

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**

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

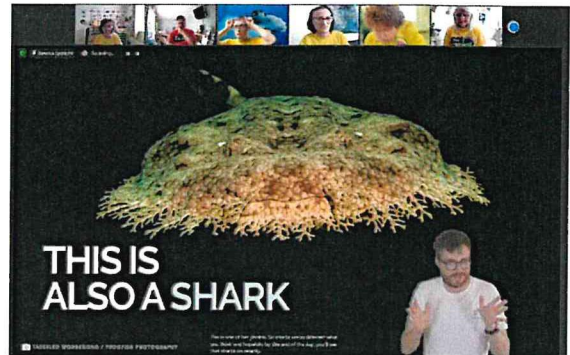
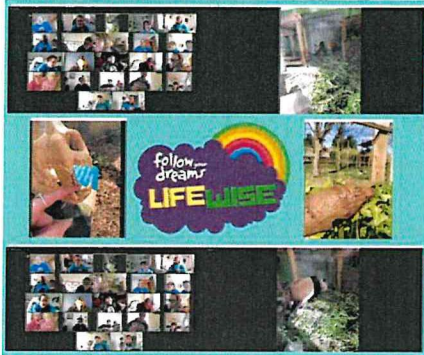
"Loved yesterday's session, so relaxing and our students were so enthralled by the visit from Ariel, thank you Vicky and Diane for arranging that"

"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."

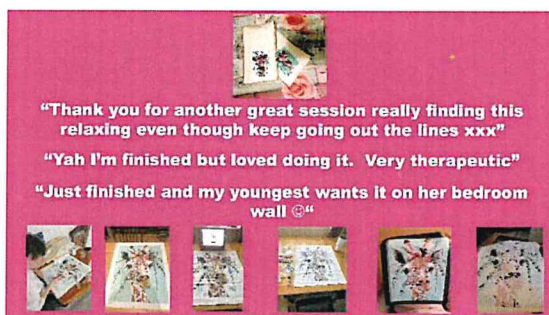
"Me time sessions provide many things for me. Me time aspect of socialising. Meeting new people. Feeling a part of something special. My daughter is thoroughly enjoying the aspects of the zooms we as parents lose ourselves in the most of family life, parenting, family etc. The me time sessions made me 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

Full time	Diane Blackmore	Chief Executive
Part time	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 £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	131,673	-	131,673	143,281
Charitable activities	6				
Working with young people with learning disabilities		2,000	76,826	78,826	160,284
Other trading activities	4	23,551	-	23,551	31,342
Investment income	5	<u>9</u>	<u>-</u>	<u>9</u>	<u>8</u>
Total		<u>157,233</u>	<u>76,826</u>	<u>234,059</u>	<u>334,915</u>
EXPENDITURE ON					
Raising funds					
Raising donations and legacies	7	10,312	-	10,312	8,863
Other trading activities	8	<u>70</u>	<u>-</u>	<u>70</u>	<u>10,992</u>
		10,382	-	10,382	19,855
Charitable activities	9				
Working with young people with learning disabilities		<u>121,284</u>	<u>106,860</u>	<u>228,144</u>	<u>240,926</u>
Total		<u>131,666</u>	<u>106,860</u>	<u>238,526</u>	<u>260,781</u>
NET INCOME/(EXPENDITURE)		25,567	(30,034)	(4,467)	74,134
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>102,739</u>	<u>38,034</u>	<u>140,773</u>	<u>66,639</u>
TOTAL FUNDS CARRIED FORWARD		<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 £
FIXED ASSETS					
Tangible assets	16	5,279	-	5,279	7,554
CURRENT ASSETS					
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
CREDITORS					
Amounts falling due within one year	18	(6,847)	-	(6,847)	(13,054)
NET CURRENT ASSETS		<u>123,027</u>	<u>8,000</u>	<u>131,027</u>	<u>133,219</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>128,306</u>	<u>8,000</u>	<u>136,306</u>	<u>140,773</u>
NET ASSETS		<u>128,306</u>	<u>8,000</u>	<u>136,306</u>	<u>140,773</u>
FUNDS	20				
Unrestricted funds				128,306	102,739
Restricted funds				<u>8,000</u>	<u>38,034</u>
TOTAL FUNDS				<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 £
Cash flows from operating activities			
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>
Cash flows from investing activities			
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>
Change in cash and cash equivalents in the reporting period		(5,838)	59,758
Cash and cash equivalents at the beginning of the reporting period		<u>139,631</u>	<u>79,873</u>
Cash and cash equivalents at the end of the reporting period		<u><u>133,793</u></u>	<u><u>139,631</u></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 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(4,467)	74,134
Adjustments for:		
Depreciation charges	2,275	5,239
Interest received	(9)	(8)
Decrease/(increase) in debtors	2,561	(5,539)
Decrease in creditors	(6,207)	(7,166)
Net cash (used in)/provided by operations	<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 £
Net cash			
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>
Total	<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	3,421	2,253
	<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	2,864	2,933
	<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

4. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising events	21,889	29,247
Donated goods and services for fundraising events	-	425
Shop sales	1,662	1,670
	<u>23,551</u>	<u>31,342</u>

5. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>9</u>	<u>8</u>

6. INCOME FROM CHARITABLE ACTIVITIES

	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	1,300	-
	<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	-	425
	<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	-	946
	<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	180	-
	<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 £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	143,281	-	143,281
Charitable activities			
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>
Total	<u>174,631</u>	<u>160,284</u>	<u>334,915</u>
EXPENDITURE ON			
Raising funds			
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
Charitable activities			
Working with young people with learning disabilities	<u>109,055</u>	<u>131,871</u>	<u>240,926</u>
Total	<u>128,910</u>	<u>131,871</u>	<u>260,781</u>
NET INCOME	45,721	28,413	74,134
Transfers between funds	<u>7,502</u>	<u>(7,502)</u>	<u>-</u>
Net movement in funds	53,223	20,911	74,134
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>49,516</u>	<u>17,123</u>	<u>66,639</u>
TOTAL FUNDS CARRIED FORWARD	<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 £
COST	
At 1 October 2021 and 30 September 2022	<u>20,276</u>
DEPRECIATION	
At 1 October 2021	12,722
Charge for year	<u>2,275</u>
At 30 September 2022	<u>14,997</u>
NET BOOK VALUE	
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 £
Unrestricted funds			
General fund	102,739	25,567	128,306
Restricted funds			
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	157,233	(131,666)	25,567
Restricted funds			
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>
TOTAL FUNDS	<u>234,059</u>	<u>(238,526)</u>	<u>(4,467)</u>

FOLLOW YOUR DREAMS LIMITED

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

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 £
Unrestricted funds				
General fund	49,516	45,721	7,502	102,739
Restricted funds				
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>
TOTAL FUNDS	<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 £
Unrestricted funds			
General fund	174,631	(128,910)	45,721
Restricted funds			
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>
TOTAL FUNDS	<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).