by the charity to the fund and amounted to £2,001 (2022: £2,569). Outstanding contributions due at the year end amounted to £350 (2022: £404).

**FOLLOW YOUR DREAMS LIMITED**

England & Wales - Charity number 1106379

---

# Accounts

---

REGISTERED COMPANY NUMBER: 04673165 (England and Wales)  
REGISTERED CHARITY NUMBER: 1106379

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2022  
FOR  
FOLLOW YOUR DREAMS LIMITED

MHA  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
CF23 8RS

**FOLLOW YOUR DREAMS LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

	<b>Page</b>
<b>Chief Executives Report</b>	1
<b>Report of the Trustees</b>	2 to 11
<b>Independent Examiner's Report</b>	12
<b>Statement of Financial Activities</b>	13
<b>Balance Sheet</b>	14
<b>Cash Flow Statement</b>	15
<b>Notes to the Cash Flow Statement</b>	16
<b>Notes to the Financial Statements</b>	17 to 27

---

**FOLLOW YOUR DREAMS LIMITED**

**CHIEF EXECUTIVES REPORT  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

Over the last twelve months, we have worked extremely hard to support our members, focusing on activities. We have reduced our overheads to a bare minimum and working from home. The Covid Pandemic changed the way we live and work for good and has taught us more streamlined ways to operate. But it also brought several ongoing issues particularly around staff and even volunteer recruitment – finding the right people has been a challenge, there is without question a skill shortage. But we are working with organisations to attract and retain the right people. We lost a significant amount of data with an IT problem; lessons have been learnt and systems introduced to ensure there can be no repeat of this in the future. We also very recently lost a member of our team who was integral to our charity operations and had a huge effect on our team and our families. We are a very small charity, we responded well to these challenges, but they have inevitably led to some administration delays, and in particular late filing.

I must emphasise that the work our truly amazing volunteers dedicate to us is phenomenal, and we could not do our work without them, we are the charity we are today because of them! We continue to reach out to families across Wales and England, not mattering where they are in the country as we use technology to engage. Nothing has been impossible in our service delivery, and children are excelling because of our work. And quite frankly nothing makes me prouder. We have also been able to help parents/Unpaid Carers with projects, which has been extremely rewarding. We are working well with partner organisations and more importantly recognising what we do best and aligning our projects to deliver services most needed. I would like to thank our staff, volunteers, supporters and partners for helping us build this wonderful charity.

Diane Blackmore  
Chief Executive

## **FOLLOW YOUR DREAMS LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

Follow Your Dreams was set up "To help people with learning disabilities by such charitable means as the trustees determine from time to time in particular but not exclusively by sponsorship".

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set out as follows:

#### **COVID19 RESPONSE**

Since the pandemic started, we rapidly changed our charitable activities, in line with our constitution, to:

- Provide regular zoom sessions for children with disabilities and siblings, with professional entertainers who are DBS checked and teaching qualified.
- Provide regular zoom sessions for adults with disabilities delivered by staff and volunteers covering subjects such as crafts, karaoke, bingo and general social interaction.
- Advice and support to parents, carers and guardians - 24/7 by telephone, messenger and online.
- Sent out activity packs including adult colouring, word search, quiz, arts and crafts.

Our participants consist of children, young people and older adults with mainly learning disabilities, but some with physical disabilities. Also, siblings, young carers, carers, parents and guardians. Due to the unprecedented times, we also reached out to older people with learning disabilities to include them in our activities and received many referrals from local councils throughout England and Wales.

#### **LIFEWISE**

LifeWise delivers a weekly workshop to young people 15+ with learning disabilities who are not in full time education or work. Sessions are focused on Arts & Crafts, Health & Wellbeing, Heritage, Knowledge & Life Skills and Performing Arts. Participants are encouraged to participate in the full programme of activities, regardless of interest, to engage in new and varied topics.

48 weekly sessions were delivered during this financial year covering the following subjects:

- 07/10/2021 Visit from Manda's Eggs to show us the chickens to celebrate World Egg Day
- 14/10/2021 Visit from Mel from Bakedbymel who decorated Halloween themed cakes
- 21/10/2021 Visit from Martin Smith & Dave Morris to celebrate recording music
- 28/10/2021 Halloween Mask Making with recycled items
- 04/11/2021 Fireworks with illustrator Rebecca Harry
- 11/11/2021 Visit from Radio station DJ Steve Ralph
- 18/11/2021 International Princess Day Quiz & Princess appearance
- 25/11/2021 Air clay Dragon Eye Craft
- 02/12/2021 Act of Kindness Advent calendar & decorating dragon eye
- 09/12/2021 Making a Christmas card with Angela Ralph & carols with Neil playing the cornet
- 16/12/2021 Mandala Art with Shreya23/12/2021 Handkerchief Angel Craft & Christmas bingo
- 13/01/2022 Lavender Flower Painting & New Year Resolutions
- 27/01/2022 National Puzzle Day - Spot the Difference & other puzzles
- 03/02/2022 Flag quiz with Emma & design your own flag

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2022

---

- 10/02/2022 Making a Valentine's card with Angela Ralph
- 17/02/2022 Maharashtra Art with Shreya
- 24/02/2022 Zoo tour with Edinburgh Zoo to see the polar bears
- 03/03/2022 Jo Benson gentle exercise & Polar bear story board session
- 10/03/2022 Visit from dietician Laura Boyes - packed lunches
- 17/03/2022 Visit to Edinburgh Zoo virtual tour to see the Pandas
- 24/03/2022 Mother's Day Card making & Hanky design
- 31/03/2022 Visit from Ruby's Reptiles & exotic animals
- 07/04/2022 Decoupage an Easter glass bottle/jar with Shreya
- 14/04/2022 Virtual Zoo tour to see penguins at Edinburgh Zoo
- 21/04/2022 Penguin pebble art
- 28/04/2022 Visit from Tom Matthews Table Tennis Paralympian
- 05/05/2022 Sock puppet making & recap of Makaton signs
- 12/05/2022 Visit from Wind turbine company to celebrate Windmill Day
- 19/05/2022 World Bee Day - Making Wax wrapping sheets
- 26/05/2022 Visit from Andy Mac (Makaton - God save our gracious queen)
- 09/06/2022 Charles Rennie Mackintosh style artwork
- 16/06/2022 Visit from Gregg Wallace - Demo & Fresh veggies day - Create your own salad
- 23/06/2022 Virtual tour with Edinburgh Zoo to see the giraffe enclosure
- 30/06/2022 Silhouette art with Shreya
- 07/07/2022 Virtual tour of Step and Stone bakery in Bristol
- 14/07/2022 Space - jigsaws
- 21/07/2022 Dot design with Acrylics
- 28/07/2022 Burgers - Design your own burger and name it
- 04/08/2022 Virtual tour of Edinburgh Zoo monkey enclosure
- 11/08/2022 Visit from Neil Jones from Trinity House - lighthouses
- 18/08/2022 Visit from Sarah Purdon, Welsh Wildlife - talking about squirrels
- 25/08/2022 Visit from Conor John from the Shark Trust
- 01/09/2022 Visit from the South Wales Police - Sam & Rhys
- 08/09/2022 Visit from BBC Radio 2 Terry Walton - allotment gardening
- 15/09/2022 Celebration of King Charles III - collage
- 22/09/2022 Doodle Sketching with Shreya
- 29/09/2022 Visit from Liam Mackay rugby coach

Feedback received:

"Wow what a fantastic session today. 🥰 Thank you Vicky for all the work you put into LifeWise sessions, coffee painting is brilliant. Kacee-Grace will be doing lots more of this no doubt. A huge thank you to the special guest all the way from India teaching everyone how to paint with coffee it was amazing xxx"

"Great session again today, love Amanda's talks on her farm, and break out room was fab too. Xx"

"Harry absolutely loved today, been playing his guitar since x"

"Love the sessions we really do learn so much each week thank you for all you do we would be lost on a Thursday now xxx"

"Thank you for another great session, Kacee-Grace loved listening to Steve from CabinFM"

"Loved yesterday's session, so relaxing and our students were so enthralled by the visit from Ariel, thank you Vicky and Diane for arranging that"

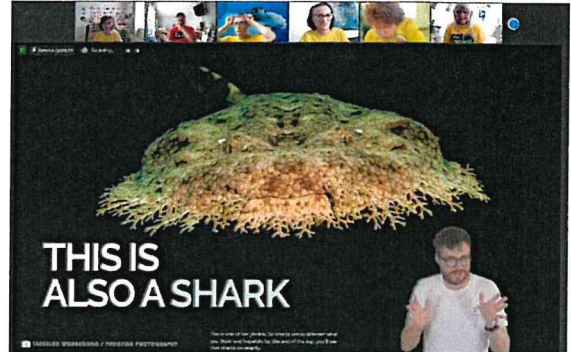
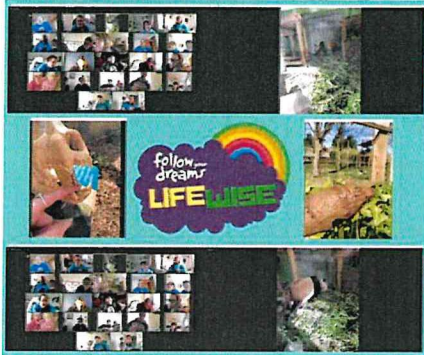
"Niamh really loved seeing the end result especially from just a hanky and elastic band and stuffing"

"Leyla says thank you for today's session. She got very messy but loved it."

FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

---



"Lovely session Amy just loves watching and listening to everyone ❤️"

"Thank you for another great session. Leyla had great fun doing the flag quiz and making her flag"

"I really enjoyed today's session. The video call with Jessica in Edinburgh Zoo with the 2 pandas was the best, fantastic questions from everyone and then Break out Rooms to sketch our own Panda. Perfect afternoon. ❤️👉"

"Thank you. For today's session. So lovely especially the signing. So lovely to see the youngsters using it. Thank you"

"Loved it!!!!!! Sunflowers always my favourite especially Van Gogh and sunflowers yayyyyy"

"We absolutely loved todays session..and I will be watching the penguins intently 🐧❤️🐧❤️"

"massive thank you for everything you do each week she learns so much from these sessions ( the home education lady was super impressed at what she does and learns on here) ❤️❤️❤️🌈xxx"

"We have made flatbread this morning. Super easy! Will be turning them into pizza for dinner."

"Loved doing this silhouette it's my first time doing this I want to do more so I can get better at them"

"Emily really enjoyed this today thanks so much, no help off me, done it herself her words 😊xx"

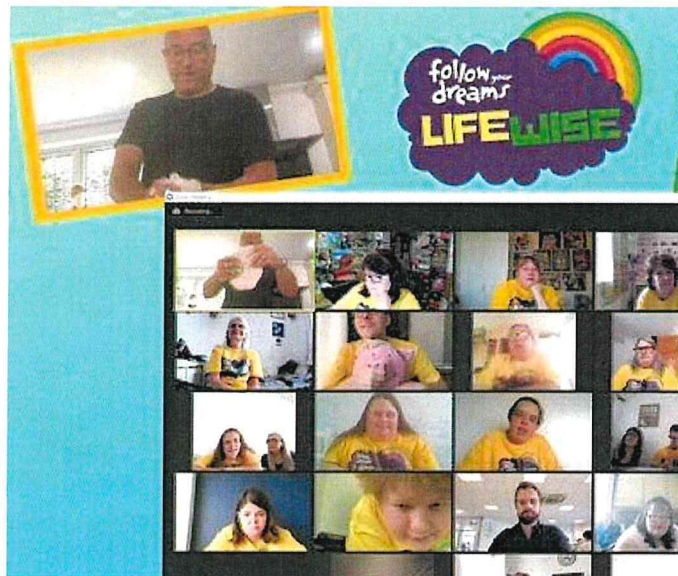
"Niamh had my help but loved the session and sticking all the paper on. She was really surprised how it looked once I cut the giraffe out for her. 🐘❤️👉"

"This is my Macintosh Rose finally finished, I'm quite proud of it because i hand drew it all by myself"

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---



We measure demonstrable improvement in the following: - Attitude, Belief in their own ability, Social Interaction, Life Skills, Knowledge and Practical Skills. We evaluate every session and track individual progress and development through observations, social interaction questionnaires and interview. Success is measured on the progress of service users using value-added principles.

Since September 2020 our LifeWise project is now run fully online and has attracted new members from across England and Wales, sessions now average around 20 participants with a team of 4 regular session volunteers. We are extremely grateful to all the businesses, organisations and individuals who have supported this project coming on our sessions or by sponsorship, and also to our incredible volunteers, without whom this project would be impossible to deliver.



## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2022

---

#### ME TIME

We commenced our Me Time sessions in November 2021. Sessions are for Parents/Unpaid Carers to gift themselves 60 minutes for their health and wellbeing with a group of like-minded people. Beginning with a relaxation session provided by Pilates Studio Innerpeace Fitness and followed by a different art/craft each week. Sessions and all equipment and materials were supplied free of charge thanks to grant funding.

25/11/2021 Knitting  
02/12/2021 Bath Bombs  
09/12/2021 Nature Scenery and Amazing Cities Colouring  
16/12/2021 Bambi Watercolour  
23/12/2021 Giraffe Painting by Numbers  
13/01/2022 Needlepoint  
27/01/2022 Reading Cushion  
03/02/2022 Mindfulness Designs Colouring  
10/02/2022 Clay Craft  
17/02/2022 Drawing Techniques  
24/02/2022 Build a friend Felt Kit  
03/03/2022 Latch Hook Cushion Kit  
10/03/2022 Colouring Book - Zen Doodle and Mindfulness  
17/03/2022 Moon Painting by Numbers  
24/03/2022 Sketching Set  
31/03/2022 Paper Flowers Kit  
07/04/2022 Acrylic Paint Set  
14/04/2022 Complete any unfinished crafts  
21/04/2022 Complete any unfinished crafts  
28/04/2022 Complete any unfinished crafts  
09/06/2022 Watercolours  
16/06/2022 Calm Colouring  
23/06/2022 Mindfulness Crosswords  
30/06/2022 Glitter colouring canvas  
07/07/2022 Spring Flower Painting by Numbers  
14/07/2022 Inspirational Wordsearch  
21/07/2022 Needle Felting Blue Tit  
28/07/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
04/08/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
11/08/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
18/08/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
25/08/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
01/09/2022 Summer Holidays - 10 mins relax 20 mins chat/craft  
08/09/2022 Decopatch  
15/09/2022 Macrame Bunting  
22/09/2022 Greenery Wreath  
29/09/2022 Hummingbird Crystal Creation

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

Feedback:

*"This project gives me that little time to sit down and relax and enjoy some time for myself."*

*"The project gives me something to look forward to each week and gives me 'me time' to relax and try new things which normally would never do so grateful for Thursday zooms take me out real life of stress for hour x"*

*"I'm absolutely loving the opportunity to do the crafts and have some me time. It's also that I would never have treated myself to all this craft stuff, it's amazing. Thank you"*

*"This project is a welcome relief, it makes us sit down and concentrate, it is extremely helpful, relaxing and needed. Thank you."*

*"This project gives me the time to put aside for myself each week. I love trying new skills and crafts which this enables me to do. Jo's relaxation techniques and tips are very useful too. Thank you."*

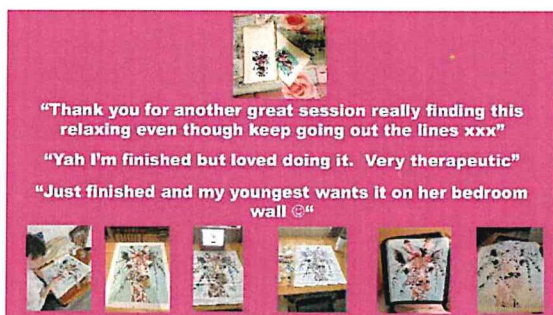
*"Me time sessions provide many things for me. Me time aspect of socialising. Meeting new people. Feeling a part of something special. My daughter is thoroughly enjoying the aspects of the zooms we as parents lose ourselves in the most of family life, parenting, family etc. The me time sessions made me realise that taking 1 hour to do something for me is and was very much needed, its so lovely to do it alongside my daughter my is quality time. No interruptions, just sit down with a cuppa, and doing something for me. I will never be able to repay Follow Your Dreams. And the absolutely incredible people who continue to support them. Because they can keep providing these very much needed sessions. These sessions give us routine, structure. And confidence, support and understanding. Thank you everyone for your support and dedication."*

*"This project gives me much needed me time which I don't get a lot of. It's a set time each week for me to put aside for me without any distractions (apart from the dogs ??) It's also a time to see other friendly people which is always nice when you can't meet up with people. Finally, its fantastic to learn new crafts that you would never think of trying or brush up on old ones you haven't done for years like knitting. Thank you for making these Thursday mornings possible x"*

*"The sessions give me a connection to people I don't normally get to interact with. A chance to rest sit still and breathe. (quite literally)!!"*

*"This project gives me time to sit down, relax and try something different, something i would never do, and I look forward to it every week x"*

*"This project has helped me to find what sort of hobby I'd like to do, trying different crafts have been great and loved the time for just me and not everyone else in the family"*



## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2022

---

#### ACHIEVEMENTS AND PERFORMANCE

We work with children and young people with learning disabilities helping to realise their full potential and making their Dreams and aspiration become a reality. Our work not only impacts on individual directly but can impact on the family by providing an opportunity for their child that they may not be able to afford or organise themselves and often taking them out of their comfort zone. We also where funds permit endeavour to involve the siblings who are often carers, and parent/carer support. To summarise the main achievements of our Charity during this financial period to September 2021:

- We delivered over **300 online sessions**.
- We supported **4 community groups**, and support **4 affiliated groups** and **2 Registered Charities** providing much needed weekly support for **over 500 families**.
- We delivered **48 sessions for our LifeWise Project** during the period which focuses on health, wellbeing and independence for young people with disabilities aged 18+.
- We delivered **37 sessions for our Me Time Project** during the period which focuses on health and wellbeing for Parents/Unpaid Carers of children and young people 18+ with learning disabilities.
- Administered **1977 Circus Tickets** thanks to our friends at Circus Starr.
- Administered **39 LegoLand Tickets** thanks to our friends at Merlins Wand.
- We have supported volunteering and work experience with unemployed people within the charity, and people with Learning Disabilities with **23,141 hours** benefiting our Charity.
- Staff and Key Volunteers continue to develop their knowledge of Makaton and our proud of our Silver Award. We are grateful for the continuous support of Andy Mc Makaton Tutor and Inclusive Teaching Matters.



#### FUTURE PLANS

##### Commitment for 2022/2023

- Ensure financial and operational stability.
- To continue being a lifeline to our families during the Covid19 Pandemic and whatever may lay ahead.
- Inspire the ambitions of children and young people with learning disabilities.
- Encourage, empower and motivate a change in attitude, inspiring optimism to make dreams a reality, providing hope, aspiration and opportunities.
- Support young adults with learning disabilities who are seeking employment or volunteering opportunities.
- To ensure that our services are consistent with the Mission, Vision and Values of the Charity. Charity values are consistently applied to all we do and how we do it. To challenge poor performance and attitude and to support improvement at all levels.
- To ensure representation of people with disabilities within the charity; - workshops, staff, volunteers and Board level.
- To work effectively with relevant partners both locally and regionally.
- To diversify our funding streams. To develop current and additional trading initiatives. To raise funds and finance the charity.
- To ensure staff and volunteers have the skills, capacity, training, facilities, tools and support.
- To ensure continued development of the Trustee Board and its capacity to oversee and direct an ambitious growing charity.
- To ensure compliance in all aspects of Governance.
- To increase volunteer support and involvement at all levels, including both maintenance and client liaison

## **FOLLOW YOUR DREAMS LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

#### **FINANCIAL REVIEW**

The results for the year can be found in the following Statement of Financial Activities, Balance Sheet and related notes.

#### **Reserves policy**

It is the policy to maintain the free reserves of Follow Your Dreams at a level approximating three months of forthcoming unavoidable operational expenditure. This would equate to approximately £40,000. There were unrestricted reserves of £128,306 (2021: £102,739) as at the year end, however of this £5,279 (2019: £7,554) are represented by tangible fixed assets leaving free reserves of £123,027 (2021: £95,185).

It is not considered appropriate to build up reserves beyond this level, since the aim of Follow Your Dreams is to develop services for the benefit of users, rather than seek excessive financial security. Three months of operating expenditure is considered prudent (given the need to cover fluctuations in income) whilst taking into account the need to expend funds for the good of Follow Your Dreams beneficiaries.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Follow Your Dreams governance structure is supported by its constitution document, the Memorandum and Articles of Association. The organisation is a registered charity and a company limited by guarantee.

##### **Mission Statement**

Follow Your Dreams are a national charity that supports children and young people with learning disabilities. Follow Your Dreams will inspire the ambitions of children and young people with learning disabilities by delivering enjoyable methods of learning and play. We focus on their abilities and identify opportunities, growing and developing skills through the delivery of creative and interactive events, dreams and workshops through collaborative partnerships.

##### **Recruitment, appointment and induction of new trustees**

The directors of the company are also charity trustees for the purposes of charity law. When selecting trustees, the charity aims to ensure there is a broad range of relevant skills. Candidates are asked to declare at this stage any potential conflicts of interest. Trustees are appointed after interviews with existing trustees and formal visits to the organisation, to ensure that they understand our vision and values. Trustees are subject to Disclosure and Barring Service checks where applicable.

Follow Your Dreams actively endorses training at all levels of the charity. New trustees participate in an induction process to include spending time with staff and volunteers, relevant information regarding health and safety and personal safety, charity official documentation, minutes of recent Trustee meetings, Strategic and Operational Plan and role-related knowledge where applicable. New trustees are also given copies of relevant Charity Commission literature, and an Anti-Money Laundering Form is completed along with other adapted Charity Commission forms. Trustees are encouraged to undertake development training where appropriate.

The trustees met monthly during the year to make strategic and policy decisions. Trustee meetings were held on zoom throughout the Pandemic. Unfortunately, two of our trustees needed to resign at short notice due to the impact of Covid19 on their incomes. We appreciate their support, and our focus as the Pandemic reaches closure will be to increase our board of trustees, while we endeavour to recruit during this time. All Trustees give of their time freely and no Trustee remuneration was paid in the year.

##### **Organisational structure**

The charity is administered by a Board of Trustees who meet regularly to oversee all activities of the charity and to ensure it adheres to a clear direction for the charity. Day to day management is delegated to a Chief Executive Officer and Management Team.

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2022

---

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Membership and Affiliation

- Fundraising Regulator
- British Institute of Learning Disabilities (BILD)
- Interlink
- Glamorgan Voluntary Services (GVS)
- Bridgend Association of Voluntary Organisations (BAVO)
- Wales Council for Voluntary Action (WCVA)
- Torfaen Voluntary Alliance (TVA)
- Cardiff Third Sector Council (C3SC)
- Carmarthenshire Association of Voluntary Services (CAVS)
- Swansea Council for Voluntary Service (SCVS)
- Powys Association of Voluntary Organisations (PAVO)
- Sported Foundation
- Makaton Charity (Makaton Friendly Silver Status)
- Pontyclun Business Community

##### Fundraising

Follow Your Dreams complies with all relevant statutory regulations, including the Charities Act 2011, General Data Protection Regulation. We always seek to act in ways which are legal, open, honest and respectful, striving for best practice in fundraising by complying with a range of codes of practice, including being registered with the Fundraising Regulator, and adhering to its Code of Fundraising Practice and Fundraising Promise. We are careful to monitor our fundraising activities and provide supporters with help and information via our social media, email, phone or post. We have a complaints procedure and record and respond to all complaints; no complaints were received in connection with fund-raising activities.

##### Risk Management

Financial sustainability is the major financial risk for the charity, we have continuously worked towards our objective of settling debts as they fall due, and active management of our cash flow. We have also ensured:

- Public and Employers Liability Insurance maintained
- Accreditation for food hygiene and premises
- Strong Application Process for dream support
- Monthly Trustee meetings including formal agendas and review of accounts

##### Volunteers

Our volunteers are at the heart of all our work, they make a huge difference they make an enormous difference and are committed to the passion to help children and young people with learning disabilities. They supplement the work our employees do and also take the lead on service delivery in our community groups. We recognise that placing a monetary value on the contribution which our volunteers deliver, over 30,000 hours over the past 12 months, presents significant difficulties due to the wide range of roles performed, and the lack of a reliable market comparator price for volunteers. Accordingly, we do not include any contribution from such sources in our declared income.

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
04673165 (England and Wales)

**Registered Charity number**  
1106379

**Registered office**  
8A Cambrian Industrial Estate, East Side  
Coedcae Lane  
Pontyclun  
Rhondda Cynon Taff  
CF72 9EW

**Trustees**  
Pamela Volausek  
Ryan Smith  
John Hope

**Company Secretary**  
John Hope

**Independent Examiner**  
MHA (trading name of MacIntyre Hudson LLP)  
Limited liability partnership in England & Wales  
Registered number OC312313  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**Bankers**  
Lloyds Bank plc (Victoria Park)  
Cowbridge Road  
Canton  
CARDIFF  
CF11 9TB

**Staff**

<b>Full time</b>	Diane Blackmore	Chief Executive
<b>Part time</b>	Vicky George	Project Manager - Operations & Membership
	Rachel Williams	Finance Manager
	Ciaragh Richards	Administration Assistant

Ciaragh was appointed on 2nd August 2021 for a 6-month period ending on 28th January 2022 with support from the Kick Start Scheme, which provides funding to employers to create jobs for 16 to 24 year olds on Universal Credit.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 15 November 2023 and signed on its behalf by:



.....  
P Volausek - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOLLOW YOUR DREAMS LIMITED**

---

**Independent examiner's report to the trustees of Follow Your Dreams Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Julia Mortimer FCCA  
MHA (trading name of MacIntyre Hudson LLP)  
Limited liability partnership in England & Wales  
Registered number OC312313  
County of Cardiff  
CF23 8RS

Date: 15 November 2023

FOLLOW YOUR DREAMS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	131,673	-	131,673	143,281
<b>Charitable activities</b>					
Working with young people with learning disabilities	6	2,000	76,826	78,826	160,284
Other trading activities	4	23,551	-	23,551	31,342
Investment income	5	9	-	9	8
<b>Total</b>		<u>157,233</u>	<u>76,826</u>	<u>234,059</u>	<u>334,915</u>
<b>EXPENDITURE ON</b>					
<b>Raising funds</b>					
Raising donations and legacies	7	10,312	-	10,312	8,863
Other trading activities	8	70	-	70	10,992
		10,382	-	10,382	19,855
<b>Charitable activities</b>					
Working with young people with learning disabilities	9	121,284	106,860	228,144	240,926
<b>Total</b>		<u>131,666</u>	<u>106,860</u>	<u>238,526</u>	<u>260,781</u>
<b>NET INCOME/(EXPENDITURE)</b>		25,567	(30,034)	(4,467)	74,134
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		102,739	38,034	140,773	66,639
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>128,306</u>	<u>8,000</u>	<u>136,306</u>	<u>140,773</u>

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**BALANCE SHEET  
30 SEPTEMBER 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	16	5,279	-	5,279	7,554
<b>CURRENT ASSETS</b>					
Debtors	17	4,081	-	4,081	6,642
Cash at bank		<u>125,793</u>	<u>8,000</u>	<u>133,793</u>	<u>139,631</u>
		129,874	8,000	137,874	146,273
<b>CREDITORS</b>					
Amounts falling due within one year	18	(6,847)	-	(6,847)	(13,054)
<b>NET CURRENT ASSETS</b>					
		<u>123,027</u>	<u>8,000</u>	<u>131,027</u>	<u>133,219</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>128,306</u>	<u>8,000</u>	<u>136,306</u>	<u>140,773</u>
<b>NET ASSETS</b>					
		<u>128,306</u>	<u>8,000</u>	<u>136,306</u>	<u>140,773</u>
<b>FUNDS</b>					
Unrestricted funds	20			128,306	102,739
Restricted funds				<u>8,000</u>	<u>38,034</u>
<b>TOTAL FUNDS</b>					
				<u>136,306</u>	<u>140,773</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15 November 2023 and were signed on its behalf by:



.....  
P Volausek - Trustee

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

	Notes	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>(5,847)</u>	<u>66,660</u>
Net cash (used in)/provided by operating activities		<u>(5,847)</u>	<u>66,660</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		-	(6,910)
Interest received		<u>9</u>	<u>8</u>
Net cash provided by/(used in) investing activities		<u>9</u>	<u>(6,902)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		(5,838)	59,758
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>139,631</u>	<u>79,873</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u>133,793</u>	<u>139,631</u>

The notes form part of these financial statements

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(4,467)	74,134
<b>Adjustments for:</b>		
Depreciation charges	2,275	5,239
Interest received	(9)	(8)
Decrease/(increase) in debtors	2,561	(5,539)
Decrease in creditors	<u>(6,207)</u>	<u>(7,166)</u>
<b>Net cash (used in)/provided by operations</b>	<u>(5,847)</u>	<u>66,660</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/10/21 £	Cash flow £	At 30/9/22 £
<b>Net cash</b>			
Cash at bank	<u>139,631</u>	<u>(5,838)</u>	<u>133,793</u>
	<u>139,631</u>	<u>(5,838)</u>	<u>133,793</u>
<b>Total</b>	<u>139,631</u>	<u>(5,838)</u>	<u>133,793</u>

The notes form part of these financial statements

## FOLLOW YOUR DREAMS LIMITED

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2022

---

#### 1. STATUTORY INFORMATION

Follow Your Dreams is a company limited by guarantee incorporated in Wales within the United Kingdom. Each member is liable for a maximum of £10 in the event of the company being wound up. The registered office is 8A Cambrian Industrial Estate, East Side, Coedcae Lane, Pontyclun, Rhondda Cynon Taff, CF72 9EW.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activities of the charity is to help people with learning disabilities by such charitable means as the trustee determine from time to time in particular but not exclusively by sponsorship.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

#### 2. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 S1A Update Bulletin 1) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Going concern**

The trustees are satisfied that it is appropriate for the charity's financial statements to be prepared on a going concern basis. The trustees have concluded that no adjustments are required to the financial statements at this time.

##### **Income**

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

This includes capital grants.

##### **Donations and legacies income**

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

##### **Other trading activities income**

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

##### **Investment income**

Investment income is recognised on a receivable basis.

##### **Donated goods**

Income received from donated goods sold in its shop is recognised on the sale of the goods.

Other donated goods received by charity which has been used for fundraising activities or charitable activities have been valued at fair value on the date that the goods or services were received.

**2. ACCOUNTING POLICIES - continued**

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds include direct costs applicable to the activity, advertising, marketing and direct materials as well as a proportion of salaries based on an approximation of time spent in this area.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity as well as a proportion of salaries based on an approximation of time spent in this area.

**Termination payments**

The charitable company recognises termination benefits as a liability and an expense only when the entity is demonstrably committed either to terminate the employment of an employee or group of employees before the normal retirement date or to provide termination benefits as a result of an offer made in order to encourage voluntary redundancy.

**Allocation and apportionment of costs**

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

**Tangible fixed assets**

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings and equipment - 20% - 50% on cost.

Only assets costing over £300 are capitalised.

**Financial Instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Debtors**

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

**2. ACCOUNTING POLICIES - continued**

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Any other proposed transfer between funds would be considered on the particular circumstances.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charges to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**3. DONATIONS AND LEGACIES**

	2022	2021
	£	£
Bucket collections	33,847	13,594
Donations	82,783	63,986
Gift aid	3,758	4,247
Grants	7,864	59,201
Membership scheme	<u>3,421</u>	<u>2,253</u>
	<u>131,673</u>	<u>143,281</u>

The charity is grateful to its many donors which provided a wide range of goods and services valued at £69,355 (2021: £45,190) which contribute significantly to helping support people with learning disabilities explore and develop their potential through a wide range of activities.

The charity benefits from the involvement and enthusiastic support of its many volunteers, details of which are given in the annual report. In accordance with accounting standards, the economic contribution of general volunteers is not recognised in the accounts.

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Rhondda Cynon Taff Country Borough Council	-	14,000
The Moondance Foundation	-	10,768
Community Foundation Wales	5,000	20,000
Edgar E. Lawley Foundation	-	1,500
Welsh Government	-	10,000
Department for Work and Pensions	<u>2,864</u>	<u>2,933</u>
	<u>7,864</u>	<u>59,201</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

<b>4. OTHER TRADING ACTIVITIES</b>		
	2022	2021
	£	£
Fundraising events	21,889	29,247
Donated goods and services for fundraising events	-	425
Shop sales	<u>1,662</u>	<u>1,670</u>
	<u>23,551</u>	<u>31,342</u>
<b>5. INVESTMENT INCOME</b>		
	2022	2021
	£	£
Deposit account interest	<u>9</u>	<u>8</u>
<b>6. INCOME FROM CHARITABLE ACTIVITIES</b>		
	2022	2021
	£	£
Grants	<u>78,826</u>	<u>160,284</u>
Grants received, included in the above, are as follows:		
	2022	2021
	£	£
Rhondda Cynon Taff Country Borough Council	2,000	-
Voluntary Action Merthyr Tydfil	-	9,286
Interlink Rhondda Cynon Taff	260	250
Tesco Bags of Help Community Grants	4,000	2,000
The Moondance Foundation	-	7,275
Bridgend Association of Voluntary Organisations	17,165	500
Community Foundation Wales	-	10,000
The National Lottery Community Fund - Coronavirus Community Support Fund	-	1,500
Postcode Neighbourhood Trust	-	20,000
WCVA - VSRF Small grant	-	83,832
Neath Port Talbot CVS	-	2,141
Torfaen Voluntary Alliance	-	1,044
Track 2000	-	15,000
Glamorgan Voluntary Services	-	5,456
Sported Foundation	500	2,000
WCVA - Third Sector Resilience Fund for Wales	43,538	-
First Give - Tonyrefail Community School	1,000	-
Gwent Association of Voluntary Organisations	9,063	-
Rank Foundation	<u>1,300</u>	<u>-</u>
	<u>78,826</u>	<u>160,284</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**7. RAISING DONATIONS AND LEGACIES**

	2022	2021
	£	£
Fundraisers' commission & expenses	9,100	5,283
Website fees	486	245
Fundraising event costs	726	2,910
Donated goods and services	<u>-</u>	<u>425</u>
	<u>10,312</u>	<u>8,863</u>

**8. OTHER TRADING ACTIVITIES**

	2022	2021
	£	£
Purchases	-	(449)
Staff costs	-	9,481
Postage, stationery & advertising	-	430
Telephone	-	(100)
Repairs and renewals	-	252
Insurance	-	25
Volunteer expenses	70	288
Rent, rates and office services	-	(11)
Staff welfare	-	130
Depreciation	<u>-</u>	<u>946</u>
	<u>70</u>	<u>10,992</u>

**9. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 10) £	Support costs (see note 11) £	Totals £
Working with young people with learning disabilities	<u>187,602</u>	<u>40,542</u>	<u>228,144</u>

**10. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	2022	2021
	£	£
Staff costs	59,961	57,265
Delivering Dreams	-	13,394
Motor and travel	82	-
Rent, rates & office services	3,893	3,654
Insurance	419	150
Telephone and internet	628	(603)
Postage, stationery & advertising	2,457	2,586
Staff welfare	657	779
Fixtures & fittings depreciation	1,661	3,027
Life wise costs	1,198	200
Donated goods and services	69,355	28,690
COVID-19 Expenditure	49,575	93,284
Bluestone expenses	536	-
Workshop costs	<u>180</u>	<u>-</u>
	<u>187,602</u>	<u>202,426</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**11. SUPPORT COSTS**

	Staff costs £	Depreciation £	Other £	Governance costs £	Totals £
Working with young people with learning disabilities	<u>16,716</u>	<u>478</u>	<u>13,582</u>	<u>9,766</u>	<u>40,542</u>

**12. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation - owned assets	2,275	5,239
Operating leases	1,490	2,010
Independent examination fees	<u>2,893</u>	<u>2,920</u>

**13. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 (2021 - £nil).

**Trustees' expenses**

No trustee expenses were reimbursed or paid on behalf of the trustees for the year ended 30 September 2022 (2021-£nil).

**14. STAFF COSTS**

	2022 £	2021 £
Wages and salaries	77,396	84,838
Social security costs	(2,143)	3,444
Other pension costs	<u>2,569</u>	<u>2,429</u>
	<u>77,822</u>	<u>90,711</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Number of employees	<u>3</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

15. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	143,281	-	143,281
<b>Charitable activities</b>			
Working with young people with learning disabilities	-	160,284	160,284
Other trading activities	31,342	-	31,342
Investment income	<u>8</u>	<u>-</u>	<u>8</u>
<b>Total</b>	<u>174,631</u>	<u>160,284</u>	<u>334,915</u>
<b>EXPENDITURE ON</b>			
<b>Raising funds</b>			
Raising donations and legacies	8,863	-	8,863
Other trading activities	<u>10,992</u>	<u>-</u>	<u>10,992</u>
	19,855	-	19,855
<b>Charitable activities</b>			
Working with young people with learning disabilities	<u>109,055</u>	<u>131,871</u>	<u>240,926</u>
<b>Total</b>	<u>128,910</u>	<u>131,871</u>	<u>260,781</u>
<b>NET INCOME</b>	45,721	28,413	74,134
Transfers between funds	<u>7,502</u>	<u>(7,502)</u>	<u>-</u>
<b>Net movement in funds</b>	53,223	20,911	74,134
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>49,516</u>	<u>17,123</u>	<u>66,639</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>102,739</u>	<u>38,034</u>	<u>140,773</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**16. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 October 2021 and 30 September 2022	<u>20,276</u>
<b>DEPRECIATION</b>	
At 1 October 2021	12,722
Charge for year	<u>2,275</u>
At 30 September 2022	<u>14,997</u>
<b>NET BOOK VALUE</b>	
At 30 September 2022	<u>5,279</u>
At 30 September 2021	<u>7,554</u>

**17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Other debtors	832	692
Prepayments and accrued income	<u>3,249</u>	<u>5,950</u>
	<u>4,081</u>	<u>6,642</u>

**18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Trade creditors	436	298
Social security and other taxes	1,058	4,667
Other creditors	406	242
Accruals and deferred income	<u>4,947</u>	<u>7,847</u>
	<u>6,847</u>	<u>13,054</u>

Included in accruals and deferred income above is £1,947 (2021: £1,566) of deferred membership income received in advance of service delivery. All amounts deferred in the year ended 30 September 2021 were released to the Statement of Financial Activities during the year ended 30 September 2022.

**19. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022 £	2021 £
Within one year	792	1,584
Between one and five years	<u>-</u>	<u>792</u>
	<u>792</u>	<u>2,376</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

20. MOVEMENT IN FUNDS

	At 1/10/21 £	Net movement in funds £	At 30/9/22 £
<b>Unrestricted funds</b>			
General fund	102,739	25,567	128,306
<b>Restricted funds</b>			
IT Fund	3,000	(3,000)	-
COVID-19 Pandemic Fund	27,934	(19,934)	8,000
Wellbeing Together	5,000	(5,000)	-
Lifewise Gwent Fund	<u>2,100</u>	<u>(2,100)</u>	<u>-</u>
	<u>38,034</u>	<u>(30,034)</u>	<u>8,000</u>
<b>TOTAL FUNDS</b>	<u>140,773</u>	<u>(4,467)</u>	<u>136,306</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	157,233	(131,666)	25,567
<b>Restricted funds</b>			
IT Fund	-	(3,000)	(3,000)
COVID-19 Pandemic Fund	70,526	(90,460)	(19,934)
Wellbeing Together	-	(5,000)	(5,000)
Lifewise Gwent Fund	-	(2,100)	(2,100)
Play Stay and Sign Fund	5,300	(5,300)	-
First Give - Tonyrefail Community Fund	<u>1,000</u>	<u>(1,000)</u>	<u>-</u>
	<u>76,826</u>	<u>(106,860)</u>	<u>(30,034)</u>
<b>TOTAL FUNDS</b>	<u>234,059</u>	<u>(238,526)</u>	<u>(4,467)</u>

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/10/20 £	Net movement in funds £	Transfers between funds £	At 30/9/21 £
<b>Unrestricted funds</b>				
General fund	49,516	45,721	7,502	102,739
<b>Restricted funds</b>				
IT Fund	5,300	4,048	(6,348)	3,000
COVID-19 Pandemic Fund	11,823	17,265	(1,154)	27,934
Wellbeing Together	-	5,000	-	5,000
Lifewise Gwent Fund	-	2,100	-	2,100
	<u>17,123</u>	<u>28,413</u>	<u>(7,502)</u>	<u>38,034</u>
<b>TOTAL FUNDS</b>	<u>66,639</u>	<u>74,134</u>	<u>-</u>	<u>140,773</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	174,631	(128,910)	45,721
<b>Restricted funds</b>			
IT Fund	4,636	(588)	4,048
COVID-19 Pandemic Fund	145,648	(128,383)	17,265
Wellbeing Together	5,000	-	5,000
Lifewise Gwent Fund	5,000	(2,900)	2,100
	<u>160,284</u>	<u>(131,871)</u>	<u>28,413</u>
<b>TOTAL FUNDS</b>	<u>334,915</u>	<u>(260,781)</u>	<u>74,134</u>

**Lifewise Gwent Fund**

Community Foundation Wales provided funding towards Lifewise Gwent, which delivers a weekly workshop to young people 18+ with learning disabilities in the Gwent area.

**IT Fund**

The charity set up a fund to try and replace their IT equipment. The fund was supported in the 18/19 financial year by the Ford Britain Trust and the Millennium Stadium Charitable Trust. Additional funding was received from Glamorgan Voluntary Alliance during the current financial year to support the fund.

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

**20. MOVEMENT IN FUNDS - continued**

**COVID-19 Pandemic Fund**

Supporting children, young people and older adults with disabilities, their siblings, young carers, carers, parents and guardians during the Covid-19 Pandemic. Including regular zoom sessions, posting activity packs and providing 24/7 advice and support. Funding was provided by the following organisations:

National Lottery - Awards for All

The National Lottery Community Fund - Coronavirus Community Support Fund

Postcode Neighbourhood Trust

WCVA - VSRF Small grant

Community Foundation Wales

Neath Port Talbot CVS

Interlink Rhondda Cynon Taff

Torfaen Voluntary Alliance

Sported

Glamorgan Voluntary Services

Tesco Bags of help Community Grants

The Moondance Foundation

Track 2000

Bridgend Association of Voluntary Organisations

Voluntary Action Merthyr Tydfil

**Wellbeing Together**

Voluntary Action Merthyr Tydfil provided funding to support Wellbeing Wednesdays, a project which focuses on delivering a series of meet ups based on arts and craft activities via Zoom.

**Stay Play and Sign Fund**

The Sign and Play Fund was originally set up with funding from Tesco Bags of Help Community Grants. The project was created to provide a break for families in need of respite, by providing a trip to Bluestone resort. The funds were used to cover venue hire and staffing costs. Additional funding for this project was provided by Tesco and Rank Foundation during the year.

**First Give - Tonyrefail Community School**

Funding was received via First Give, who in association with students at Tonyrefail Community School provided a one off grant towards core charitable activities. A requirement of the funding was that the grant be used to assist the school and students in the Tonyrefail area where possible.

**21. RELATED PARTY DISCLOSURES**

The total key management personnel remuneration benefits paid during the period was £52,033 (2021: £47,617).

No fundraising income was received from trustees during the financial year.

Donation income of £nil was received from trustees during the 21/22 financial year (2021: £90).

**22. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions paid by the charity to the fund and amounted to £2,569 (2021: £2,429). Outstanding contributions due at the year end amounted to £404 (2021: £240 outstanding refunds due).

**FOLLOW YOUR DREAMS LIMITED**

England & Wales - Charity number 1106379

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04673165 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1106379**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2021  
FOR  
FOLLOW YOUR DREAMS LIMITED**

Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**FOLLOW YOUR DREAMS LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

	<b>Page</b>
<b>Chief Executives Report</b>	1
<b>Report of the Trustees</b>	2 to 15
<b>Independent Examiner's Report</b>	16
<b>Statement of Financial Activities</b>	17
<b>Balance Sheet</b>	18
<b>Cash Flow Statement</b>	19
<b>Notes to the Cash Flow Statement</b>	20
<b>Notes to the Financial Statements</b>	21 to 32
<b>Detailed Statement of Financial Activities</b>	33 to 35

---

## FOLLOW YOUR DREAMS LIMITED

### CHIEF EXECUTIVES REPORT FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

It almost goes without saying that 2020/21 was a challenging year for Follow Your Dreams. Thankfully our staff returned from furlough to support me, and to rise to the challenge of continuing to support our families throughout the Covid-19 Pandemic. I am immensely proud of our dedicated and hardworking small team of staff who strive continuously to go the extra mile through their passion for helping children and young people with learning disabilities.

We knew that our children and people with learning disabilities, and indeed their families would be at even greater risk, while statutory services faced being overwhelmed, and charities like ours took a huge hit to their income. Our response was to step up, to use our experience and learn new skills to bring happiness to so many. We provided 532 zoom sessions during the year ranging from dance to arts & crafts, quizzes, relaxation and bingo. We sent out over 10,000 activity packs with everything from arts and crafts material and equipment to spa treatments.

Our team of staff and volunteers responded admirably to the pandemic. They demonstrated personal resilience and a caring and supportive approach both to colleagues and to our families, who were affected by everything from lack of socialisation and access to services. They also showed an agile and collaborative approach to work, which allowed the Charity to reshape to make the most of the opportunities which emerged. I am especially grateful for their support to work from home. We have smashed through targets in our operational plans which is incredible with the impact of the pandemic.

Over the last twelve months, Follow Your Dreams has continued to work tirelessly; delivering above and beyond, while protecting the families we so deeply care for and staying safe. Despite the pandemic, we have demonstrated another year of profitability, thanks to the incredible support of our funders. We were also able to recognise and reward the hard work and dedication of our staff, not as much as they deserve, but we want our colleagues to feel they are part of something special, and fully appreciate them constantly going the extra mile and the huge number of hours worked above and beyond, and annual rewards are just a small recognition for their contribution.

We are not about making profit, our reason for being is the families we care for, and this will always drive us forward. However, after experiencing such unprecedented times, it is also essential we can build on our reserves. There are always areas where we need to do better, ultimately, we want all our services to be outstanding. We will continue to collaborate with partners, building more effective relationships, and be there for our families. Looking forward, despite the challenges, there are many reasons to be optimistic. Our clear ability to embrace digital ways of working has led to us being able to reach out far and wide across Wales and England. We have come a long way which once again is testament to our strength and resilience and to the tremendous commitment of our people.

Our staff and volunteers are truly our most precious resource, their generosity and self-sacrifice are phenomenal. In reflecting on our work, we are grateful to the funders who believed in our ability to deliver and move forward. We know that the world has changed, and as we go forward in the hope of some form of normality, we will learn from our experiences and adapt for the future.



Diane Blackmore  
Chief Executive

## **FOLLOW YOUR DREAMS LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

Follow Your Dreams was set up "To help people with learning disabilities by such charitable means as the trustees determine from time to time in particular but not exclusively by sponsorship".

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set out as follows:

#### **COVID 19 RESPONSE**

Our charity has gone from operating Monday to Friday 9am to 5pm with occasional family contact outside of these hours, and mainly through organised sessions and groups, to now supporting families pretty much 24/7, families identified to be the most vulnerable by Government and at high risk. In our experience these are also financially vulnerable, some without any means to engage in technology, without printers etc.

Since the pandemic started, we rapidly changed our charitable activities, in line with our constitution, to:

- Provide regular zoom sessions for children with disabilities and siblings, with professional entertainers who are DBS checked and teaching qualified.
- Provide regular zoom sessions for adults with disabilities covering subjects such as crafts, karaoke, bingo and general social interaction.
- Advice and support to parents, carers and guardians - 24/7 by telephone, messenger and online.
- Send out activity packs including adult colouring, word search, quiz, arts and crafts.

Our participants consist of children, young people and older adults with mainly learning disabilities, but some with physical disabilities. Also, siblings, young carers, carers, parents and guardians. Due to the unprecedented times, we also reached out to older people with learning disabilities to include them in our activities and received many referrals from local councils throughout England and Wales.

#### **LIFEWISE**

LifeWise delivers a weekly workshop to young people 15+ with learning disabilities who are not in full time education or work. Sessions are focused on Arts & Crafts, Health & Wellbeing, Heritage, Knowledge & Life Skills and Performing Arts. Participants are encouraged to participate in the full programme of activities, regardless of interest, to engage in new and varied topics.

53 weekly sessions were delivered during this financial year covering the following subjects:

- Charades
  - Spot the difference
  - Arts & Craft Session with Artis - Christmas Story
  - Learning to sign in Makaton "You've Got a Friend in Me".
  - Craft a Halloween Wreath and The Special Storyteller
  - Fish Painting by Numbers and an insight into a tropical fish tank
  - Reflections, and design your pencil case - and Bat Visit
  - Group collage and Hat Quiz
  - Learning to sign in Makaton "Your Song" and T-shirt design, Baby Quiz
  - Arts session with Artis crafting Dragon Heads and The Reptile Experience
  - Christmas Quiz and Singing Hands
  - Crafting Christmas Wrapping Paper and Tags and colouring a Christmas mug
  - Christmas Tree Decoration & Elf Yourself and Elf story plus Message from Santa
  - New Year's Resolutions and Karaoke
  - Giant Posters and Story Telling
  - Pastels with Anne Smith and Stop Worrying Worksheet with Balloon
  - Owls painting by numbers, owl video message - Vale Owls
  - Model airplane and RSPB watch
  - Noah's Ark Animal session and Engraving Art - Safari Animals
  - Armchair Yoga
-

## FOLLOW YOUR DREAMS LIMITED

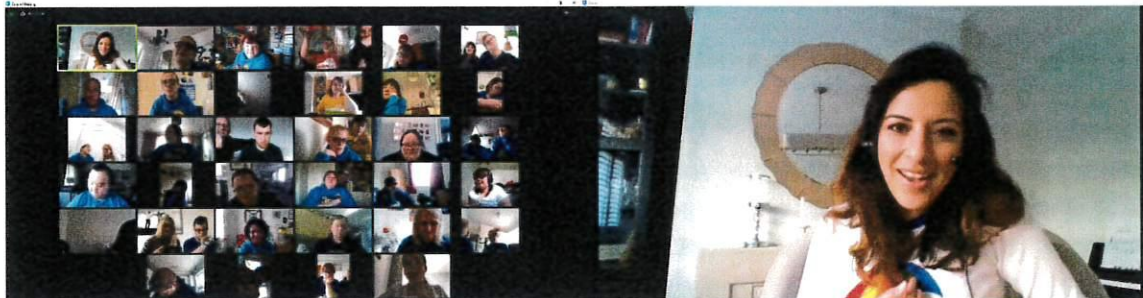
### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

- Paper collage and Storyteller
- Creating a Weather Station and guest speaker BBC Wales Weather Presenter - Behnaz Ahkgar and Seasons Worksheet
- Hung up on Spring with Artis Cymru
- Ceramic Birds and Mother's Day card
- Drumming/percussion and Ukuleles
- Water colour pencils
- Recycling, book markers & i-Spy Spring Walk sheet
- Keep Fit Session & Charcoals
- Butterflies with the Garden of Wales, Butterfly craft & planting seed bombs
- Hope Rescue and Relax Adult colouring books
- Paramed live Q&A from the back of an ambulance and Alpaca visit
- Crafting hedgehog pom poms and live presentation and Q&A from Glamorgan Hedgehog Rescue, plus Relaxation
- Donkey Painting and live visit to Redwings Horse Sanctuary
- Live visit from Shenkin & Captain Ian Moore & Pony mascot and Card making
- Tie Dye Kit & bag - Activity book and Makaton Bingo
- Live session with Lucy Owen (BBC News) reading her book Flower Girl
- Live session with Terry Walton (BBC) & Garden of Wales, making wax candles
- Build a Unicorn and presentation Q&A with No Waste Living about Plastic Free July
- Make your own Bug hotel
- Pebble painting and live session with Museum of Wales on fossils & dinosaurs
- Disney Cards and presentation from Age Connects
- Bug engraving kit and live Cornet playing
- Sea Horse collage and live visit to The Deep
- Favourite Friends Painting and talk about Voluntary Litter Picking
- Creating Kittens cards and live session with Cats Protection
- Lion Painting by Numbers - visit from Ocean Conservation Trust
- Brush Pen writing and poetry
- Build a Koala and Live Visit to Edinburgh Zoo
- Coffee Painting with Artist live from India and Coffee quiz
- Learn to Crochet and live visit with Hedgehog Helpline
- Fox Painting by numbers and live visit from the Fox Project
- My Dream & Dreams Worksheets and visit from No Waste Living - Second Hand September
- Holidays Work Sheet - and visit from a Pilot. Learning Makaton - "We're all going on a summer holiday"

We measure demonstrable improvement in the following: - Attitude, Belief in their own ability, Social Interaction, Life Skills, Knowledge and Practical Skills. We evaluate every session and track individual progress and development through observations, social interaction questionnaires and interview. Success is measured on the progress of service users using value-added principles.

Since September 2020 our LifeWise project is now run fully online and has attracted new members from across England and Wales, sessions now average around 25 participants. We are extremely grateful to all the businesses, organisations and individuals who have supported this project coming on our sessions or by sponsorship, and also to our incredible volunteers, without whom this project would be impossible to deliver.





**▶ You can view videos on our You Tube Channel:**  
<https://youtu.be/L-CEaMWxnCk> <https://youtu.be/sGZ4zF9KB2A>  


### WELLBEING WEDNESDAYS

With funding from the Welsh Government Integrated Care Fund, we were able to deliver a project called "Wellbeing Wednesdays" free of charge for people from Rhondda Cynon Taf and Merthyr Tydfil with learning disabilities, also parents, carers and those affected by the Covid-19 Pandemic associated with our Charity. Participants from outside of these areas were funded by our Charity fundraising.

Weekly sessions started on 14 October 2020 and continued until 31st March 2021.

- Wellbeing Journal
- Diary and Canvas Painting Flower
- Poster Art
- Decoupage Boxes
- Colour your own Canvas
- Glass Painting
- Adult Colouring - Animals
- Painting by numbers - Cats and Dogs
- Needle Felting a Cat
- Painting by Numbers Lion Canvas
- Festive Village and Christmas Carols
- 2021 New Year - Mindfulness and Meditation
- Dream Catcher
- Adult Colouring - Birds
- Necklace Making
- Word Searches and Herbal Tea & Biscuits
- Mindfulness Puzzles
- Acrylic Painting - Cherry Blossom
- Pebble Painting
- Dot to Dot Therapy
- Calligraphy
- 4 Words and a Sign
- Postcards of Kindness
- Water Colour Painting
- Acrylic Painting

Each session started with 10-15 minutes of learning new relaxation techniques delivered by Inner Peace Studio. Sessions were supported by a facilitator Jen from Creative Mojo.

Some of the amazing feedback we received included:

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

Wow what can I say about Wellbeing Wednesdays. This hour was my hour to relax, learn new skills and literally be proud of what I had achieved. My absolute favourite was the painting sessions, watercolours was so relaxing and I'll definitely be carrying on. Acrylics are now part of my everyday life, I have painted so many paint by numbers I'm thinking of opening up a gallery.. 🤗 Decoupage was another new skill and so easy to do, I don't know why I was so worried. And created some lovely boxes. And Jo, well thank you so much for putting me into such a relaxing mood to accomplish all the Arts n crafts. Sometimes I was feeling to relaxed and just wanted to sleep 😴 And so many new friends to have a laugh with. Thank you so much you have made lockdown so much easier. 🌈❤️ I love doing water colours now too. So relaxing. And all down to FYD for letting me join all the sessions and reach my inner self...huge thank you Di and everyone for putting the boxes and sessions together. It's been a blast. ❤️❤️❤️❤️❤️❤️❤️

I have absolutely loved and hugely benefited from the wellbeing, learning new and enjoyable skills that I wouldn't have been brave enough to try and becoming part of such a special community during a time of staying home, new friends were there. Also during ill health due to covid everyone sent me beautiful messages of encouragement and love and along with the breathing and relaxation practise helped give me strength. I've never felt so encouraged to try anything and to enjoy time. I loved learning to paint and that feeling of achievement. Really was the most incredible experience that I will always be grateful for, Wednesdays were the best days xxx thank you so so much! 😊xxx It made my year seeing you and all too!! Was the best seeing you all. Thanks for letting me join. What an absolutely incredible project of amazing people. It has helped me so much as when I was poorly, I knew you were all behind me and also the relaxation and wellbeing has helped to beat it. A huge thank you to you all xxxxxxx

Wellbeing Wednesdays has been amazing, it has helped my mental health as I have had something to focus on. It's also been the only hour of the week where both me and Ryan can relax together and do something as a couple. During this time we have been with friends learning new skills and crafts that I would never have done without Wellbeing Wednesdays x

I loved Wellbeing Wednesday; it was a time just for me. A time for me to just take that hour out of over thinking or doing household chores. An opportunity to speak to others, build friendships and just share pure positivity! It gave me a chance to do crafts, I would never have thought about doing before. The session really reached inside me for the creativity I was scared to explore! Now I have pieces of art work everywhere that I am proud of 😊 Thank you for all the equipment, time and effort that was put in for us to achieve these amazing sessions! Xx

Wellbeing Wednesday has been a little haven of joy for me. It began as a way to spend precious time doing something creative one to one with my daughter, who misses out on so much as a sibling of 2 boys with so many additional needs; and it has been that precious time... but so much more too. 😊 The community support within the group has been lovely; it's been such a supportive atmosphere, and Jo's relaxation segments have reminded me to breathe! It feels like sometimes I forget! Most of all, I've loved all of the art and inspiration I've gained to do more. Every week I've taken time to just be and to create, which normally I would feel guilty about in my world where there's always something that needs to be done, but I've remembered how crucial this kind of wellbeing time is. Jen is amazing, inspiring and joyful ❤️ and Diane, you have a gift of bringing together the right people and coordinating the most wonderful groups. 😊 Auntie Pam and Wilfred have also made this group extra wonderful for me and I love you all. ❤️❤️❤️ I'm sad that appointments have kept us from joining in with the last sessions but we will still do the activities and we have loved every single one we've been a part of. Thank you ❤️❤️❤️❤️❤️❤️❤️

Loved the Wednesday Wellbeing sessions. I am not an arty/ crafty person, but learnt a lot of new skills & will continue to finish all items. found Jo's relaxation section helpful, especially with my breathing, since having Covid. Was lovely seeing everyone, looking happy & relaxed ❤️😊😄😄 XXxx

Wellbeing Wednesdays have been a lifeline for me throughout the pandemic. Shielding and caring was extremely hard but I looked forward to this each week and had a wonderful time connecting over zoom with others whilst expressing creativity. I hadn't taken artistic time out for myself in an extremely long time and this rekindled my love of art and I realised I loved it and the new crafts we did too. I love my artwork and created some beautiful gifts for others. But I loved even more the connecting with others to do this and the relaxing meditation. Without this and the other charity events through lockdown life would have been much more difficult. Taking this time out for me really helped keep me positive and take a little bit of much needed time for me. My son did join in too and created some lovely artwork. The laughter and fun together lifted our spirits weekly. I am sad for the ones I / we had to miss due to medical appointments, but the activities have still been done at a different time. It was so lovely to be gifted the equipment as I couldn't have afforded to buy it all. I am very grateful and I'm really going to miss the sessions. Thank you so much for the support and enjoyment this provided to us. There's no doubt this helped with mental wellbeing and I absolutely loved learning the decoupage and seeing everyone's work in the group. Thank you all so much for everything. ❤️❤️ Xxxx

---

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---



You can watch a video on this project on our You Tube Channel here:

 <https://youtu.be/gLAKiNWcaH4>  
 YouTube

**DRIVE IN PANTOMIME**

Thanks to funding from Welsh Government, we were able to book an entire show of Peter Pan at the drive in Pantomime at Porthcawl South Wales. Working closely with one of our Charity Patron's Owen Money who ensured he was on hand throughout the entire show to meet our families, we also had characters from NV Entertainments to wave to children and even Santa Claus - quite possibly the only opportunity children would have had to see Santa in the height of the Covid-19 pandemic.

Over 300 people, 500 flashing wands and headbands, 200 sweet cones given out in goody bags for the children and our own mascots Santa, Reindeer, Elf and Snowman. We even had snow, fake but at least the children loved it! We were fortunate to be the final performance before another full lockdown came into force, it was a truly magical experience.

Some feedback received:

*Thank you so much Diane, we all had a fantastic time. I wasn't sure how the kids would be but they loved it, the frozen characters, sweets, Father Christmas, elves and light up wands made it a magical evening! We can't thank FYD, you and your team enough. 💙💙💙*

*It was absolutely amazing and for the first time in a long while I've smiled, laughed and forgot about the last few months. Follow your dreams you are amazing and to see everyone enjoy as they did you should all take a bow.*

*Thanks so much! It was an incredible evening! We all enjoyed it so much. Thanks so much for the treats for the children too, they loved them! Xxx*

*Thank you so much for inviting us tonight, we had the BEST night and it really got us all in the festive spirit, the whole family didn't stop smiling...it was our 1st drive in Pantomime and we loved every minute. Thank you everyone who made tonight possible ❤️❤️xxxx*

*Thank you so much Di and everyone. You went above and beyond to make it so special. It was amazing. Such a treat during this awful time 🥰🥰🌟🥰xx*

*1st drive in panto for us too and the absolute BEST! Thank you so very much FYD... we had the very best of times! 🎅🎄🎅🎄*

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---



**WORKSHOPS**

- Organising and running workshops at identified locations for children and young people with learning disabilities
- Developing our own Community Groups run by parents/volunteers, and whilst retaining independence in operations, ensuring they are managed effectively providing administrative, financial and governance support.
- Working with support groups where children and young people with learning disabilities attend.
- Working and liaising with the parents and carers to identify the aims and aspirations of the participants.
- Providing weekly sessions for young people who are not in full time employment or education to develop skills, instil confidence and create a 'can do' attitude.
- Provide networking opportunities for parents and carers to receive family support and advice.

**All Clubs and Groups were placed on hold during the Covid-19 Pandemic as their focus was face to face activities.**

All of these clubs stopped operating due to the vulnerability of the participants and very limited resources. All participants were welcomed to join our wide-ranging online activities.

**Affiliated Clubs and Groups operational in Period:**

- Special Movers - Rassau
- Valley Daffodils - Caerphilly (left to form own Charity April 2021)
- TechTivity - Bridgend
- Special Families - Maesteg

**▶ You can view sessions on our You Tube Channel here:**

<https://youtu.be/-X7WndjF5i0>

<https://youtu.be/9pNG2aLvzb0>

<https://youtu.be/Pw2nGi2Q4PM>



FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021

---



**DANCE WITH THE STARS WORKSHOPS**

During August to October 2020, we held weekly dance workshops on Zoom where we were taught by a cast member from hit West End musicals. These included:

- Grease
- Joseph
- Cats
- Chitty Chitty Bang Bang
- The Bodyguard
- Hairspray
- Six
- Matilda
- Mary Poppins
- We Will Rock You

Feedback:



"Keeley had a fantastic time doing a Grease dance workshop with Follow Your Dreams Charity and Matthew Croke (Aladdin in the West End), she loved it and was so excited to see Matt as she met him last year. She worked so hard she was sweating! (She never sweats!!) and had to take off her Pink Ladies jacket!! Lol! So thank you Diane and Matt for a wonderfully fun afternoon 😊 xx"

"Been very honoured to work with Follow Your Dreams Charity and Diane Blackmore bringing them West End workshop! It's been very heart-warming to see how much everyone has grown in such a short time. Can't wait to work with you all again soon. Thanks for having me #proud #beproudofwhoyouare #bedifferent" Simon Dunsford

📺 You can view sessions on our YouTube Channel here:  
📺 <https://youtu.be/cpowkBh325g>

YouTube



FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

**DANCE WORKSHOPS**

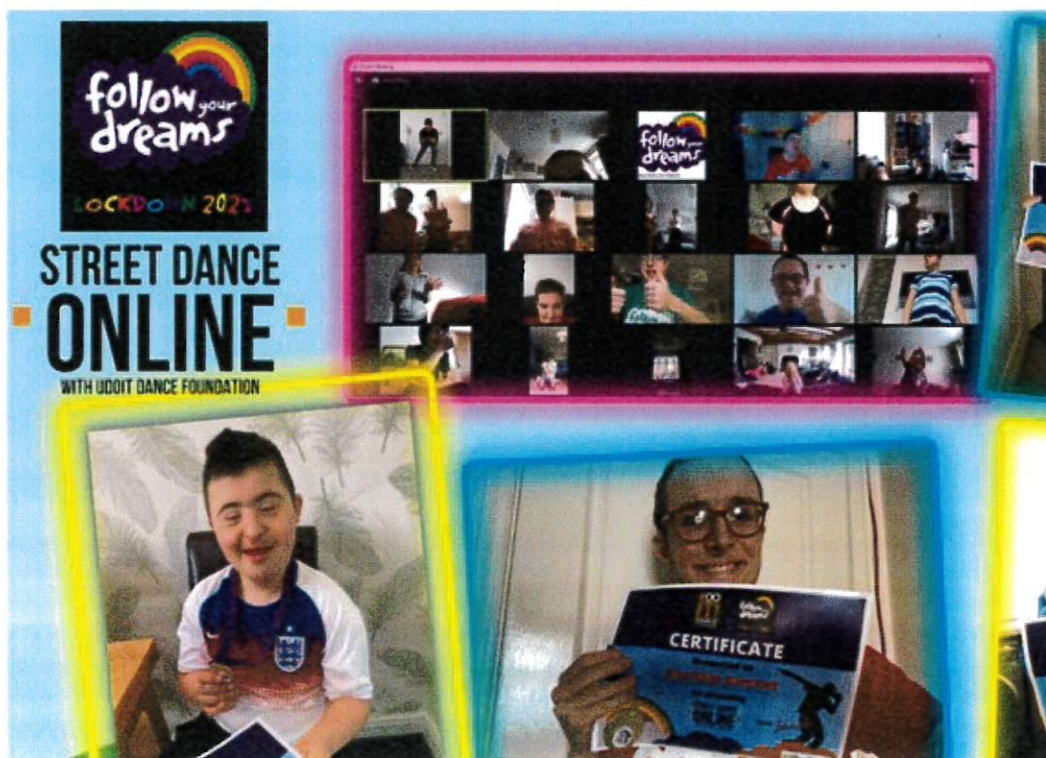
Due to the popularity of the Dancing with the Starts workshops we carried on with weekly zoom dance classes with Zack Franks Movement & Dance. We also had one of our young siblings Rhianwen deliver her own dance workshop in October, which everyone enjoyed.



▶ You can view sessions on our YouTube Channel here:  
<https://youtu.be/tyqxfcoh7Tk>



In February we commenced a weekly street dance workshop in partnership with **UDOIT Dance Foundation**, delivering a series of street dance sessions to our children and young people. Learning everything from Uncle Sam point, Lock in, Lock up, Lock down, Neck Roll, Bouncers, so many dance moves learnt in the most interactive and fun environment with Jack.



FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

FYD ONLINE SHOP

We launched our own online shop [www.fydshop.co.uk](http://www.fydshop.co.uk) in February 2021 where we were able to sell t-shirts, hoodies and badges to try to replace the income from our Charity Shop which we were forced to close in March 2020.



Thanks to funding from Welsh Government, we were also able to introduce a Stay Safe - Keep Your Distance subsidised clothing range, and many were given out free of charge.



WED AT 16:23  
Thank you so much for the hoodies and T-shirt's 🥰 they are amazing what a great



Thanks. Great concept already giving us more confidence when doing our daily walk x



### ACHIEVEMENTS AND PERFORMANCE

We work with children and young people with learning disabilities helping to realise their full potential and making their Dreams and aspiration become a reality. Our work not only impacts on individuals directly but can impact on the family by providing an opportunity for their child that they may not be able to afford or organise themselves and often taking them out of their comfort zone. We also, where funds permit, endeavour to involve the siblings who are often carers, and parent/carer support. To summarise the main achievements of our Charity during this financial period to September 2021:

- We formed a Covid19 Activities group reaching out to **422 families** sending out over **10,000 activity packs** and delivering **532 online sessions**.
- We supported **4 community groups**, and support **4 affiliated groups** and **2 Registered Charities** providing much needed weekly support for **over 400 families** and providing support to parents/carers and also siblings getting together.
- We delivered **53 sessions for our LifeWise Project** during the period which focuses on health, wellbeing and independence for young people with disabilities aged 18+.
- **1,218 Christmas Gifts** through our partnership with St David's Shopping Centre and Capital FM.
- Administered **1,040 Circus Tickets** thanks to our friends at Circus Starr.
- Administered **29 LegoLand Tickets** thanks to our friends at Merlins Wand.
- We have supported volunteering and work experience with unemployed people within the charity, and people with Learning Disabilities with **24,392 hours** benefiting our Charity.
- Our social media presence continues to grow with over **30,000 followers** on twitter and over **14,000 followers** on Facebook and **600 followers** on Instagram. This has improved our reach particularly to new parents of children with learning disabilities, in addition to families who are not already aware of our charity.
- We held our first Zip Wire Challenge in May 2021 in Tower Colliery, Aberdare raising an incredible £9,450 <https://youtu.be/OCiLxSSiXes>
- Staff and key volunteers qualified in Makaton Levels 1, 2, 3 and 4, Makaton with Singing, Makaton Safeguarding and commit to regular refreshers and promoting Makaton in all we do. We are grateful for the continuous support of Andy Mc Makaton Tutor and Inclusive Teaching Matters.



## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

#### FUTURE PLANS

Commitment for 2021/2022

- Ensure financial and operational stability.
- To continue being a lifeline to our families during the Covid-19 Pandemic and whatever may lay ahead.
- Inspire the ambitions of children and young people with learning disabilities.
- Encourage, empower and motivate a change in attitude, inspiring optimism to make dreams a reality, providing hope, aspiration and opportunities.
- Support young adults with learning disabilities who are seeking employment or volunteering opportunities.
- To ensure that our services are consistent with the Mission, Vision and Values of the Charity. Charity values are consistently applied to all we do and how we do it. To challenge poor performance and attitude and to support improvement at all levels.
- To ensure representation of people with disabilities within the charity; - workshops, staff, volunteers and Board level.
- To work effectively with relevant partners both locally and regionally.
- To diversify our funding streams. To develop current and additional trading initiatives. To raise funds and finance the charity.
- To ensure staff and volunteers have the skills, capacity, training, facilities, tools and support.
- To ensure continued development of the Trustee Board and its capacity to oversee and direct an ambitious growing charity.
- To ensure compliance in all aspects of Governance.
- To increase volunteer support and involvement at all levels, including both maintenance and client liaison.
- To deliver a "Coming Together" event in January 2022 to celebrate our achievements and bring families together - you can view on our You Tube here: <https://youtu.be/B1kb-uRANVo> .
- To be recognised as a Makaton Friendly organisation by the Makaton Charity.



## **FOLLOW YOUR DREAMS LIMITED**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

#### **FINANCIAL REVIEW**

The results for the year can be found in the following Statement of Financial Activities, Balance Sheet and related notes.

#### **Reserves policy**

It is the policy to maintain the free reserves of Follow Your Dreams at a level approximating three months of forthcoming unavoidable operational expenditure. This would equate to approximately £40,000. There were unrestricted reserves of £102,739 (2020: £49,516) as at the year end, however of this £7,554 (2020: £5,883) is represented by tangible fixed assets leaving free reserves of £95,185 (2020: £43,633).

It is not considered appropriate to build up reserves beyond this level, since the aim of Follow Your Dreams is to develop services for the benefit of users, rather than seek excessive financial security. Three months of operating expenditure is considered prudent (given the need to cover fluctuations in income) whilst taking into account the need to expend funds for the good of Follow Your Dreams beneficiaries.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Follow Your Dreams governance structure is supported by its constitution document, the Memorandum and Articles of Association. The organisation is a registered charity and a company limited by guarantee.

##### **Mission Statement**

Follow Your Dreams are a national charity that supports children and young people with learning disabilities. Follow Your Dreams will inspire the ambitions of children and young people with learning disabilities by delivering enjoyable methods of learning and play. We focus on their abilities and identify opportunities, growing and developing skills through the delivery of creative and interactive events, dreams and workshops through collaborative partnerships.

##### **Recruitment, appointment and induction of new trustees**

The directors of the company are also charity trustees for the purposes of charity law. When selecting trustees, the charity aims to ensure there is a broad range of relevant skills. Candidates are asked to declare at this stage any potential conflicts of interest. Trustees are appointed after interviews with existing trustees and formal visits to the organisation, to ensure that they understand our vision and values. Trustees are subject to Disclosure and Barring Service checks where applicable.

Follow Your Dreams actively endorses training at all levels of the charity. New trustees participate in an induction process to include spending time with staff and volunteers, relevant information regarding health and safety and personal safety, charity official documentation, minutes of recent Trustee meetings, Strategic and Operational Plan and role-related knowledge where applicable. New trustees are also given copies of relevant Charity Commission literature, and an Anti-Money Laundering Form is completed along with other adapted Charity Commission forms. Trustees are encouraged to undertake development training where appropriate.

The trustees met monthly during the year to make strategic and policy decisions. Trustee meetings were held on zoom throughout the Pandemic. Unfortunately, two of our trustees needed to resign at short notice due to the impact of Covid-19 on their incomes. We appreciate their support, and our focus as the pandemic reaches closure will be to increase our board of trustees, while we endeavour to recruit during this time. All trustees give of their time freely and no trustee remuneration was paid in the year.

##### **Organisational structure**

The charity is administered by a Board of Trustees who meet regularly to oversee all activities of the charity and to ensure it adheres to a clear direction for the charity. Day to day management is delegated to a Chief Executive Officer and Management Team.

##### **Key management remuneration**

The pay of the senior staff is reviewed annually and was increased by 8.5% in November 2021 backdated to 1 October 2021 for all staff. No staff had received a pay increase since June 2015. Pay would be normally increased in accordance with average earnings. In view of the nature of the charity, the directors benchmark against pay levels in other charities of a similar size.

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

---

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Membership and Affiliation

- Fundraising Regulator
- British Institute of Learning Disabilities (BILD)
- Interlink
- Glamorgan Voluntary Services (GVS)
- Bridgend Association of Voluntary Organisations (BAVO)
- Wales Council for Voluntary Action (WCVA)
- Powys Association of Voluntary Organisations (PAVO)

##### Fundraising

Follow Your Dreams complies with all relevant statutory regulations, including the Charities Act 2011 and General Data Protection Regulation. We always seek to act in ways which are legal, open, honest and respectful, striving for best practice in fundraising by complying with a range of codes of practice, including being registered with the Fundraising Regulator, and adhering to its Code of Fundraising Practice and Fundraising Promise. We are careful to monitor our fundraising activities and provide supporters with help and information via our social media, email, phone or post. We have a complaints procedure and record and respond to all complaints; no complaints were received in connection with fund-raising activities.

##### Risk management

Financial sustainability is the major financial risk for the charity, we have continuously worked towards our objective of settling debts as they fall due, and active management of our cash flow. We have also ensured:

- Public and Employers Liability Insurance maintained
- Accreditation for food hygiene and premises
- Strong Application Process for dream support
- Monthly Trustee meetings including formal agendas and review of accounts

##### Volunteers

Our volunteers are at the heart of all our work, they make a huge difference they make an enormous difference and are committed to the passion to help children and young people with learning disabilities. They supplement the work our employees do and also take the lead on service delivery in our community groups. We recognise that placing a monetary value on the contribution which our volunteers deliver, some 24,392 hours over the past 12 months, presents significant difficulties due to the wide range of roles performed, and the lack of a reliable market comparator price for volunteers. Accordingly, we do not include any contribution from such sources in our declared income.

**View our volunteer's week Video on our You Tube channel here:**

 <https://youtu.be/hG6g-i-XEal>

 YouTube



**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
04673165 (England and Wales)

**Registered Charity number**  
1106379

**Registered office**  
8A Cambrian Industrial Estate, East Side  
Coedcae Lane  
Pontyclun  
Rhondda Cynon Taff  
CF72 9EW

**Trustees**

**Current**

Pamela Volausek	
Ryan Smith	appointed - 01/11/2020
John Hope	appointed - 01/11/2020

**Resigned**

Emma Newbury	resigned 31/10/2020
--------------	---------------------

**Company Secretary**

John Hope

**Independent Examiner**

Watts Gregory LLP  
Chartered Accountants  
Efed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**Bankers**

Lloyds Bank plc (Victoria Park)  
Cowbridge Road  
Canton  
CARDIFF  
CF11 9TB

**Staff - Current**

<b>Full time</b>	Diane Blackmore	Chief Executive
<b>Part time</b>	Vicky George	Project Manager - Operations & Membership
	Rachel Williams	Finance Manager
	Claragh Richards	Administration Assistant

Ciaragh was appointed on 2 August 2021 for a 6-month period ending on 28 January 2022 with support from the Kick Start Scheme, which provides funding to employers to create jobs for 16 to 24 year olds on Universal Credit.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the Board of Trustees on 17<sup>th</sup> May 2022 and signed on its behalf by:

P. Volausek  
P Volausek - Trustee

---

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOLLOW YOUR DREAMS LIMITED**

---

**Independent examiner's report to the trustees of Follow Your Dreams Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2021.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACCA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Julia Mortimer FCCA  
Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

Date: .....

**FOLLOW YOUR DREAMS LIMITED**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Notes	Unrestricted funds £	Restricted funds £	Year Ended 30/9/21 Total funds £	Period 1/4/19 to 30/9/20 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	143,281	-	143,281	411,888
<b>Charitable activities</b>					
Working with young people with learning disabilities	6	-	160,284	160,284	97,559
Other trading activities	4	31,342	-	31,342	110,086
Investment income	5	<u>8</u>	<u>-</u>	<u>8</u>	<u>5</u>
<b>Total</b>		<b>174,631</b>	<b>160,284</b>	<b>334,915</b>	<b>619,538</b>
<b>EXPENDITURE ON</b>					
<b>Raising funds</b>					
Raising donations and legacies	7	8,863	-	8,863	53,035
Other trading activities	8	<u>10,992</u>	<u>-</u>	<u>10,992</u>	<u>72,489</u>
		19,855	-	19,855	125,524
<b>Charitable activities</b>					
Working with young people with learning disabilities	9	109,055	131,871	240,926	464,563
<b>Total</b>		<b>128,910</b>	<b>131,871</b>	<b>260,781</b>	<b>590,087</b>
<b>NET INCOME</b>		<b>45,721</b>	<b>28,413</b>	<b>74,134</b>	<b>29,451</b>
Transfers between funds	20	<u>7,502</u>	<u>(7,502)</u>	-	-
<b>Net movement in funds</b>		<b>53,223</b>	<b>20,911</b>	<b>74,134</b>	<b>29,451</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		49,516	17,123	66,639	37,188
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>102,739</u></b>	<b><u>38,034</u></b>	<b><u>140,773</u></b>	<b><u>66,639</u></b>

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**BALANCE SHEET  
30 SEPTEMBER 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	16	7,554	-	7,554	5,883
<b>CURRENT ASSETS</b>					
Debtors	17	6,642	-	6,642	1,103
Cash at bank		<u>101,597</u>	<u>38,034</u>	<u>139,631</u>	<u>79,873</u>
		108,239	38,034	146,273	80,976
<b>CREDITORS</b>					
Amounts falling due within one year	18	(13,054)	-	(13,054)	(20,220)
<b>NET CURRENT ASSETS</b>		<u>95,185</u>	<u>38,034</u>	<u>133,219</u>	<u>60,756</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>102,739</u>	<u>38,034</u>	<u>140,773</u>	<u>66,639</u>
<b>NET ASSETS</b>		<u>102,739</u>	<u>38,034</u>	<u>140,773</u>	<u>66,639</u>
<b>FUNDS</b>	20				
Unrestricted funds				102,739	49,516
Restricted funds				<u>38,034</u>	<u>17,123</u>
<b>TOTAL FUNDS</b>				<u>140,773</u>	<u>66,639</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 May 2022 and were signed on its behalf by:

P. Volausek  
P Volausek - Trustee

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

	Notes	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>66,660</u>	<u>52,341</u>
Net cash provided by operating activities		<u>66,660</u>	<u>52,341</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(6,910)	(7,566)
Interest received		<u>8</u>	<u>5</u>
Net cash used in investing activities		<u>(6,902)</u>	<u>(7,561)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		59,758	44,780
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>79,873</u>	<u>35,093</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u>139,631</u>	<u>79,873</u>

The notes form part of these financial statements

---

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	74,134	29,451
<b>Adjustments for:</b>		
Depreciation charges	5,239	7,815
Loss on disposal of fixed assets	-	142
Interest received	(8)	(5)
(Increase)/decrease in debtors	(5,539)	4,362
(Decrease)/increase in creditors	<u>(7,168)</u>	<u>10,576</u>
<b>Net cash provided by operations</b>	<u>66,660</u>	<u>52,341</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1/10/20 £	Cash flow £	At 30/9/21 £
<b>Net cash</b>			
Cash at bank	<u>79,873</u>	<u>59,758</u>	<u>139,631</u>
	<u>79,873</u>	<u>59,758</u>	<u>139,631</u>
<b>Total</b>	<u>79,873</u>	<u>59,758</u>	<u>139,631</u>

The notes form part of these financial statements

**1. STATUTORY INFORMATION**

Follow Your Dreams is a company limited by guarantee incorporated in Wales within the United Kingdom. Each member is liable for a maximum of £10 in the event of the company being wound up. The registered office is 8A Cambrian Industrial Estate, East Side, Coedcae Lane, Pontyclun, Rhondda Cynon Taff, CF72 9EW.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activities of the charity is to help people with learning disabilities by such charitable means as the trustee determine from time to time in particular but not exclusively by sponsorship.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 S1A Update Bulletin 1) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Follow Your Dreams Limited meets the definition of a public benefit entity under FRS102.

During the prior financial year the reporting period was changed from 31 March to 30 September, as a result, comparative amounts and the related notes may not be entirely comparable.

**Going concern**

The trustees are satisfied that despite the Coronavirus pandemic, it is appropriate for the charity's financial statements to be prepared on a going concern basis. The trustees have taken steps to minimise the effect on the charity and will continue to do so. In the circumstances they have concluded that no adjustments are required to the financial statements at this time.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. This includes capital grants.

**Donations and legacies income**

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

**Other trading activities income**

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Investment income**

Investment income is recognised on a receivable basis.

**Donated goods**

Income received from donated goods sold in its shop is recognised on the sale of the goods.

Other donated goods received by charity which has been used for fundraising activities or charitable activities have been valued at fair value on the date that the goods or services were received. It is not the policy of the charity to show income net of expenditure.

2. ACCOUNTING POLICIES - continued

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds include direct costs applicable to the activity, advertising, marketing and direct materials as well as a proportion of salaries based on an approximation of time spent in this area.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity as well as a proportion of salaries based on an approximation of time spent in this area.

**Termination payments**

The charitable company recognises termination benefits as a liability and an expense only when the entity is demonstrably committed either to terminate the employment of an employee or group of employees before the normal retirement date or to provide termination benefits as a result of an offer made in order to encourage voluntary redundancy.

**Allocation and apportionment of costs**

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

**Tangible fixed assets**

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings and equipment - 20% - 50% on cost.

Only assets costing over £300 are capitalised.

**Financial Instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Debtors**

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**2. ACCOUNTING POLICIES - continued**

**Debtors**

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Any other proposed transfer between funds would be considered on the particular circumstances.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**3. DONATIONS AND LEGACIES**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Bucket collections	13,594	87,030
Donations	63,986	217,404
Gift aid	4,247	4,961
Grants	59,201	99,460
Membership scheme	<u>2,253</u>	<u>3,033</u>
	<u>143,281</u>	<u>411,888</u>

The charity is grateful to its many donors which provided a wide range of goods and services valued at £45,190 (2020: £187,790) which contribute significantly to helping support people with learning disabilities explore and develop their potential through a wide range of activities.

The charity benefits from the involvement and enthusiastic support of its many volunteers, details of which are given in the annual report. In accordance with accounting standards, the economic contribution of general volunteers is not recognised in the accounts.

Grants received, included in the above, are as follows:

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Rhondda Cynon Taff Country Borough Council	14,000	20,000
The Moondance Foundation	10,768	-
Community Foundation Wales	20,000	-
Edgar E. Lawley Foundation	1,500	-
Welsh Government	10,000	-
Department for Work and Pensions	2,933	-
The Edward Gosling Foundation	-	10,000
Coronavirus Job Retention Scheme	-	35,710
WCVA - Third Sector Resilience Fund for Wales	<u>-</u>	<u>33,750</u>
	<u>59,201</u>	<u>99,460</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**4. OTHER TRADING ACTIVITIES**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Fundraising events	29,247	50,711
Donated goods and services for fundraising events	425	5,203
Shop sales	1,670	12,229
Coffee shop sales	-	41,943
	<u>31,342</u>	<u>110,086</u>

**5. INVESTMENT INCOME**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Deposit account Interest	<u>8</u>	<u>5</u>

**6. INCOME FROM CHARITABLE ACTIVITIES**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Grants	<u>160,284</u>	<u>97,559</u>

Grants received, included in the above, are as follows:

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Voluntary Action Merthyr Tydfil	9,286	6,559
Cwm Taf Morgannwg University Health Board	-	2,500
Interlink Rhondda Cynon Taff	250	2,250
Tesco Bags of Help Community Grants	2,000	17,500
Business Wales Flood Relief Grant	-	2,500
Beacon Lodge Charitable Trust Ltd	-	5,000
The Moondance Foundation	7,275	11,030
VSEF Small Grants	-	500
Bridgend Association of Voluntary Organisations	500	2,463
National Lottery - Awards for All	-	10,000
The Clothworker's Foundation	-	5,000
Community Foundation Wales	10,000	10,000
Neighbourly Ltd	-	400
Pen Y Cymoedd Wind Farm Community Fund CIC	-	6,557
RCTCBC - COVID Community Grant	-	300
The National Lottery Community Fund - Coronavirus Community Support Fund	1,500	15,000
Postcode Neighbourhood Trust	20,000	-
WCVA - VSRF Small grant	83,832	-
Neath Port Talbot CVS	2,141	-
Torfaen Voluntary Alliance	1,044	-
Track 2000	<u>15,000</u>	<u>-</u>
Carried forward	152,828	97,559

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**6. INCOME FROM CHARITABLE ACTIVITIES - continued**

	Year Ended 30/9/21	Period 1/4/19 to 30/9/20
	£	£
Brought forward	152,828	97,559
Glamorgan Voluntary Services	5,456	-
Sported Foundation	<u>2,000</u>	<u>-</u>
	<u>160,284</u>	<u>97,559</u>

**7. RAISING DONATIONS AND LEGACIES**

	Year Ended 30/9/21	Period 1/4/19 to 30/9/20
	£	£
Staff costs	-	12,875
Fundraisers' commission & expenses	5,283	23,765
Rent, rates and office services	-	1,658
Insurance	-	88
Telephone	-	296
Postage, stationery & advertising	-	196
Repairs and renewals	-	169
Fixtures & fittings depreciation	-	259
Website fees	245	308
Fundraising event costs	2,910	8,220
Donated goods and services	<u>425</u>	<u>5,203</u>
	<u>8,863</u>	<u>53,035</u>

**8. OTHER TRADING ACTIVITIES**

	Year Ended 30/9/21	Period 1/4/19 to 30/9/20
	£	£
Purchases	(449)	21,831
Staff costs	9,481	34,830
Postage, stationery & advertising	430	527
Telephone	(100)	795
Repairs and renewals	252	1,511
Insurance	25	236
Volunteer expenses	288	441
Rent, rates and office services	(11)	8,059
Staff welfare	130	-
Depreciation	<u>946</u>	<u>4,259</u>
	<u>10,992</u>	<u>72,489</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**9. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 10) £	Support costs (see note 11) £	Totals £
Working with young people with learning disabilities	<u>202,426</u>	<u>38,500</u>	<u>240,926</u>

**10. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Staff costs	57,265	131,587
Delivering Dreams	13,394	191,110
Motor and travel	-	509
Rent, rates & office services	3,654	16,922
Insurance	150	896
Telephone and internet	(603)	3,012
Postage, stationery & advertising	2,586	1,994
Staff welfare	779	-
Fixtures & fittings depreciation	3,027	2,639
Ohana Play expenditure	-	87
Life wise costs	200	1,344
Donated goods and services	28,690	10,519
COVID-19 Expenditure	93,284	34,847
Loss on sale of assets	-	142
	<u>202,426</u>	<u>395,608</u>

**11. SUPPORT COSTS**

	Staff costs £	Depreciation £	Other £	Governance costs £	Totals £
Working with young people with learning disabilities	<u>19,340</u>	<u>1,014</u>	<u>9,199</u>	<u>8,947</u>	<u>38,500</u>

**12. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Depreciation - owned assets	5,239	7,815
Hire of plant and machinery	2,010	2,063
Deficit on disposal of fixed assets	-	142
Independent examination fees	<u>2,920</u>	<u>4,088</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**13. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 (2020: £nil).

**Trustees' expenses**

No trustee expenses were reimbursed or paid on behalf of the trustees for the year ended 30 September 2021 (2020: £nil).

**14. STAFF COSTS**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
Wages and salaries	84,838	200,720
Social security costs	3,444	6,883
Other pension costs	<u>2,429</u>	<u>4,493</u>
	<u>90,711</u>	<u>212,096</u>

The average monthly number of employees during the year was as follows:

	Year Ended 30/9/21	Period 1/4/19 to 30/9/20
Number of employees	<u>4</u>	<u>10</u>

No employees received emoluments in excess of £60,000.

Included within staff costs are termination payments amounting to £nil (2020: £2,475).

**15. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	411,888	-	411,888
<b>Charitable activities</b>			
Working with young people with learning disabilities	21,400	76,159	97,559
Other trading activities	110,086	-	110,086
Investment income	<u>5</u>	<u>-</u>	<u>5</u>
<b>Total</b>	543,379	76,159	619,538
<b>EXPENDITURE ON</b>			
<b>Raising funds</b>			
Raising donations and legacies	53,035	-	53,035
Other trading activities	<u>72,489</u>	<u>-</u>	<u>72,489</u>
	125,524	-	125,524
<b>Charitable activities</b>			
Working with young people with learning disabilities	398,394	66,169	464,563

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**15. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>Total</b>	523,918	66,169	590,087
<b>NET INCOME</b>	19,461	9,990	29,451
<b>Transfers between funds</b>	<u>6,907</u>	<u>(6,907)</u>	-
<b>Net movement in funds</b>	26,368	3,083	29,451
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	23,148	14,040	37,188
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>49,516</u>	<u>17,123</u>	<u>66,639</u>

**16. TANGIBLE FIXED ASSETS**

<b>COST</b>	Fixtures and fittings £
At 1 October 2020	13,366
Additions	<u>6,910</u>
At 30 September 2021	<u>20,276</u>
<b>DEPRECIATION</b>	
At 1 October 2020	7,483
Charge for year	<u>5,239</u>
At 30 September 2021	<u>12,722</u>
<b>NET BOOK VALUE</b>	
At 30 September 2021	<u>7,554</u>
At 30 September 2020	<u>5,883</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021	2020
	£	£
Other debtors	692	276
Prepayments and accrued income	<u>5,950</u>	<u>827</u>
	<u>6,642</u>	<u>1,103</u>

**18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021	2020
	£	£
Trade creditors	298	3,914
Social security and other taxes	4,667	4,542
Other creditors	242	2
Accruals and deferred income	<u>7,847</u>	<u>11,762</u>
	<u>13,054</u>	<u>20,220</u>

Included in accruals and deferred income above is £1,566 (2020: £396) of deferred membership income and £nil (2020: £4,286) of deferred grant income received in advance of service delivery. All amounts deferred in the year ended 30 September 2020 were released to the Statement of Financial Activities during the year ended 30 September 2021.

**19. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021	2020
	£	£
Within one year	1,584	2,591
Between one and five years	<u>792</u>	<u>2,376</u>
	<u>2,376</u>	<u>4,967</u>

Total lease payments recognised as an expense during the year amounted to £4,467 (2020: £21,183).

**20. MOVEMENT IN FUNDS**

	At 1/10/20	Net movement in funds	Transfers between funds	At 30/9/21
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	49,516	45,721	7,502	102,739
<b>Restricted funds</b>				
IT Fund	5,300	4,048	(6,348)	3,000
COVID-19 Pandemic Fund	11,823	17,265	(1,154)	27,934
Wellbeing Together	-	5,000	-	5,000
Lifewise Gwent Fund	-	<u>2,100</u>	-	<u>2,100</u>
	<u>17,123</u>	<u>28,413</u>	<u>(7,502)</u>	<u>38,034</u>
<b>TOTAL FUNDS</b>	<u>66,639</u>	<u>74,134</u>	<u>-</u>	<u>140,773</u>

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

**20. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	174,631	(128,910)	45,721
<b>Restricted funds</b>			
IT Fund	4,636	(588)	4,048
COVID-19 Pandemic Fund	145,648	(128,383)	17,265
Wellbeing Together	5,000	-	5,000
Lifewise Gwent Fund	5,000	(2,900)	2,100
	<u>160,284</u>	<u>(131,871)</u>	<u>28,413</u>
<b>TOTAL FUNDS</b>	<u>334,915</u>	<u>(260,781)</u>	<u>74,134</u>

**Comparatives for movement in funds**

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 30/9/20 £
<b>Unrestricted funds</b>				
General fund	23,148	19,461	6,907	49,516
<b>Restricted funds</b>				
Lifewise Fund	3,000	(3,000)	-	-
Play Stay and Sign Fund	1,753	(1,753)	-	-
IT Fund	9,287	-	(3,987)	5,300
COVID-19 Pandemic Fund	-	14,743	(2,920)	11,823
	<u>14,040</u>	<u>9,990</u>	<u>(6,907)</u>	<u>17,123</u>
<b>TOTAL FUNDS</b>	<u>37,188</u>	<u>29,451</u>	<u>-</u>	<u>66,639</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	543,379	(523,918)	19,461
<b>Restricted funds</b>			
Lifewise Fund	7,250	(10,250)	(3,000)
Play Stay and Sign Fund	9,000	(10,753)	(1,753)
Hype Club Fund	4,000	(4,000)	-
Rogerstone Arts Fund	1,000	(1,000)	-
Makaton Sing and Sign Choir Fund	750	(750)	-
COVID-19 Pandemic Fund	54,159	(39,416)	14,743
	<u>76,159</u>	<u>(66,169)</u>	<u>9,990</u>
<b>TOTAL FUNDS</b>	<u>619,538</u>	<u>(590,087)</u>	<u>29,451</u>

**20. MOVEMENT IN FUNDS - continued**

**Lifewise Gwent Fund**

Community Foundation Wales provided funding towards Lifewise Gwent, which delivers a weekly workshop to young people 18+ with learning disabilities in the Gwent area.

**IT Fund**

The charity set up a fund to try and replace their IT equipment. The fund was supported in the 18/19 financial year by the Ford Britain Trust and the Millennium Stadium Charitable Trust. Additional funding was received from Glamorgan Voluntary Alliance during the current financial year to support the fund.

**COVID-19 Pandemic Fund**

Supporting children, young people and older adults with disabilities, their siblings, young carers, carers, parents and guardians during the Covid-19 Pandemic. Including regular zoom sessions, posting activity packs and providing 24/7 advice and support. Funding was provided by the following organisations:

National Lottery - Awards for All

The National Lottery Community Fund - Coronavirus Community Support Fund

Postcode Neighbourhood Trust

WCVA - VSRF Small grant

Community Foundation Wales

Neath Port Talbot CVS

Interlink Rhondda Cynon Taff

Torfaen Voluntary Alliance

Sported

Glamorgan Voluntary Services

Tesco Bags of help Community Grants

The Moondance Foundation

Track 2000

Bridgend Association of Voluntary Organisations

Voluntary Action Merthyr Tydfil

**Wellbeing Together**

Voluntary Action Merthyr Tydfil provided funding to support Wellbeing Wednesdays, a project which focuses on delivering a series of meet ups based on arts and craft activities via Zoom.

**Relating to comparative year:**

**Lifewise Fund**

Grants were received from Tesco Bags of Help Community Grant (administered by Groundwork) and The David Brooke Charity in the previous year, to support the Lifewise project, which aids 16+ year olds prepare for their next stage of life, such as in the transition from school to college or from education to employment. Additional funding was received in this period from Voluntary Action Merthyr Tydfil and Cwm Taf Morgannwg University Health Board in order to continue delivering this worthwhile project.

**Stay Play and Sign Fund**

The Sign & Play Fund was set up in the prior year with funding from Tesco Bags of Help Community Grants (administered by Groundwork), additional funding was received from Tesco 2019/20. The funds were used to cover venue hire and staffing costs.

**COVID-19 Pandemic Fund**

Supporting children, young people and older adults with disabilities, their siblings, young carers, carers, parents and guardians during the Covid-19 Pandemic. Including regular zoom sessions, posting activity packs and providing 24/7 advice and support. Funding was provided by the following organisations:

The Moondance Foundation

VSEF Small Grants

Interlink Rhondda Cynon Taff

Pen Y Cymoedd Wind Farm Community Fund CIC

Voluntary Action Merthyr Tydfil

National Lottery - Awards for All

The Clothworker's Foundation

RCTCBC - COVID Community Grant

Bridgend Association of Voluntary Organisations

The National Lottery Community Fund - Coronavirus Community Support Fund

**20. MOVEMENT IN FUNDS - continued**

**Hype Club Fund**

The Hype Club Fund was set up during the year with funding from Tesco Bags of Help Community Grants (administered by Groundwork). The funds were used to transport the Hype club members from Neath to Llantrisant to the charity Xmas party, where they were each given a special present.

**Rogerstone Arts Fund**

The Rogerstone Arts project was set up during the year with funding from Tesco Bags of Help Community Grants (administered by Groundwork).

**Makaton Sing and Sign Choir Fund**

Funding was received from Interlink Rhondda Cynon Taff in support of staff and volunteer costs in relation to the establishment of a sing and sign Makaton Choir in Church Village.

**Transfers between funds**

Transfers of £7,502 were made from the IT and Covid-19 Pandemic funds to the general fund to reflect the purchase of fixed assets and expenditure previously recognised as unrestricted.

**21. RELATED PARTY DISCLOSURES**

The total key management personnel remuneration benefits paid during the period was £47,617 (2020: £90,701).

No fundraising income was received from trustees during the financial year (2020: £410 from three trustees).

Donation income of £90 was received from one trustee during the 20/21 financial year (2020: £nil).

The following income was received during the 2019/20 financial year from Roly Poly Entertainments Ltd, a business in which the former trustee Christopher Gibbins had a controlling interest:

	2020
	£
Fundraising income	420
Donations income	130

**22. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions paid by the charity to the fund and amounted to £2,429 (2020: £4,493). Outstanding contributions due at the year end amounted to £240 (2020: £197 outstanding refunds due).

**FOLLOW YOUR DREAMS LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Bucket collections	13,584	87,030
Donations	63,986	217,404
Gift aid	4,247	4,961
Grants	59,201	99,460
Membership scheme	<u>2,253</u>	<u>3,033</u>
	143,281	411,888
<b>Other trading activities</b>		
Fundraising events	29,247	50,711
Donated goods and services for fundraising events	425	5,203
Shop sales	1,670	12,229
Coffee shop sales	<u>-</u>	<u>41,943</u>
	31,342	110,086
<b>Investment income</b>		
Deposit account interest	8	5
<b>Charitable activities</b>		
Grants	<u>160,284</u>	<u>97,559</u>
<b>Total incoming resources</b>	<b>334,915</b>	<b>619,538</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Wages	-	12,712
Social security	-	112
Pensions	-	51
Fundraisers' commission & expenses	5,283	23,765
Rent, rates and office services	-	1,658
Insurance	-	88
Telephone	-	296
Postage, stationery & advertising	-	198
Repairs and renewals	-	169
Fixtures & fittings depreciation	-	259
Website fees	245	306
Fundraising event costs	2,910	8,220
Donated goods and services	<u>425</u>	<u>5,203</u>
	8,863	53,035
<b>Other trading activities</b>		
Shop purchases	121	308
Coffee shop purchases	(570)	21,523
Wages	8,820	33,290
Carried forward	8,371	55,121

This page does not form part of the statutory financial statements

**FOLLOW YOUR DREAMS LIMITED**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
<b>Other trading activities</b>		
Brought forward	8,371	55,121
Social security	401	631
Pensions	260	909
Postage, stationery & advertising	430	527
Telephone	(100)	795
Repairs and renewals	252	1,511
Insurance	25	236
Volunteer expenses	288	441
Rent, rates and office services	(11)	8,059
Staff welfare	130	-
Fixtures and fittings	<u>946</u>	<u>4,259</u>
	10,992	72,489
<b>Charitable activities</b>		
Wages	53,473	123,527
Social security	2,282	5,180
Pensions	1,510	2,880
Delivering Dreams	13,394	191,110
Motor and travel	-	509
Rent, rates & office services	3,654	16,922
Insurance	150	896
Telephone and internet	(603)	3,012
Postage, stationery & advertising	2,586	1,994
Staff welfare	779	-
Fixtures & fittings depreciation	3,027	2,639
Ohana Play expenditure	-	87
Life wise costs	200	1,344
Donated goods and services	28,690	10,519
COVID-19 Expenditure	93,284	34,847
Loss on disposal of tangible fixed assets	<u>-</u>	<u>142</u>
	202,426	395,608
<b>Support costs</b>		
<b>Staff costs</b>		
Wages	18,105	24,339
Social security	547	627
Pensions	538	574
Staff training	<u>150</u>	<u>1,282</u>
	19,340	28,822
<b>Depreciation</b>		
Fixtures and fittings	1,014	512
<b>Other</b>		
Hire of plant and machinery	2,010	2,063
Rent, rates & office services	1,224	3,286
Insurance	50	173
Telephone and internet	(202)	582
Postage, stationery & advertising	865	385
Sundries	301	375
Carried forward	4,248	6,864

This page does not form part of the statutory financial statements

**FOLLOW YOUR DREAMS LIMITED****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

	Year Ended 30/9/21 £	Period 1/4/19 to 30/9/20 £
<b>Other</b>		
Brought forward	4,248	6,864
Bank charges & bank interest	210	1,927
Staff welfare	261	-
Raising awareness	<u>4,480</u>	<u>19,859</u>
	9,199	28,650
<b>Governance costs</b>		
Wages	4,440	6,852
Social security	214	333
Pensions	121	79
Office costs	609	1,352
Professional fees	325	121
Accountancy fees	2,920	4,088
Staff welfare	66	-
Fixtures and fittings	<u>252</u>	<u>146</u>
	<u>8,947</u>	<u>12,971</u>
Total resources expended	<u>260,781</u>	<u>590,087</u>
<b>Net income</b>	<u>74,134</u>	<u>29,451</u>

This page does not form part of the statutory financial statements

**FOLLOW YOUR DREAMS LIMITED**

England & Wales - Charity number 1106379

---

# Accounts

---

REGISTERED COMPANY NUMBER: 04673165 (England and Wales)  
REGISTERED CHARITY NUMBER: 1106379

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE PERIOD 1 APRIL 2019 TO  
30 SEPTEMBER 2020  
FOR  
FOLLOW YOUR DREAMS LIMITED

Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**FOLLOW YOUR DREAMS LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

	Page
Chief Executive's Report	1
Report of the Trustees	2 to 15
Independent Examiner's Report	16
Statement of Financial Activities	17
Balance Sheet	18 to 19
Cash Flow Statement	20
Notes to the Cash Flow Statement	21
Notes to the Financial Statements	22 to 34

---

## FOLLOW YOUR DREAMS LIMITED

### CHIEF EXECUTIVE'S REPORT FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

What a year! The past year or so has seen us go through turbulent times, totally unprecedented which we had never even contemplated possible in our strategic or operational plans.

The flooding in South Wales had a negative effect on our charity income during February 2020 and then we were faced with all our income streams stopping with the COVID-19 pandemic. Fundraising events were cancelled, our charity and coffee shops closed, presenting me with the greatest challenge in the time with Follow Your Dreams. Our utmost priority was always to keep our staff, volunteers, families and customers safe.

It was necessary to furlough all our staff with the exception of myself and then make the awful decision to make staff redundant. We are incredibly grateful for their dedication to our charity and for their understanding of the dreadful situation we were faced with. I continued working every single hour possible and was supported by two lead volunteers who gave a full-time commitment Pam Volausek (our Chair of Trustees) and Emma Lewis. I am indebted to them and will never forget the support they have given, both to me and our Charity, and continue to provide with all our online sessions.

We are grateful to our amazing supporters who have endeavoured to fundraise during this time for those who were able to do our Annual Sky Dive. We decided to change our end of year accounting date to align with our membership scheme and aid our response to the Covid19 pandemic.

As we go forward, we analyse what we have learned, what we have achieved and how we can best help our families in the future.

Our small team of staff and all our volunteers now work remotely. We are grateful to our landlords for allowing early exit from our leases at Gwynfa House and Rosie's, and also to the suppliers who wrote off outstanding balances. We are hugely grateful to Pontyclun Van Hire for their support in accommodating our charity in small offices with a rent-free period, and for providing us with a lorry to move. I am grateful to the very small team who facilitated the closure of Rosie's and the move from our head office. This was a task made all the more difficult by the social distancing regulations. Fast forward to today, we are now confident our overheads are at a bare minimum. Our offices are small, we will fully utilise home working in the future, our staff costs are at the lowest needed to operate, and we look forward to expanding our volunteer network.

I am immensely proud of our dedicated and hardworking small team of staff who strive continuously to go the extra mile through their passion for helping children and young people with learning disabilities. Never has a year shown by so many families feedback that our work is vital, children and young people with learning disabilities not just want but need our support, the vast majority not receiving support from any other charity or organisation.

I would like to thank Circus Starr, St. David's Shopping Centre and Co-op Food Stores Wales for our continued partnerships. Also, those who have donated either goods, services, time and money, our incredible volunteers and hardworking team of employed staff, our Ambassadors, our Patrons, our Trustees and our families we work with.

And finally, my thanks go to the children and young people themselves who inspire us to serve and support them, to lead fulfilling lives and follow their dreams.



Diane Blackmore  
Chief Executive

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 1 April 2019 to 30 September 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### OBJECTIVES AND ACTIVITIES

Follow Your Dreams was set up "To help people with learning disabilities by such charitable means as the trustees determine from time to time in particular but not exclusively by sponsorship".

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set out in the following pages.

#### COVID19 RESPONSE

Our charity has gone from operating Monday to Friday 9am to 5pm with occasional family contact outside of these hours, and mainly through organised sessions and groups, to now supporting families pretty much 24/7, families identified to be the most vulnerable by Government and at high risk. In our experience these are also financially vulnerable, some without any means to engage in technology, without printers etc

Since the pandemic started, we rapidly changed our charitable activities, in line with our constitution, to:

- Provide regular zoom sessions for children with disabilities and siblings, with professional entertainers who are DBS checked and teaching qualified
- Provide regular zoom sessions for young adults with disabilities covering subjects such as crafts, karaoke, bingo and general social interaction
- Weekly bingo, bringing young and older people together for fun and social interaction, and some undercover learning with numbers
- Weekly disco, karaoke and party sessions for fun and social interaction
- Advice and support to parents, carers and guardians – 24/7 by telephone, messenger and online. We are looking to provide a live online chat facility
- Sent out over 3000 activity packs including adult colouring, word search, quiz, arts and crafts
- Improved our Safeguarding Policies to take into consideration new online activity and technology

Our participants consist of children, young people and older adults with mainly learning disabilities, but some with physical disabilities. Also, siblings, young carers, carers, parents and guardians. Due to the unprecedented times, we also reached out to older people with learning disabilities to include them in our activities and received many referrals from local councils throughout England and Wales.

We have needed to enhance our digital policies and procedures, enhance security, and need to focus on enhanced IT. The key risks are contact with members for deliveries, which we have addressed with the provision of PPE and social distancing guidelines. Also, security risks for online presence, we have increased our online protection in full consultation with our IT company, and ensured all online meetings are not made public and password accessed. We also have ensured our staff have been increased with volunteer presence for all sessions, and at least doubled to our normal staff/volunteer ratios for charitable activities.

Some feedback received:

*"We are so grateful to all you've done since the start of the pandemic. Your weekly activities have become the structure and routine he badly craved and needed once schools closed, and they give him something to look forward to. It's helped us no end with supporting us through isolation as my son was shielding. He also really enjoyed getting his own post in the form of the wonderful activity packs and other things you sent out. Thank you so much!" Elinor, Bridgend*

*I'm a mum of a daughter Amy who's 23 and has extremely complex needs, her mental health throughout the year has been a constant battle and one of our biggest worries. What Follow Your Dreams offer is a lifeline, an olive branch of support, that feeling you're not on your own, it's actually okay to be sad. We would be lost without the activities provided by Follow Your Dreams, and life would be much more difficult. Amy is happy and we can both re-charge as a family we have definitely found our happy place. Without you supporting the Charity, Life would be so sad and bleak but its wonderful thanks to people like you. Thank you" Kerrie, Gwent*

---

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

*"Follow your Dreams have provided our children with amazing experiences over the lockdown period where disabled children's whole routine have been turned upside down and behaviours are hard to manage. Follow your dreams have provided so many sessions that are inclusive to everyone who needs them. Our family have loved the Arts and Crafts sessions. We would have been lost without them. Thank you!" Hannah, Bridgend*

*"I have 4 children, 3 with SEN (Special Educational Needs), and knowing we have the flexibility to join as when we can has been amazing and an absolute life saver during lockdown. The bright cheery faces at the other end has really raised my children's, and my spirit during this very gloomy time." Charlene, Norwich*

*"You guys have been amazing! So friendly and welcoming and given us something to look forward to in a very isolating time! Amazing varied opportunities to suit both children's needs. Really would have felt much more alone if we hadn't you x" Phil, Kent*

*"Ollie has been very lonely since his sister, Lily, died. The zoom activities have helped him feel connected to the world still when we have been stuck at home. He especially loves all the arts and crafts activities." Jilly, Leicester*

*"My two boys have loved the online zoom craft sessions, the craft packs you sent have been invaluable. They particularly love the discos and seeing all the other children. You brighten up our dull lockdown days and it is a pleasant break from trying to do home schooling. The boys love when a parcel from you comes, and can't wait to see what exciting things they have to do. Thank you." Katherine, Tiverton*

*"We love Follow your dreams in this house - in these very dark and worrying times it has been a real beacon of light. Without you guys I am not sure we would have made it through. You welcomed us with open arms from day 1 and Oliver loves you all and loves getting involved with all the sessions." Mark, Gillingham*

*"Wellbeing Wednesdays have given me the only me time I've had during the pandemic due to caring responsibilities and running a home, online schooling and working from home. It's been extremely challenging and I'm so grateful as it's helped me feel connected and that I do matter and have an identity too xxxx thank you xxxx" Chel, Cardiff*

*"Follow Your Dreams has been a lifesaver over the last year and not only has it help Samuel it's helped me. Follow Your Dreams has helped engage Samuel with other people, without this support he would of been lonely at home with me. I would also not have had interaction with people as Samuel is able to hold much of a conversation only repeat what you say. He knows Friday is now not only chip day it's DjJay day and Monday is Liverpool tumble day. Samuel very rarely gets invited to parties and when he does it takes us ages to get him into the disco, so having parties on zoom that he can watch and take part in his own home has been absolutely fantastic to watch him join in. Samuel is also starting to join in with the craft session which also is a big thing for him as fine motor skill isn't something he's enjoying in the past. A huge thank you from us both and long may zoom continue as it's one fantastic thing to come out of lockdown that can't stop xx" Angela, Kent*

*"Receiving activity packs through the post has been so exciting for Holly. It has made her feel special at such a lonely and confusing time." Louise, Cardigan*

*"I have 5 children, 3 of which have additional needs and during lockdown we have struggled to provide suitable activities to keep the children entertained. Follow Your Dreams have provided that for us with fun, engaging activities that are suitable for all ages and abilities. I cannot thank them enough for all they have done for my family during such an uncertain time." Diane, Llanelli*

*"Since the daycentre Sherylee attended closed down due to Covid, her whole social and work life went with it, she had no social contact with friends, her mental health also declined we was put in touch with FYD, now a whole new life has opened up with a busy online schedule, friends and a reason to get up in morning x" Sue, Talbot Green*

*"Chloe is missing social interaction with friends and follow your dreams zoom parties have given chloe something to look forward to! Chloe also received a very generous craft pack before Christmas which absolutely made her night, her smiles are everything and follow your dreams makes chloe smile ALOT! We as a family are so grateful them 🙏❤️" Lauren, Cardiff*

*Without Follow Your Dreams lockdown would have been impossible... Chloes classes stopped ,she lost her job volunteering in a shop, missed social activities and being able to have time with her PA. FYD has made life so much easier with ZOOM activities , craft packs, karaoke and discos plus Friday night bingo ... thank you Diane and all involved in making this happen ... Yvonne , Chloe and Izak 😊😊 we love you all ❤️❤️ Yvonne Cardiff*

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

Although we can't attend many of the zoom sessions due to work commitments, Lillie enjoys every one that she joins. It gets her up and moving and she is delighted to see her friends on there 😊

FYD have been a lifeline during lockdown with zoom sessions, activity packs and sometimes just moral support, thank you  
💖 Tara, Weymouth

It's been a very hard few months with Kacee-Grace feeling very very low, by the second zoom session her confidence has gone from strength to strength she has amazed me that she spoke so openly and is full of smiles again, this really has brought so much joy into her day and I hope this will continue for a long long time, thank you Diane, vicki and all the team  
💖💖 xxx Sheri, Gwent

Its been a very hard year, since march last year we have been involved a lot with this charity and I cannot thank them enough. The boxes of crafts they have sent out is amazing, the daily zooms have been out of this world. There isn't a lot of charities out there that support children/adults with disabilities this charity goes above and beyond. Hollie is so happy and loves being involved with them all and I am going to continue being a member for a very long time to come. Thank you Diane and all the team 😊😊 Gemma, Bridgend

FYD has been an absolute life saver. Seriously don't think Nathan would have coped without all the zoom activities you do. He is normally such a sociable person, out at various clubs/groups every day, and for him to stay home and join in so much with you guys, is absolutely amazing. Makes the lockdown so much more bearable. Catherine, Bolton

Follow your dreams has provided my children with fun, educational and family entertainment. We can laugh together during this scary unpredictable times. We look forward to everyday and never want this to end. 💖 Claire, Ellesmere Port



**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

**LIFEWISE**

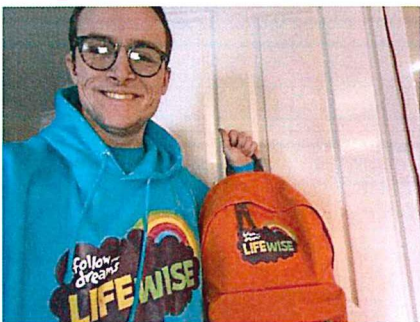
LifeWise delivers a weekly workshop to young people 18+ with learning disabilities. Sessions are focused on Arts & Crafts, Health & Wellbeing, Heritage, Knowledge & Life Skills and Performing Arts. Participants are encouraged to participate in the full programme of activities, regardless of interest, to engage in new and varied topics.

50 weekly sessions were delivered during this financial year covering the following subjects:

- |                                 |                                    |
|---------------------------------|------------------------------------|
| Internet Safety                 | Pencil Drawing                     |
| Salsa Dancing                   | Board games                        |
| Easter Egg cheesecakes          | Blackberry & Apple crumble         |
| Soap making                     | Pom Pom Wreath                     |
| Animation                       | Event planning                     |
| Animal Encounter                | Skittles                           |
| Cupcake Decorating              | Drama                              |
| Guide Dogs                      | Halloween Karaoke & Guy making     |
| Police                          | Kazoo playing & Event organising   |
| Flower Arranging                | Lantern making                     |
| Dancing                         | Wreath making                      |
| Pressing flowers                | Cooking Together                   |
| Dinosaurs at the Cardiff Museum | Christmas Party                    |
| Line dancing                    | Character Drawing                  |
| Science Experiments             | Badge making                       |
| Pressed flower pictures         | Puppet Making                      |
| Circus tricks                   | Puppet Show                        |
| Ballroom Dancing                | Keep fit                           |
| Lawn Bowls                      | Valentine cake                     |
| Shenkin & Goat Major            | Postcards of Kindness              |
| Spaghetti towers                | Making candles & lavender bags     |
| Self portraits                  | Intergenerational Choir 6 sessions |

We measure demonstrable improvement in the following: - Attitude, Belief in their own ability, Social Interaction, Life Skills, Knowledge and Practical Skills. We evaluate every session and track individual progress and development through observations, social interaction questionnaires and interview. Success is measured on the progress of service users using value-added principles.

Since September 2020 our LifeWise project is now run fully online and has attracted new members from across England and Wales, sessions now average around 25 participants.



FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

DREAMS

- Raising funds and awareness to support children with learning disabilities to follow their dreams, helping them to explore and develop their potential.
- Increasing participation through fun and inspirational events which are learning disability friendly.
- Providing holidays/short breaks for families of children and young people.
- Providing equipment for children and people with learning disabilities including tablets, Chromebooks, speakers, headphones and microphones.
- Developing life skills, work experience, volunteering and employment opportunities for young people.
- Providing birthday cards and gifts from members of the public for children and young people with disabilities.

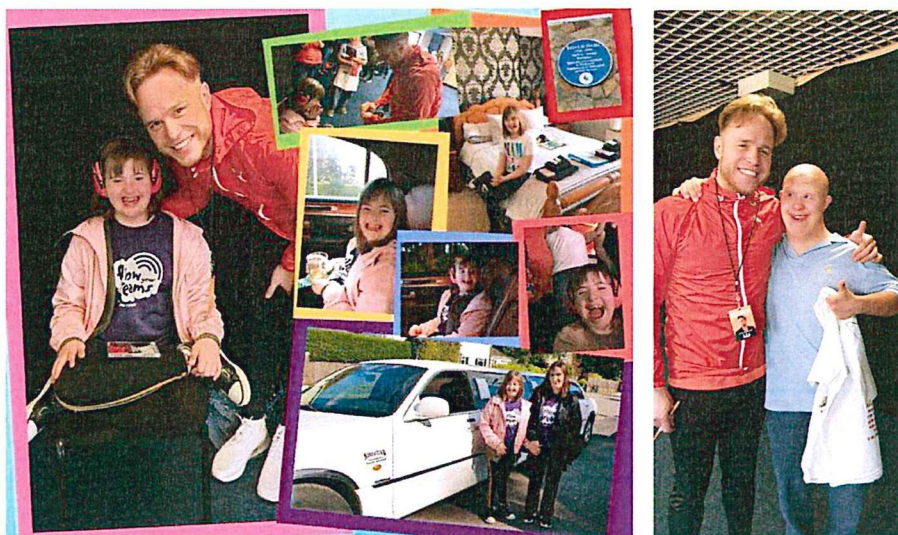
During the period, our dreams function activities totalled **10784 beneficiaries**.

Project:	Total
Play Stay & Sign	212
Events	90
Gifts	6180
Circus	4216
Dreams	24
Birthday Smiles	62

Highlights during the year include:

**Olly Murs**

2 of our young people meeting Singer and TV star Olly Murs. Olly ordinarily supports the Charity's he is Patron of, and we are really grateful that he helped us make these dreams come true. Both Tomos and Keeley got to meet Olly prior to the concert. Keeley's mum said "Meeting Olly is something Keeley will remember forever (so will !!)" We are grateful to Olly Mur's management company, Ty Mynydd Lodge and Singletons Limousines for making this dream possible. You can view her video here: <https://youtu.be/w4NnbWl3kO4> Mum Ceri said "Thank you for arranging the meet up, as you seen and heard for yourself from him, it was amazing".



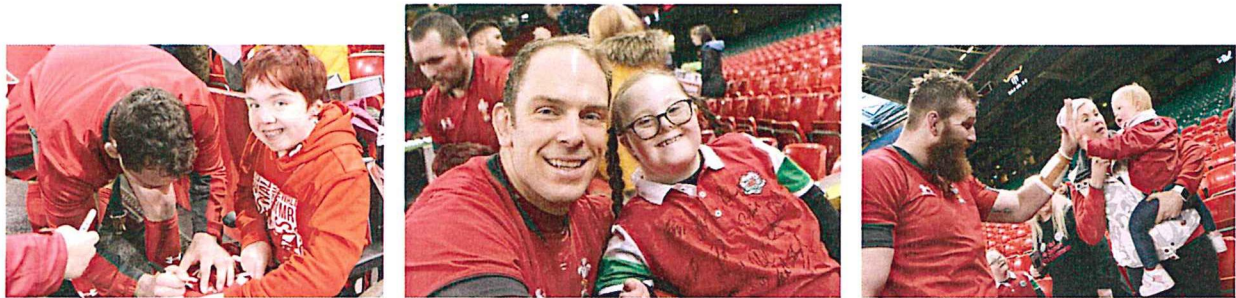
**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

**Captains Run**

We are truly grateful for our ongoing relationship with the Welsh Rugby Union who have supported our Charity for the past 8 years. Back in August 2019 and January 2020, we were fortunate to take numerous families to watch the team train at the Principality Stadium and then get to meet the players. Take a look at the WRU video here: <https://fb.watch/3jGlJgpWsA/> Unfortunately, due to the Covid restrictions we did not get to meet players at the Captains Run in February as our families needed to be up in the tiers, but when normality resumes, we will seek to make this happen. We were also disappointed to cancel our Charity Ball, which was being hosted by Alun Wyn Jones, which sold out very quickly. This would have led to a minimum of £30,000 income for our Charity which after the hard administration and organisational work involved was devastating to lose.



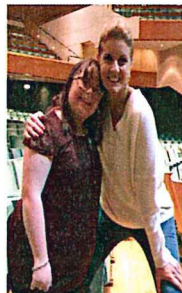
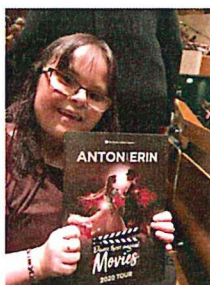
**Hairdressing**

In August 2019 we got to help Dana and Izzy start their dreams to become hairdressers. We had already arranged a work placement for Dana at Scarlet Knight Hairdressing in Tonteg, and with their support she gained valuable work experience and training. With thanks to Wahl, Dennis Williams Hair & Beauty, Nicky Clarke and Gilmor Hair & Beauty were able to gift them all the equipment and products they needed to help with their dreams.



**Anton Du Beke**

When one of our LifeWise member's Chloe mentioned following her dance session that it was her dream to meet her hero Anton Du Beke, knowing that she was a superb ballroom dancer, we got to work to help her meet her idol. Chloe got to watch the show and meet both Anton and Erin. Keeeeeep dancing Chloe!



 Anton Du Beke  
So pleased you enjoyed the show, Chloe, and what an absolute pleasure to meet you! Much love, Anton XX  
10m  
Like  
Reply

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

#### PLAY STAY & SIGN

In January 2020, we facilitated a 5-day break at Bluestone Wales for 37 families. Play, Stay and Sign is a pioneering project which involves taking families with disabled children away for a residential stay where the focus is on encouraging sign language in a fun, friendly and supportive setting. Sign languages such as Makaton use signs and symbols to help people with communication difficulties to communicate, understand the world around them, and be understood by others.

Many families with disabled children use signing, or want to use it, to assist their disabled child's communication, understanding and inclusion in everyday life. However, accessing formal training in sign languages, and keeping signing skills among the family up to date, can be difficult for many families due to restricted time in their daily lives, cost and availability of training, and a lack of opportunities to learn and develop signing skills in an environment suitable for the whole family.

A child's access to sign language can depend heavily on where they live, their school's policy on sign language and family members' ability to learn and practice signing skills. This can impact negatively on their ability to communicate within the family and with others, and to enjoy and participate fully in many aspects of their lives.

Follow Your Dreams is a passionate advocate for the use of signing with disabled children where it will enhance their communication and understanding. As a charity we have aimed to incorporate sign into as many of our activities as possible. Our members have relayed to us a real need for more opportunities to encourage signing use amongst their families, and a definite lack in provision for learning and improving their signing skills, particularly in practical, family-friendly ways.

#### Project Outcomes:

- Participating families will benefit from an invaluable opportunity to meet, make friends, and socialise with other families experiencing similar situations, and opportunities to support each other, and share their knowledge and experience.
- Participating families will benefit from the opportunity to enhance relationships within the family unit through spending quality time together on a break away from daily routines and challenges. They will benefit from support with the tools for improving their communication with, and understanding of, one another.
- Participating disabled children will benefit from the opportunity to enjoy a unique, inclusive and accessible sign-based activity, centred around their communication needs. The residential will help them to feel more included in a group or community as well as in family life, and less excluded and isolated by their disability.

Here is a small selection of their feedback:

*"Follow Your Dreams provides support, advice and opportunities to families who struggle every day with guilt, emotions, behaviour, and worry. Play, Stay and Sign has been such a lifeline for some families, especially those who don't meet up with friends. This event gives families support, confidence, improved self-esteem, memories and hope! Life will always have worries and stresses but knowing you're NOT alone is everything. Thank You, Follow Your Dreams."*

*"Our family's interaction has improved greatly because of Play, Stay and Sign. My daughter is much more listened to, understood and engaged with also. Everyone is so much happier."*

*"Play, Stay and Sign has impacted dramatically on our family's lives, as we're all exchanging more with our daughter and understanding her better. The best part is the improvement in communication between her and her brother."*

*"The difference this event has made to our family is that we are 100% better in every way, it's amazing how communication impacts everything! Such a happy time, memories to last a lifetime!"*

*"Play, Stay and Sign has been amazing as a family to feel included and not be worrying about meltdowns or being different"*

*"Play, Stay and Sign has a more positive impact on family life. My daughter will be able to feel more confident in expressing her needs using sign, and others can be understanding."*

*"Play, Stay and Sign has helped our family's interaction with each other. It's been lovely to spend some quality time together away from everyday life stresses and routines. I'm quite shy meeting others – but it's been lovely to meet like-minded people who 'just get it'"*

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

*"A much needed all round trip focusing on everyone in the family. So completely all-inclusive activities. Usually, My daughter misses out because she only really enjoys music, but doesn't like it too loud. She's loved Play, Stay and Sign, which makes me feel better as a Mum."*

*"Play, Stay and Sign has been so important for many reasons. It was a special 1:1 time with my son. Too often I feel guilty that he doesn't get enough attention. The calm environment made us recap all of our Makaton knowledge, and it was totally amazing meeting all the families"*

*"We've noticed a difference in son at Play, Stay and Sign compared to a mainstream event. His behaviour has improved hugely"*

*"My son loved it, he learned new signs, enjoyed family time and making new friends. It has extended his community hugely."*

*"Thank you all for such a special time for our family. Spending time with other special needs families is invaluable, we just get it with no need to explain. Meeting other families like ours is priceless."*

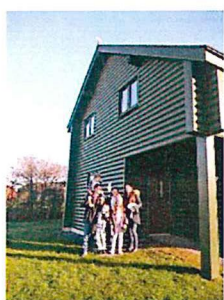
*"This whole experience has been invaluable! It is honestly the best, most inclusive trip we have ever had as a family. My son has many needs over and above the Down's Syndrome and has many sensory issues. He tends to avoid people and places. BUT... being amongst such amazing families, all using 'his language', he has started to come out of his shell and show his awesome personality to people!"*

*"It's definitely brought us closer together, especially having Dad with us."*

*"My son knows he's included and part of a group. This is huge and a big leap in his development. Thank you!"*

*"I can't put into words the overall difference Play, Stay and Sign has made to our family overall. There's no better start to 2020! It's given us a zest to join in more, not shy away from things – and to become lifetime Follow Your Dreams members! Thank You!! xxx"*

*"Play, Stay and Sign has been wonderful! The workshops have been educational and entertaining, we have all learned new signs that we can use in everyday life. The team at Follow Your Dreams and the Bluestone staff have ensured that the activities were fully inclusive and are always willing to help if asked. When asked how she feels about it, my daughter signed and said it was 'fun' and she 'loved' it."*



## WORKSHOPS

- Organising and running workshops at identified locations for children and young people with learning disabilities
  - Developing our own Community Groups run by parents/volunteers, and whilst retaining independence in operations, ensuring they are managed effectively providing administrative, financial and governance support
  - Working with support groups where children and young people with learning disabilities attend.
  - Working and liaising with the parents and carers to identify the aims and aspirations of the participants
  - Providing weekly sessions for young people who are not in full time employment or education to develop skills, instil confidence and create a 'can do' attitude
  - Provide networking opportunities for parents and carers to receive family support and advice
-

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

#### **Follow Your Dreams' Clubs and Groups operational in period:**

- Technology Club FYD – Newport
- Photography Club – Pontyclun
- Hype Club – Neath Port Talbot
- Sign & Play – Church Village

**Newport Technology Club** are now firmly established as a very successful specialist youth and family club, and they have also added a Lego Club into their activities. Their membership is still growing, and families benefit immensely from their support.

**Photography Club's** membership has grown, and the club now learn and practice skills in Photoshop graphic design software, in addition to camera-based skills.

**Hype Club** – An after-school activity club for families with disabled children in Croeserw, Neath Port Talbot. Activities include Crafts, Sensory/Messy Play, Toys and Games, and group trips.

**Sign & Play** - A play and Sign group incorporating Makaton into a play setting, for families with an interest in signing in RCT. All of these clubs stopped operating due to the vulnerability of the participants and very limited resources. All participants were welcomed to join our wide-ranging online activities.

#### **Affiliated Clubs and Groups operational in Period:**

- Special Movers – Rassau
- Valley Daffodils – Caerphilly
- TechTivity – Bridgend
- Special Families - Maesteg

We continue to support our affiliated groups - Special Movers and Valley Daffodils by providing workshops for the children and young people who attend there, on topics such as Sensory Storytelling, Music, Movement and Performing Arts and Arts and Crafts, and by providing support to their committees, in addition to their Governance.

**Bridgend Technology Club** secured registered Charity Status now called TechTivity. We continue to support them at board level. We also provide board level experience and assistance with Governance to **Special Families** Maesteg, another registered charity.

#### **Tea Room & Charity Shop**

Operating a charity shop and tearoom in Church Village

- Providing a much-needed income stream to our charity.
- Providing volunteering and training opportunities for young people with learning disabilities to gain valuable work experience in our shops.
- Providing volunteering opportunities for unemployed, retired, and other members of the community.

We were forced to close Rosie's as the income could not be generated to meet staff costs and overheads indefinitely with the Covid19 pandemic. We decided to permanently close in July 2020 making 3 staff redundant. This was such a hard decision for us as the shops provided a hub for the local community, as well as opportunities for the volunteers and more importantly placements for people with learning and physical disabilities. We are truly grateful to the staff and all the customers who supported the shop, and really hope that one day we can once again trade.

We work with children and young people with learning disabilities helping to realise their full potential and making their Dreams and aspiration become a reality. Our work not only impacts on individual directly but can impact on the family by providing an opportunity for their child that they may not be able to afford or organise themselves and often taking them out of their comfort zone. We also where funds permit endeavour to involve the siblings who are often carers, and parent/carer support.

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

#### ACHIEVEMENTS AND PERFORMANCE

To summarise the main achievements of our Charity during this financial period to September 2020:

- We formed a Covid19 Activities group reaching out to **304 families** sending out **3148 activity packs** and delivering online sessions.
- We supported **4 community groups**, and support **4 affiliated groups** and **2 Registered Charities** providing much needed weekly support for **over 400 families** and providing support to parents/carers and also siblings getting together.
- **24 Children** were given support to follow their dreams. Much of this support is not funded by other charities or other bodies. **100% positive feedback** was received from the beneficiaries, their parents and where applicable to lesson provider.
- We delivered **50 sessions for our LifeWise Project** during the period which focuses on health, wellbeing and independence for young people with disabilities aged 18+.
- We administered **4216 tickets** for children with learning disabilities and their families to see the circus, thanks to our partnership with Circus Starr
- We have promoted family cohesion by including family members as much as possible in activities – **37 families** of children with Learning Disabilities received a short break at Bluestone Wales a 5-star National Park Resort in Pembrokeshire through our Play, Stay & Sign project. This involved 212 individuals.
- Over **4600 children** across Wales received Easter Eggs through our partnership with Co-operative Retail
- **1452 children** received gifts through our partnership with St David's Shopping Centre and Capital FM
- We have supported volunteering and work experience with unemployed people within the charity, and people with Learning Disabilities with **23,594 hours** benefiting our Charity.
- Our social media presence continues to grow with over **31,000 followers** on twitter and over **14,000 followers** on Facebook. This has improved our reach particularly to new parents of children with learning disabilities, in addition to families who are not already aware of our charity.

#### FUTURE PLANS - Commitment for 2020/2021

Ensure financial and operational stability

- To continue being a lifeline to our families during the COVID19 Pandemic and whatever may lay ahead
- Inspire the ambitions of children and young people with learning disabilities
- Encourage, empower and motivate a change in attitude, inspiring optimism to make dreams a reality, providing hope, aspiration and opportunities.
- Support young adults with learning disabilities who are seeking employment or volunteering opportunities.
- To ensure that our services are consistent with the Mission, Vision and Values of the Charity. Charity values are consistently applied to all we do and how we do it. To challenge poor performance and attitude and to support improvement at all levels.
- To represent people with disabilities within the charity:- workshops, staff, volunteers and Board level.
- To work effectively with relevant partners both locally and regionally.
- To diversify our funding streams. To develop current and additional trading initiatives. To raise funds and finance the charity.
- To ensure staff and volunteers have the skills, capacity, training, facilities, tools and support.
- To ensure continued development of the Trustee Board and its capacity to oversee and direct an ambitious growing charity.
- To ensure compliance with all aspects of Governance.
- To increase volunteer support and involvement at all levels, including both maintenance and client liaison.

We have endeavoured to maximise savings across the Charity, to provide sufficient funds for our projects with our beneficiaries. Our commitments are ambitious but the good work this year despite a significant fall in income has set a solid foundation for the structured growth of the Charity and forever growing and improving.

#### Public benefit

The trustees can confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission. Significant activities that we undertook during the year that demonstrate public benefit are set in this report.

## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

#### FINANCIAL REVIEW

The results for the year can be found in the following Statement of Financial Activities, Balance Sheet and related notes.

#### Reserves policy

It is the policy to maintain the free reserves of Follow Your Dreams at a level approximating three months of forthcoming unavoidable operational expenditure. This would equate to approximately £40,000. At 30 September 2020 there were unrestricted reserves of £49,516 (31 March 2019 - £23,148) of this £5,883 (2019: £6,274) is represented by tangible fixed assets leaving free reserves of £43,633 (2109: £16,874).

It is not considered appropriate to build up reserves beyond this level, since the aim of Follow Your Dreams is to develop services for the benefit of users, rather than seek excessive financial security. Three months of operating expenditure is considered prudent (given the need to cover fluctuations in income) whilst taking into account the need to expend funds for the good of Follow Your Dreams beneficiaries.

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Governing document

Follow Your Dreams governance structure is supported by its constitution document, the Memorandum and Articles of Association. The organisation is a registered charity and a company limited by guarantee.

##### Mission Statement

Follow Your Dreams are a national charity that supports children and young people with learning disabilities. Follow Your Dreams will inspire the ambitions of children and young people with learning disabilities by delivering enjoyable methods of learning and play. We focus on their abilities and identify opportunities, growing and developing skills through the delivery of creative and interactive events, dreams and workshops through collaborative partnerships.

##### Recruitment, appointment and induction of new trustees

The directors of the company are also charity trustees for the purposes of charity law. When selecting trustees, the charity aims to ensure there is a broad range of relevant skills. Candidates are asked to declare at this stage any potential conflicts of interest. Trustees are appointed after interviews with existing trustees and formal visits to the organisation, to ensure that they understand our vision and values. Trustees are subject to Disclosure and Barring Service checks where applicable.

Follow Your Dreams actively endorses training at all levels of the charity. New trustees participate in an induction process to include spending time with staff and volunteers, relevant information regarding health and safety and personal safety, charity official documentation, minutes of recent Trustee meetings, Strategic and Operational Plan and role-related knowledge where applicable. New trustees are also given copies of relevant Charity Commission literature, and an Anti-Money Laundering Form is completed along with other adapted Charity Commission forms. Trustees are encouraged to undertake development training where appropriate.

The trustees met monthly during the year to make strategic and policy decisions. Trustee meetings were held on zoom throughout the Pandemic. Unfortunately, two of our trustees needed to resign at short notice due to the impact of Covid19 on their incomes. We appreciate their support, and our focus as the Pandemic reaches closure will be to increase our board of trustees, while we endeavour to recruit during this time. All trustees give of their time freely and no trustee remuneration was paid in the year.



## FOLLOW YOUR DREAMS LIMITED

### REPORT OF THE TRUSTEES FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Organisational structure

The charity is administered by a Board of Trustees who meet regularly to oversee all activities of the charity and to ensure it adheres to a clear direction for the charity. Day to day management is delegated to a Chief Executive Officer and Management Team.

##### Key management remuneration

The pay of the senior staff is reviewed annually but has not been increased since June 2015 and will be reviewed in February 2021. Pay would be normally increased in accordance with average earnings. In view of the nature of the charity, the directors benchmark against pay levels in other charities of a similar size.

##### Membership and Affiliation

- Fundraising Regulator
- British Institute of Learning Disabilities (BILD)
- Interlink
- Wales Council for Voluntary Action (WCVA)

##### Fundraising

Follow Your Dreams complies with all relevant statutory regulations, including the Charities Act 2011, General Data Protection Regulation 2016/679. We always seek to act in ways which are legal, open, honest and respectful, striving for best practice in fundraising by complying with a range of codes of practice, including being registered with the Fundraising Regulator, and adhering to its Code of Fundraising Practice and Fundraising Promise. We are careful to monitor our fundraising activities and provide supporters with help and information via our social media, email, phone or post. We have a complaints procedure and record and respond to all complaints; no complaints were received in connection with fund-raising activities.

##### Risk management

Financial sustainability is the major financial risk for the charity, we have continuously worked towards our objective of settling debts as they fall due, and active management of our cash flow. We have also ensured:

- Public and Employers Liability Insurance maintained
- Accreditation for food hygiene and premises
- Strong Application Process for dream support
- Monthly Trustee meetings including formal agendas and review of accounts

##### Volunteers

Our volunteers are at the heart of all our work, they make a huge difference they make an enormous difference and are committed to the passion to help children and young people with learning disabilities. They supplement the work our employees do and also take the lead on service delivery in our community groups. We recognise that placing a monetary value on the contribution which our volunteers deliver some 23,594 hours over the past 18 months, presents significant difficulties due to the wide range of roles performed, and the lack of a reliable market comparator price for volunteers. Accordingly, we do not include any contribution from such sources in our declared income.

#### REFERENCE AND ADMINISTRATIVE DETAILS

##### Registered Company number

04673165 (England and Wales)

##### Registered Charity number

1106379

##### Registered office

8A Cambrian Industrial Estate, East Side  
Coedcae Lane  
Pontyclun  
Rhondda Cynon Taff  
CF72 9EW

**FOLLOW YOUR DREAMS LIMITED**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Trustees**

**Current**

Pamela Volausek	appointed - 02/12/2019
Ryan Smith	appointed - 01/11/2020
John Hope	appointed - 01/11/2020

**Resigned**

Christopher Gibbins	appointed - 29/11/2019, resigned 29/9/2020
Emma Newbury	appointed - 07/12/2019, resigned 31/10/2020
Kim Owen MBE	resigned - 29/11/2019
David Enticott	resigned - 02/12/2019
Nicola Goode	resigned - 29/11/2019

**Company Secretary**

John Hope

**Independent examiner**

Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**Bankers**

Lloyds Bank plc (Victoria Park)  
Cowbridge Road  
Canton  
CARDIFF  
CF11 9TB

FOLLOW YOUR DREAMS LIMITED

REPORT OF THE TRUSTEES  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

REFERENCE AND ADMINISTRATIVE DETAILS

Staff - Current

Full time	Diane Blackmore	Chief Executive
Part time	Vicky George Rachel Williams	Project Manager - Operations & Membership Finance Manager

Staff - Past

Made redundant during accounting period:		
Liz Whitaker	Project Manager - Groups & Workshops	15/08/2020
Veronica Preece	Dreams Assistant	08/08/2020
David Preece	Tea Room Assistant	01/08/2020
Charlotte Hutchins	Charity Shop & Tea Room Manager	25/07/2020
Natalie Hill	Assistant Charity Shop Manager	05/07/2020

Retired:

John Hope	Operations Director	30/10/2020
-----------	---------------------	------------

Contracts ended/notice given:

Megan Davies	Fundraising Assistant	26/02/2020
Katarina Davies	Assistant Charity Shop Manager	20/09/2019

Approved by order of the Board of Trustees on 12<sup>th</sup> February 2021 and signed on its behalf by:

P. Volousek

P Volousek - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOLLOW YOUR DREAMS LIMITED**

---

**Independent examiner's report to the trustees of Follow Your Dreams Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the period ended 1 April 2019 to 30 September 2020.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACCA which is one of the listed bodies

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Julia Mortimer FCCA  
Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

15 February 2021

FOLLOW YOUR DREAMS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

	Notes	Unrestricted funds £	Restricted funds £	Period 1/4/19 to 30/9/20 Total funds £	Year ended 31/3/19 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	411,888	-	411,888	457,269
<b>Charitable activities</b>	6				
Working with young people with learning disabilities		21,400	76,159	97,559	-
Other trading activities	4	110,086	-	110,086	177,052
Investment income	5	<u>5</u>	<u>-</u>	<u>5</u>	<u>-</u>
<b>Total</b>		<b>543,379</b>	<b>76,159</b>	<b>619,538</b>	<b>634,321</b>
<b>EXPENDITURE ON</b>					
<b>Raising funds</b>					
Raising donations and legacies	7	53,035	-	53,035	80,143
Other trading activities	8	<u>72,489</u>	<u>-</u>	<u>72,489</u>	<u>54,685</u>
		125,524	-	125,524	134,828
<b>Charitable activities</b>	9				
Working with young people with learning disabilities		<u>398,394</u>	<u>66,169</u>	<u>464,563</u>	<u>479,553</u>
<b>Total</b>		<b>523,918</b>	<b>66,169</b>	<b>590,087</b>	<b>614,381</b>
<b>NET INCOME</b>		<b>19,461</b>	<b>9,990</b>	<b>29,451</b>	<b>19,940</b>
<b>Transfers between funds</b>	20	<u>6,907</u>	<u>(6,907)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<b>26,368</b>	<b>3,083</b>	<b>29,451</b>	<b>19,940</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>23,148</b>	<b>14,040</b>	<b>37,188</b>	<b>17,248</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>49,516</u></b>	<b><u>17,123</u></b>	<b><u>66,639</u></b>	<b><u>37,188</u></b>

The notes form part of these financial statements

FOLLOW YOUR DREAMS LIMITED

BALANCE SHEET  
AT 30 SEPTEMBER 2020

	Notes	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	16	5,883	-	5,883	6,274
<b>CURRENT ASSETS</b>					
Debtors	17	1,103	-	1,103	5,465
Cash at bank		<u>58,464</u>	<u>21,409</u>	<u>79,873</u>	<u>35,093</u>
		59,567	21,409	80,976	40,558
<b>CREDITORS</b>					
Amounts falling due within one year	18	(15,934)	(4,286)	(20,220)	(9,644)
<b>NET CURRENT ASSETS</b>		<u>43,633</u>	<u>17,123</u>	<u>60,756</u>	<u>30,914</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>49,516</u>	<u>17,123</u>	<u>66,639</u>	<u>37,188</u>
<b>NET ASSETS</b>		<u>49,516</u>	<u>17,123</u>	<u>66,639</u>	<u>37,188</u>
<b>FUNDS</b>	20				
Unrestricted funds				49,516	23,148
Restricted funds				<u>17,123</u>	<u>14,040</u>
<b>TOTAL FUNDS</b>				<u>66,639</u>	<u>37,188</u>

The notes form part of these financial statements

**FOLLOW YOUR DREAMS LIMITED**

**BALANCE SHEET - CONTINUED  
AT 30 SEPTEMBER 2020**

---

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 September 2020.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 September 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 12<sup>th</sup> February 2021 and were signed on its behalf by:

P. Volausek

P Volausek - Trustee

The notes form part of these financial statements

---

FOLLOW YOUR DREAMS LIMITED

CASH FLOW STATEMENT  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

---

	Notes	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
<b>Cash flows from operating activities:</b>			
Cash generated from operations	1	<u>52,341</u>	<u>16,464</u>
<b>Net cash provided by (used in) operating activities</b>		<u>52,341</u>	<u>16,464</u>
<b>Cash flows from investing activities:</b>			
Purchase of tangible fixed assets		(7,566)	(673)
Interest received		<u>5</u>	<u>-</u>
<b>Net cash provided by (used in) investing activities</b>		<u>(7,561)</u>	<u>(673)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		44,780	15,791
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>35,093</u>	<u>19,302</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u>79,873</u>	<u>35,093</u>

The notes form part of these financial statements

---

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE CASH FLOW STATEMENT  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
<b>Net income for the reporting period (as per the statement of financial activities)</b>	29,451	19,940
<b>Adjustments for:</b>		
Depreciation charges	7,815	3,233
Loss on disposal of fixed assets	142	-
Interest received	(5)	-
Decrease/(increase) in debtors	4,362	(2,270)
Increase/(decrease) in creditors	<u>10,576</u>	<u>(4,439)</u>
<b>Net cash provided by (used in) operating activities</b>	<u>52,341</u>	<u>16,464</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/19 £	Cash flow £	At 30/9/20 £
<b>Net cash</b>			
Cash at bank	35,093	44,780	79,873
	<u>35,093</u>	<u>44,780</u>	<u>79,873</u>
<b>Total</b>	<u>35,093</u>	<u>44,780</u>	<u>79,873</u>

**1. STATUTORY INFORMATION**

Follow Your Dreams is a company limited by guarantee incorporated in Wales within the United Kingdom. Each member is liable for a maximum of £10 in the event of the company being wound up. The registered office is 8a Cambrian Industrial Estate, East Side, Coedcae Lane, Pontyclun, CF72 9EW.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activity of the charity is to help people with learning disabilities by such charitable means as the trustees determine from time to time in particular but not exclusively by sponsorship.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 S1A Update Bulletin 1) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

During the current financial year the reporting period was changed from 31 March to 30 September, as a result, comparative amounts and the related notes may not be entirely comparable.

**Going concern**

At 30 September 2020 there are net current assets of £60,756. The trustees have assessed the charity's ability to continue as a going concern after taking into account the financial impact of Covid-19 which is set out in the Report of the Trustees.

The charity's forecasts and projections show that the charity should be able to continue to operate and is well placed to manage its risks successfully in the coming 12 months.

The trustees, therefore, have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis of accounting in preparing these financial statements.

**2. ACCOUNTING POLICIES - continued**

**Income**

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

This includes capital grants.

**Donations and legacies income**

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

**Other trading activities income**

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Investment income**

Investment income is recognised on a receivable basis.

**Donated goods**

Income received from donated goods sold in its shop is recognised on the sale of the goods.

Other donated goods received by charity which has been used for fundraising activities or charitable activities have been valued at fair value on the date that the goods or services were received.

It is not the policy of the charity to show income net of expenditure.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds include direct costs applicable to the activity, advertising, marketing and direct materials as well as a proportion of salaries based on an approximation of time spent in this area.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity as well as a proportion of salaries based on an approximation of time spent in this area.

**Termination payments**

The charitable company recognises termination benefits as a liability and an expense only when the entity is demonstrably committed either to terminate the employment of an employee or group of employees before the normal retirement date or to provide termination benefits as a result of an offer made in order to encourage voluntary redundancy.

2. ACCOUNTING POLICIES - continued

**Allocation and apportionment of costs**

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

**Tangible fixed assets**

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings and equipment - 20% - 50% on cost.

Only assets costing over £300 are capitalised.

**Financial Instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Debtors**

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Any other proposed transfer between funds would be considered on the particular circumstances.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charges to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

3. DONATIONS AND LEGACIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Bucket collections	87,030	121,775
Donations	217,404	299,615
Gift aid	4,961	7,131
Grants	99,460	28,748
Membership scheme	<u>3,033</u>	<u>-</u>
	<u>411,888</u>	<u>457,269</u>

The charity is grateful to its many donors which provided a wide range of goods and services valued at £187,790 (2019: £271,914) which contribute significantly to helping support people with learning disabilities explore and develop their potential through a wide range of activities.

The charity benefits from the involvement and enthusiastic support of its many volunteers, details of which are given in the annual report. In accordance with accounting standards, the economic contribution of general volunteers is not recognised in the accounts.

4. OTHER TRADING ACTIVITIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Fundraising events	50,711	83,101
Donated goods and services for fundraising events	5,203	43,428
Shop sales	12,229	15,084
Coffee shop sales	<u>41,943</u>	<u>35,439</u>
	<u>110,086</u>	<u>177,052</u>

5. INVESTMENT INCOME

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Deposit account interest	<u>5</u>	<u>-</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

6. INCOME FROM CHARITABLE ACTIVITIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Grants	<u>97,559</u>	<u>-</u>

Grants received, included in the above, are as follows:

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Voluntary Action Merthyr Tydfil	6,559	-
Cwm Taf Morgannwg University Health Board	2,500	-
Interlink Rhondda Cynon Taff	2,250	-
Tesco Bags of Help Community Grants	17,500	-
Business Wales Flood Relief Grant	2,500	-
Beacon Lodge Charitable Trust Ltd	5,000	-
The Moondance Foundation	11,030	-
VSEF Small Grants	500	-
Bridgend Association of Voluntary Organisations	2,463	-
National Lottery - Awards for All	10,000	-
The Clothworker's Foundation	5,000	-
Community Foundation Wales	10,000	-
Neighbourly Ltd	400	-
Pen Y Cymoedd Wind Farm Community Fund CIC	6,557	-
RCTCBC - COVID Community Grant	300	-
The National Lottery Community Fund - Coronavirus Community Support Fund	<u>15,000</u>	<u>-</u>
	<u>97,559</u>	<u>-</u>

7. RAISING DONATIONS AND LEGACIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Staff costs	12,875	3,155
Fundraisers' commission & expenses	23,765	30,338
Rent, rates and office services	1,658	559
Insurance	88	34
Telephone	296	85
Postage, stationery & advertising	196	64
Repairs and renewals	169	56
Fixtures & fittings depreciation	259	10
Website fees	306	609
Fundraising event costs	8,220	4,725
Donated goods and services	<u>5,203</u>	<u>40,508</u>
	<u>53,035</u>	<u>80,143</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

8. OTHER TRADING ACTIVITIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Purchases	21,831	17,081
Staff costs	34,830	27,898
Postage, stationery & advertising	527	563
Telephone	795	746
Repairs and renewals	1,511	503
Insurance	236	295
Volunteer expenses	441	298
Rent, rates and office services	8,059	4,462
Depreciation	<u>4,259</u>	<u>2,839</u>
	<u>72,489</u>	<u>54,685</u>

9. CHARITABLE ACTIVITIES COSTS

	Direct costs (See note 10) £	Support costs (See note 11) £	Totals £
Working with young people with learning disabilities	<u>395,608</u>	<u>68,955</u>	<u>464,563</u>

10. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Period 1/4/19 to 30/9/20 £	Year ended 31/3/19 £
Staff costs	131,587	99,524
Delivering Dreams	191,110	245,177
Motor and travel	509	1,578
Rent, rates & office services	16,922	17,588
Insurance	896	1,051
Telephone and internet	3,012	2,657
Postage, stationery & advertising	1,994	2,006
Repairs and renewals	-	412
Fixtures & fittings depreciation	2,639	316
Ohana Play expenditure	87	542
Life wise costs	1,344	1,019
Donated goods and services	10,519	41,265
COVID-19 Expenditure	34,847	-
Loss on sale of assets	<u>142</u>	<u>-</u>
	<u>395,608</u>	<u>413,135</u>

11. SUPPORT COSTS

	Staff costs £	Depreciation £	Other £	Governance costs £	Totals £
Working with young people with learning disabilities	<u>26,822</u>	<u>512</u>	<u>28,650</u>	<u>12,971</u>	<u>68,955</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

12. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Period 1/4/19 to 30/9/20	Year ended 31/3/19
	£	£
Depreciation - owned assets	7,815	3,233
Hire of plant and machinery	2,063	1,369
Deficit on disposal of fixed asset	142	-
Independent examination fees	<u>4,088</u>	<u>2,560</u>

13. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 30 September 2020 or for the year ended 31 March 2019.

**Trustees' expenses**

No trustee expenses were reimbursed or paid on behalf of the trustees for the period ended 30 September 2020 or for the year ended 31 March 2019.

14. STAFF COSTS

	Period 1/4/19 to 30/9/20	Year ended 31/3/19
	£	£
Wages and salaries	200,720	141,659
Social security costs	6,883	8,206
Other pension costs	<u>4,493</u>	<u>2,050</u>
	<u>212,096</u>	<u>151,915</u>

The average monthly number of employees during the period was as follows:

	Period 1/4/19 to 30/9/20	Year ended 31/3/19
Number of employees	<u>10</u>	<u>9</u>

No employees received emoluments in excess of £60,000.

Included within staff costs are termination payments amounting to £2,475 (2019: £nil).

## 15. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	436,129	21,140	457,269
Other trading activities	<u>177,052</u>	<u>-</u>	<u>177,052</u>
<b>Total</b>	613,181	21,140	634,321
<b>EXPENDITURE ON</b>			
Raising funds	134,828	-	134,828
<b>Charitable activities</b>			
Working with young people with learning disabilities	<u>460,509</u>	<u>19,044</u>	<u>479,553</u>
<b>Total</b>	595,337	19,044	614,381
<b>NET INCOME</b>	17,844	2,096	19,940
Transfers between funds	<u>673</u>	<u>(673)</u>	<u>-</u>
Net movement in funds	18,517	1,423	19,940
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	4,631	12,617	17,248
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>23,148</u>	<u>14,040</u>	<u>37,188</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

16. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2019	33,402
Additions	7,566
Disposals	<u>(27,602)</u>
At 30 September 2020	<u>13,366</u>
<b>DEPRECIATION</b>	
At 1 April 2019	27,128
Charge for year	7,815
Eliminated on disposal	<u>(27,460)</u>
At 30 September 2020	<u>7,483</u>
<b>NET BOOK VALUE</b>	
At 30 September 2020	<u>5,883</u>
At 31 March 2019	<u>6,274</u>

17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Other debtors	276	-
Prepayments and accrued income	<u>827</u>	<u>5,465</u>
	<u>1,103</u>	<u>5,465</u>

18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade creditors	3,914	2,282
Social security and other taxes	4,542	1,492
Other creditors	2	2,278
Accruals and deferred income	<u>11,762</u>	<u>3,592</u>
	<u>20,220</u>	<u>9,644</u>

Included in accruals and deferred income above is £396 (2019: £498) of deferred membership income and £4,286 (2019: £nil) of deferred grant income received in advance of service delivery. All amounts deferred in the year ended 31 March 2019 were released to the Statement of Financial Activities during the period to 30 September 2020.

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2020 £	2019 £
Within one year	1,584	1,584
Between one and five years	<u>2,376</u>	<u>4,752</u>
	<u>3,960</u>	<u>6,336</u>

Total lease payments recognised as an expense during the period (year) amounted to £21,183 (2019: £19,638).

20. MOVEMENT IN FUNDS

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 30/9/20 £
<b>Unrestricted funds</b>				
General fund	23,148	19,461	6,907	49,516
<b>Restricted funds</b>				
Lifewise Fund	3,000	(3,000)	-	-
Play Stay and Sign Fund	1,753	(1,753)	-	-
IT Fund	9,287	-	(3,987)	5,300
COVID-19 Pandemic Fund	<u>-</u>	<u>14,743</u>	<u>(2,920)</u>	<u>11,823</u>
	14,040	9,990	(6,907)	17,123
	<u>37,188</u>	<u>29,451</u>	<u>-</u>	<u>66,639</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	543,379	(523,918)	19,461
<b>Restricted funds</b>			
Lifewise Fund	7,250	(10,250)	(3,000)
Play Stay and Sign Fund	9,000	(10,753)	(1,753)
Hype Club Fund	4,000	(4,000)	-
Rogerstone Arts Fund	1,000	(1,000)	-
Makaton Sing and Sign Choir Fund	750	(750)	-
COVID-19 Pandemic Fund	<u>54,159</u>	<u>(39,416)</u>	<u>14,743</u>
	76,159	(66,169)	9,990
	<u>619,538</u>	<u>(590,087)</u>	<u>29,451</u>

FOLLOW YOUR DREAMS LIMITED

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/18 £	Net movement in funds £	Transfers between funds £	At 31/3/19 £
<b>Unrestricted Funds</b>				
General fund	4,631	17,844	673	23,148
<b>Restricted Funds</b>				
Ohana Play Fund	3,586	(3,586)	-	-
Lifewise Fund	9,031	(6,031)	-	3,000
Play Stay and Sign Fund	-	1,753	-	1,753
IT Fund	-	9,960	(673)	9,287
	12,617	2,096	(673)	14,040
<b>TOTAL FUNDS</b>	<u>17,248</u>	<u>19,940</u>	<u>-</u>	<u>37,188</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	613,181	(595,337)	17,844
<b>Restricted funds</b>			
Ohana Play Fund	-	(3,586)	(3,586)
Lifewise Fund	7,000	(13,031)	(6,031)
PALS Stars Fund	1,000	(1,000)	-
Play Stay and Sign Fund	3,000	(1,247)	1,753
IT Fund	10,140	(180)	9,960
	21,140	(19,044)	2,096
<b>TOTAL FUNDS</b>	<u>634,321</u>	<u>(614,381)</u>	<u>19,940</u>

**20. MOVEMENT IN FUNDS - continued**

**Lifewise Fund**

Grants were received from Tesco Bags of Help Community Grant (administered by Groundwork) and The David Brooke Charity in the previous year, to support the Lifewise project, which aids 16+ year olds prepare for their next stage of life, such as in the transition from school to college or from education to employment. Additional funding was received in this period from Voluntary Action Merthyr Tydfil and Cwm Taf Morgannwg University Health Board in order to continue delivering this worthwhile project.

**Hype Club Fund**

The Hype Club Fund was set up during the year with funding from Tesco Bags of Help Community Grants (administered by Groundwork). The funds were used to transport the Hype club members from Neath to Llantrisant to the charity Xmas party, where they were each given a special present.

**IT Fund**

The charity has set up a fund to try and replace their IT equipment. The fund was supported in the prior year by the Ford Britain Trust and the Millennium Stadium Charitable Trust. A transfer has been made from this fund to general funds in relation to assets purchased before the year end.

**Stay Play and Sign Fund**

The Sign & Play Fund was set up in the prior year with funding from Tesco Bags of Help Community Grants (administered by Groundwork), additional funding was received from Tesco 2019/20. The funds were used to cover venue hire and staffing costs.

**Rogerstone Arts Fund**

The Rogerstone Arts project was set up during the year with funding from Tesco Bags of Help Community Grants (administered by Groundwork).

**Makaton Sing and Sign Choir Fund**

Funding was received from Interlink Rhondda Cynon Taff in support of staff and volunteer costs in relation to the establishment of a sing and sign Makaton Choir in Church Village.

**COVID-19 Pandemic Fund**

Supporting children, young people and older adults with disabilities, their siblings, young carers, carers, parents and guardians during the Covid-19 Pandemic. Including regular zoom sessions, posting activity packs and providing 24/7 advice and support. Funding was provided by the following organisations:

The Moondance Foundation

VSEF Small Grants

Interlink Rhondda Cynon Taff

Pen Y Cymoedd Wind Farm Community Fund CIC

Voluntary Action Merthyr Tydfil

National Lottery - Awards for All

The Clothworker's Foundation

RCTCBC - COVID Community Grant

Bridgend Association of Voluntary Organisations

The National Lottery Community Fund - Coronavirus Community Support Fund

**Relating to comparative year:**

**Ohana Play Fund**

Funding was received from Awards for All England in the previous year, to support activities at Ohana Play Centre in Bristol. Ohana Play is a centre which runs workshops for children with learning disabilities, in an environment where families can meet and support each other.

**Pals Stars Fund**

Pals Stars is an accessible performing arts-based activity club for children and young people with disabilities and their siblings based in Aberdare with funding from Tesco Bags of Help Community Grant (administered by Groundwork).

**FOLLOW YOUR DREAMS LIMITED**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 1 APRIL 2019 TO 30 SEPTEMBER 2020**

---

**21. RELATED PARTY DISCLOSURES**

The total key management personnel remuneration benefits paid during the period was £90,701 (2019: £64,230).

The following income was received during the 2019/20 financial year from Roly Poly Entertainments Ltd, a business in which trustee Christopher Gibbins has a controlling interest:

	2020 £
Fundraising income	420
Donations income	130

Fundraising income of £410 was received from three trustees during the financial year (2019: £nil).

**22. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. The pension cost charge represents contributions paid by the charity to the fund and amounted to £4,495 (2019: £2,191). Outstanding refunds due at the year end amounted to £197 (2019: £88 outstanding contributions due).