

THE OLD MILL FOUNDATION

England & Wales · Charity number 1125120

Details

Status Registered

Legal form Charitable company

Company number [05768149](#)

Registered 2008-07-22

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

Contact

Address 2 Mount Street
Gowerton
Swansea
SA4 3EJ

Phone 01792851553

Email oldmillfoundation@gmail.com

Website www.oldmillfoundation.co.uk

Activities

Objects: TO RELIEVE CANCER SUFFERERS BY THE PROVISION OF HOLISTIC AND OTHER COMPLIMENTARY THERAPIES.

Activities: We provide complementary therapy treatments free of charge to people living with cancer and their carers. These include: Aromatherapy massage; Scar tissue massage; Reflexology; Reiki; Hypnotherapy; Counselling; Homeopathy; Nutrition advice; Meditation; Psychotherapy, Shiatsu, Manual lymphatic drainage.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Bridgend
- Carmarthenshire
- City Of Swansea
- Neath Port Talbot
- Pembrokeshire
- Rhondda Cynon Taff
- Vale Of Glamorgan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£84,007	£150,436	-	-
2024-04-30	£135,771	£152,275	-	-
2023-04-30	£119,905	£167,447	-	-
2022-04-30	£182,446	£135,740	-	-
2021-04-30	£122,714	£79,717	-	-

Trustees

Name	Role	Appointed
JOAN JEYES	Chair	2023-02-16
CHRISTOPHER JULIEN ANTHONY CLARK		
Carol Liguz		2025-04-01
Lowri Mary Collins		2019-06-19
Maurice Arthur		2025-04-01
SARAH ESTELLE DOW		2019-06-19

THE OLD MILL FOUNDATION

England & Wales - Charity number 1125120

Accounts

I D Bowen & Co

*Chartered Accountants
Registered Auditors*

Ian Bowen LLB, FCA

19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

Tel: (01792) 897035
(01792) 898280
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mail@idbowen.co.uk

Our ref: IDB/T.64

26 January 2026

The Trustees
The Old Mill Foundation
Meyrick's Mill
Hendy Road
Penclawdd
Swansea
SA4 3XE

Dear Trustees

Final unaudited accounts for the year ended 30 April 2025

In accordance with my normal practice, I am writing to you to draw your attention to various matters which arose during the course of my independent examination of the charity's accounts for the year ended 30 April 2025.

Qualitative aspects of the entity's accounting practices and financial reporting

The charity has prepared its financial statements under the historical cost convention and in accordance with Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

I have not become aware of any material departure from these standards, nor did I come across any areas of the financial statements which departed from the entity's adopted accounting policies.

Letter of representation

My letter of representation is attached which is routine in all respects.

Unadjusted misstatements

There were no unadjusted misstatements determined during the course of my work.

Expected modifications to the independent examiner's report

There are no expected modifications to the independent examiner's report.

Material weaknesses in the accounting and internal control systems

As you are aware from my letter of engagement, my procedures were not directed towards testing the accounting systems in operation as I do not express an opinion on the accounts. I have not encountered any material weaknesses in the accounting and internal control systems during the course of the independent examination which I consider should be communicated to you. Any recommendations I have regarding improvements to the charity's record keeping system will be discussed with Nicola Rees.

Other matters required to be communicated

There are no other matters that I am required to communicate to you.

Other relevant matters relating to the independent examination

You are aware of the fact that my firm has provided accounting services to the charity in putting the accounts into statutory format in addition to my acting as independent examiner. During the year the firm also commenced the provision of payroll services to the charity. The operation of the payroll is undertaken and supervised by members of staff who take no part in the Independent Examination of the financial statements.

I wish to confirm that, in my opinion, the provision of such services does not affect my independence as the additional services provided are of a routine compliance nature and the Board takes any decisions where judgement is required.

Confidentiality

Please note that this report has been prepared for the sole use of The Old Mill Foundation. It must not be disclosed to third parties, quoted or referred to, without my prior written consent. No responsibility is assumed by us to any other person.

I would like to take this opportunity of expressing my thanks to Nicola Rees for her assistance during the course of the independent examination.

If I can be of any further assistance, please do not hesitate to contact me.

Yours faithfully



I D Bowen & Co

Companies House Copy

Company number: 5768149
Charity number: 1125120

THE OLD MILL FOUNDATION

(A Company Limited by Guarantee and not having a share capital)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2025

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

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**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 30 April 2025, which are also required to meet the requirements for a directors' report and accounts for Companies Act purposes.

Administrative Details of the Charity, its Trustees and Advisers

The Old Mill Foundation was incorporated as a company limited by guarantee on 4 April 2006. The company registered with the Charity Commission on 22 July 2008.

The charity is limited by guarantee and does not have any share capital.

The liability of members of the charity is limited. Every member of the charity undertakes to contribute to the assets of the charity (in the event of the same being wound up) such amount as may be required not exceeding £10.

Company Registration No:	5768149
Charity Registration No:	1125120
Registered Office:	2 Mount Street, Gowerton, Swansea, SA4 3EJ
Chair of Board of Trustees:	Joan Jeyes
Secretary:	Sarah Clark
Administrators:	Sarah Clark
Trustees:	Christopher Clark Lowri Collins Sarah Dow Joan Jeyes Maurice Arthur (Appointed 1 April 2025) Carol Liguz (Appointed 1 April 2025) Jonathan Knight (Resigned 15 July 2024) Kerry Jones (Resigned 5 July 2024) Sue Gibbons (Resigned 5 December 2024) Nerys Martin (Resigned 14 April 2025)
Bankers:	The Co-operative Bank, PO Box 250, Delf House, Southway, Skemersdale, WN8 6WT
Independent Examiner:	Ian Bowen LLB FCA, I D Bowen & Co., Chartered Accountants 19 Alexandra Road, Gorseinon, Swansea, SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

TRUSTEES' ANNUAL REPORT

Structure, Governance and Management

The affairs of the charity are directed by a board of trustees who are also directors.

The charity is restricted to carrying out activities within the objects set out in the Memorandum of Association.

The number of trustees shall not be less than three but (unless otherwise determined by ordinary resolution) shall not be subject to any maximum. Trustees are appointed following election by members at general meetings.

New trustees meet fellow trustees during the induction day. They are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Objectives and Activities

The charity's objects are to relieve cancer sufferers by the provision of holistic and other complementary therapies.

The trustees are aware of their responsibilities in ensuring that the charity delivers identifiable benefits to the public in accord with the established objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The charity achieves its objectives by undertaking permitted activities, the main activity being the provision of holistic and complementary therapy treatments supporting people living with cancer and their carers, physically and emotionally.

The focus of our work

Our main objectives are to provide holistic support to adults with a cancer diagnosis, their carers and families.

The strategies we use to meet these objectives include:-

- Providing physical support to adults affected by cancer using complementary therapies.
- Providing emotional support to adults affected by cancer by telephone, online contact and individual/group activity/support sessions.
- Group socials/coffee afternoons on a weekly basis.
- Linking with other Cancer Support Groups.
- Enhanced access to additional cancer support information.
- Workshops on nutrition and health matters.
- Access to and education on health products.
- Ensuring quality of therapists by providing ongoing training.
- Providing a warm safe and friendly environment in our centres

We understand that a cancer diagnosis does not just affect the individual but also their carer's and families. At the Old Mill Foundation we offer support to all those impacted by cancer and seek to provide support with physical health, mental health, life style choices, confidence and wellbeing.

How our activities deliver public benefit

Our main activities and who we help are described below. All our charitable activities remain focused on supporting adults affected by cancer and are undertaken to further our charitable purposes for the public benefit.

Achievements, Performance and Financial Review for year-end 30th April 2025

2024/25 has been a pivotal year for the Old Mill Foundation seeing not only a change in senior management but also a move to new premises to address the sustainability challenges facing the organisation.

Following an assessment of several locations the preferred option was to rent a disused public house in the large residential area of Gowerton, 3 miles from the existing main centre. This property was chosen as it is close to transport links, has its own off street parking and is large enough to allow for consolidating office, treatment rooms and community areas into one location, together with the income generating potential of a charity shop, health shop and community café. The landlord agreed to a 'below market' rent and rent free period of 7 months.

The building had been empty for 10 years and was in a poor state of repair. The landlord agreed to replace the roof, attend to the external repairs /decoration and upgrade the electrics/heating. The Old Mill agreed to restore the internal areas making them fit

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

for purpose.

The task was not a small one, however with over 1000 volunteer hours, the support of numerous local businesses with donated or discounted goods and services and grant funding from Screwfix the works were completed in January 2025, with an opening event on 4th February. Our second centre in Llandybie continues to serve the more rural communities of West Wales. The role of part time Volunteer Co-ordinator was created to help manage the anticipated increase in volunteers to help run the new activities.

Who used and benefited from our services?

Cancer rates in Wales are the highest of the UK nations;

Our charity offers its services to the communities of South West Wales. In this financial year Old Mill provided support to 170 cancer sufferers (an 8% increase on last year).

The age group accessing our service was from 19 years to 60+years.

- 54% aged 60+
- 41% aged 41-60
- 5% aged 19-40

Gender breakdown

- 91% female
- 9% male

The number of complementary therapy sessions given was 1452 which is an increase of 11% from the previous year. We have also provided weekly zoom sessions including meditation and Chi Gong for those unable to attend our centres to widen our reach further.

The benefits extend beyond our 170 clients to their carers, family and friends as we support them through their cancer journey helping them cope better with their situation. This in turn helps to relieve the stress and worry of loved ones and improves the wellbeing of all affected.

Through our treatments and ongoing support some of our clients are able to return to work which helps build individuals confidence, often impacted due to the rigours of medical treatment, stress and fatigue.

Our complementary therapies are provided by suitably qualified therapists on a voluntary basis. We offer our volunteers specialist cancer training and ongoing "on the job" training to improve skills and knowledge in order to give excellent support.

The complementary therapies on offer at our centres include: Scar Tissue Massage; Manual Lymphatic Drainage; Indian Head Massage; Aromatherapy massage; Reflexology; Reiki; Counselling; Crystal healing; Meditation; Homeopathy, Acupuncture and nutrition advice. Also admin support.

Weekly coffee afternoons in each of our centres provide a supportive environment to anyone affected by cancer, offering emotional support for cancer sufferers and their carers. These sessions allow people to talk informally about their experiences and receive support and encouragement from others in similar situations. There is a relaxed atmosphere for people to exchange stories and experiences. This environment also encourages discussions about general topics, which helps relieve strain and gives time for more light-hearted conversations. Clients participate fully and these sessions also help enhance local community connections, a number of the clients attending have become Old Mill volunteers.

* Cancer Research published statistics

Volunteers

The Old Mill Foundation is community led, volunteers are at the heart of what we do and we would be unable to offer our therapies and support or maintain our centres without their invaluable contribution. Many of our volunteers have been affected by cancer either directly or through loved ones and their feedback helps steer the organisation in the types of support it offers.

In this financial year we recorded 1452 volunteer therapy sessions and over 3000 hours in client wellbeing, operational support and fundraising. In addition over 1000 hours were dedicated to the refurbishment of our new premises.

Most of our therapists are sole traders and are often reliant on their individual income. As such, volunteer attraction and retention can be an issue, especially with the ongoing effects of the cost of living crisis. The Old Mill seeks to address this issue by

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

providing a warm and welcoming workplace where the volunteers feel valued and by providing training that can also be used in their private practices. This helps develop the therapists knowledge and skillset to be able to help a broader range of clientele, feedback has confirmed this to be a motivator to keep volunteering and honing professional skills.

In addition to the therapies provided by the qualified volunteers, the move to our new site has enabled us to increase our overall volunteer numbers to 79, from the previous 17 at the original Penclawdd site. This is in addition to 14 at our Llandybie site.

These volunteers have been instrumental in helping undertake the significant DIY and improvements needed to help get the Gowerton site operational and many of the same individuals now help receive/sort donations and staff the retail operating areas of community café, charity and health food shop.

The Trustees would like to offer a heartfelt thank you to all our Volunteers who work so hard for our organisation.

Principal Funding Sources

The Old Mill Foundation is proud of the level of community support and community fundraising which provides a wide range of income sources and assists with operational stability. From the Friends of the Old Mill making and selling craft items to raffles, fundraisers, bucket collections the charity ethos of ‘helping itself’ remains high. Our funding strategy is reviewed at each Trustee meeting and provides clarity of financial circumstances and direction.

During 2024/25 our fundraising breakdown is as follows:

- Donations & Legacies £43,116
- Direct fundraising activities £ 5,301
- Trusts & Foundations £ 5,800
- Earned Income £21,877
- Friends of the Old Mill £ 4,707

During this financial year Old Mill received funding from Austin Bailey Foundation and Screwfix.

The charity also secured funding from The National Lottery which has now been received in the 2025-26 financial year.

Financial Position

This financial year saw a pivotal change for the Old Mill with a change of senior staff and change of location.

A cashflow forecast for the period predicted the need to use charity reserves during this period to effect the changes necessary to make the charity sustainable in the long term. In this period the reserves have reduced from £87,508 to £19,280. This is within the parameters anticipated by the trustees.

It is predicted that a ‘bedding in’ period will be necessary before it is possible to determine the new income/expenditure patterns of the new facility. Targets have been set and a board sub-committee has been formed to monitor this on a monthly basis and work closely with senior management during the next financial year. Increased fundraising from Trusts and Foundations will form part of the agenda for the finance subcommittee.

	<i>2025</i>	<i>2024</i>
	<i>£</i>	<i>£</i>
<i>Unrestricted funds</i>		
Balance brought forward	87,508	104,012
Net (expenditure)/income	(68,228)	(16,504)
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	19,280	87,508
<i>Restricted funds</i>		
Balance brought forward	945	945
Net (expenditure)/income	1,799	-
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	2,744	945

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

Future Plans & Developments

In 2024 The Old Mill Foundation founder and CEO Sarah Clark announced her intention to retire and suggested a staged handover. She will remain available to the Old Mill as a consultant and will work as a therapist volunteer on a reduced time commitment.

A new role of Charity Manager was created and the post filled in August 2024. The chosen applicant played a major role in the project management of the new premises and relocation to the new site, however after this was completed decided not to remain with the organisation. A second round of recruitment was successfully completed in April 2025.

The trading activities in the new facility are in the development stages. A charity shop and health store are up and running together with a community café providing plant based drinks and cakes. Over the next financial year funding will be sought to fit out a commercial kitchen to expand the food offer and increase the income from the café. Workshops and events will also be increased to utilise this facility to the full, increase footfall and income and encourage more community use of the building.

There is a large demand for Scar Tissue therapy which is not available on the NHS, local private practitioners are scarce and when available the cost is outside of the reach of most individuals residing in our communities. A successful application to the Austin Bailey Foundation has secured funding for the training of new therapists in this vital service and funding is being sought for the purchase of specialist equipment.

With an increase in volunteer numbers the Old Mill will be looking into ways to support this increased number and ensure all our volunteers feel valued and receive relevant training for their activities. We have secured funding from the National Lottery for volunteer training and intend to start monthly meetings for the volunteer therapists to get together to offer and exchange support, advice and much needed treatments. This provides peer supervision and support both within Old Mill and for their wider practices that is not available generally.

Our statistics have highlighted a gender imbalance with our clients, women being much more likely to seek support than men. This is contrary to the cancer incident rates where men are slightly more likely to develop cancer than women. This imbalance is seen by other cancer support organisations and statutory authorities. Our new Charity Manager comes with experience of this issue in her previous role and has made a number of suggestions including increasing our networking with healthcare providers who look after male cancers such as prostate, penile and testicular to refer and signpost more men to the Old Mill.

Cancers like head and neck cancers and brain tumours which predominantly affect slightly more men than women also require an increase in networking with the health providers in order to gain more referrals and signposting.

We are fortunate in having excellent male volunteer therapists and plan to have more presence on social media platforms with an increased emphasis on the importance of emotional and physical support for men. We intend to start a 'volunteer of the month' on our social media including male therapists to help give the message that we are for men and women.

Policy on Reserves

Reserves are needed to bridge the gap between expenditure and receipts from fundraising activities and to cover unplanned repairs or expenditure. The Trustees consider that the level of reserves should be maintained between three and four months basic overheads.

Accounts

The accounts are drawn up to comply with the Companies Act 2006 and Accounting and Reporting by Charities: SORP (FRS102) issued in October 2019.

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

Signed on behalf of the trustees:

Name: Joan Jeyes
Chair of Trustee Board

Approved on: 27 January 2026

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE OLD MILL FOUNDATION

I report to the charity trustees on my examination of the accounts of The Old Mill Foundation for the year ended 30 April 2025 which are set out on pages 7 to 15.

Responsibilities and basis of report

As the charity's trustees of the company (who are 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 company'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 that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Ian Bowen LLB FCA
Independent examiner

27 January 2026

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

		2025			2024		
Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £	
INCOME FROM							
Donations and legacies	3	38,196	7,100	45,296	71,786	2,000	73,786
<i>Other trading activities:</i>							
Charity shops and cafe		28,499	-	28,499	38,061	-	38,061
Collection tins		1,239	-	1,239	972	-	972
Friends of the Old Mill		4,707	-	4,707	4,519	-	4,519
Other fundraising activities		4,170	-	4,170	15,891	-	15,891
Room hire		96	-	96	342	-	342
Other income		-	-	-	2,200	-	2,200
TOTAL INCOME		76,907	7,100	84,007	133,771	2,000	135,771
EXPENDITURE ON							
Fundraising		143	-	143	3,201	-	3,201
Charity shops and cafe		83,084	2,033	85,117	38,907	-	38,907
Charitable activities	5	61,908	3,268	65,176	108,167	2,000	110,167
TOTAL EXPENDITURE		145,135	5,301	150,436	150,275	2,000	152,275
Net (expenditure)/income		(68,228)	1,799	(66,429)	(16,504)	-	(16,504)
Transfers between funds		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		(68,228)	1,799	(66,429)	(16,504)	-	(16,504)
RECONCILIATION OF FUNDS							
Total funds brought forward		87,508	945	88,453	104,012	945	104,957
TOTAL FUNDS CARRIED FORWARD		19,280	2,744	22,024	87,508	945	88,453

There were no recognised gains and losses other than those set out in the statement of financial activities above.

All of the charity's income and expenditure derived from continuing activities during the above financial periods.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

BALANCE SHEET

Company number: 5768149

	<i>Note</i>	<i>2025</i> £	<i>2024</i> £
FIXED ASSETS			
Tangible assets	7	-	-
CURRENT ASSETS			
Cash at bank and in hand		30,258	92,972
		<u>30,258</u>	<u>92,972</u>
Creditors: amounts falling due within one year	8	<u>(8,234)</u>	<u>(4,519)</u>
NET CURRENT ASSETS		<u>22,024</u>	<u>88,453</u>
TOTAL NET ASSETS		<u>22,024</u>	<u>88,453</u>
CHARITY FUNDS			
	9		
Unrestricted income funds		19,280	87,508
Restricted income funds		2,744	945
TOTAL FUNDS		<u>22,024</u>	<u>88,453</u>

For the year ending 30 April 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signed

Joan Jeyes, Chair of Trustee Board

Approved on : 27 January 2026

The notes on pages 9 to 15 form part of these financial statements.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

NOTES TO THE FINANCIAL STATEMENTS

1 ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Old Mill Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

Going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of at least one year from the date of approval of these financial statements.

The charity has adequate cash reserves which are being actively monitored and managed and the trustees believe that these actions have secured the immediate future of the charitable company for the next 12 to 18 months and that on this basis the charity is a going concern.

Income recognition policies

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable.
- Income from charitable trading activity are accounted for when earned.
- Revenue grants are included in the SOFA when the charity is legally entitled to them.
- Capital grants are capitalised and amortised over the same period as the asset to which they relate.

Fund accounting

Funds held by the charity are either:

Unrestricted general funds: these are funds which are available to spend on activities that further any of the purposes of the charity.

Designated funds: these are unrestricted funds which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds: these are funds which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

Expenditure and irrecoverable VAT

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. Certain expenditure is directly attributable to specific activities and has been included in those cost categories with the exception of staff costs which is apportioned on the basis of time spent on activities. The company is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	20% Straight Line
Computer equipment	-	25% Straight Line

Debtors

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

Creditors and Provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the income and expenditure account on the straight line basis over the lease term.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 LEGAL STATUS OF THE FOUNDATION

The Old Mill Foundation is a company limited by guarantee and has no share capital. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The company is registered in England and Wales and the company's registered number and registered office can be found on page 1 in the administrative details.

3 INCOME FROM DONATIONS AND LEGACIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2025 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>
	£	£	£	£	£	£
Treatment Donations	18,040	-	18,040	17,511	-	17,511
General donations	16,854	-	16,854	21,127	-	21,127
HMC Gift Aid	3,302	-	3,302	4,838	-	4,838
Legacy	-	-	-	18,810	-	18,810
The Albert Hunt Trust	-	-	-	5,000	-	5,000
Edgar E Lawley Foundation	-	-	-	2,000	-	2,000
Weslyan Winter Giving	-	-	-	2,000	-	2,000
Local Giving Fund	-	-	-	500	-	500
Screwfix	-	4,800	4,800	-	-	-
Austin Bailey Foundation	-	1,000	1,000	-	-	-
Masonic donation	-	1,300	1,300	-	-	-
Hospital Saturday Fund	-	-	-	-	2,000	2,000
	38,196	7,100	45,296	71,786	2,000	73,786

4 RAISING FUNDS

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2025 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>
	£	£	£	£	£	£
Charity shops and Café expenditure	83,084	2,033	85,117	38,907	-	38,907
	83,084	2,033	85,117	38,907	-	38,907

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

5 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2025 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>
	£	£	£	£	£	£
<i>Costs directly allocated to activities</i>						
Staff costs	49,786	-	49,786	76,866	-	76,866
Treatment room	-	3,157	3,157	-	-	-
Salon consumable supplies	50	111	161	803	-	803
Cleaning	-	-	-	786	-	786
Printing, postage and stationery	182	-	182	1,030	-	1,030
Computer costs	763	-	763	486	-	486
Telephone	1,594	-	1,594	1,448	-	1,448
Advertising	-	-	-	532	-	532
Rent	-	-	-	16,787	-	16,787
General expenses	1,583	-	1,583	1,602	-	1,602
Training	1,525	-	1,525	1,625	2,000	3,625
Travelling	-	-	-	924	-	924
Insurance	972	-	972	841	-	841
Depreciation	-	-	-	190	-	190
Zoom	156	-	156	156	-	156
Cancer active	36	-	36	36	-	36
Lease of equipment	1,603	-	1,603	998	-	998
Enthuse	708	-	708	548	-	548
Hall/stand hire	-	-	-	265	-	265
Total costs	58,958	3,268	62,226	105,923	2,000	107,923
<i>Governance</i>						
Independent examiner's fee	2,340	-	2,340	2,100	-	2,100
Payroll services	610	-	610	144	-	144
Total governance costs	2,950	-	2,950	2,244	-	2,244
Total expenditure on charitable activities	61,908	3,268	65,176	108,167	2,000	110,167

6 ANALYSIS OF STAFF COSTS AND TRUSTEE REMUNERATION AND EXPENSES

	<i>2025</i>	<i>2024</i>
	£	£
Wages and salaries	84,346	98,417
Social security costs	-	-
Pension	178	244
	84,524	98,661

No employees had emoluments in excess of £60,000 (2024 - Nil).

The charity trustees were not paid nor received any other benefits from employment with the charity in the year (2024 - £Nil) neither were they reimbursed expenses during the year (2024 - £Nil). No trustee received payment for professional or other services supplied to the charity.

The key management personnel of the charity comprise the trustees and administrators. The total employee benefits of the key management personnel of the charity were £13,433 - (2024 - £12,896).

Staff numbers

	<i>2025</i>	<i>2024</i>
The average number of employees (including casual and part time staff) during the year was:-	8	8

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

7 TANGIBLE FIXED ASSETS

	<i>Fixtures, Fittings & Equipment</i> £	<i>Computer Equipment</i> £	<i>Total</i> £
Cost or valuation			
At 1 May 2024	12,802	3,248	16,050
At 30 April 2025	12,802	3,248	16,050
Depreciation			
At 1 May 2024	12,802	3,248	16,050
At 30 April 2025	12,802	3,248	16,050
Net book value			
At 30 April 2025	-	-	-
At 30 April 2024	-	-	-

8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<i>2025</i> £	<i>2024</i> £
Taxation and social security	499	595
Other creditors and accruals	7,735	3,924
	<u>8,234</u>	<u>4,519</u>

9 ANALYSIS OF CHARITABLE FUNDS

Analysis of movement in unrestricted funds - current year

	<i>1 May 2024</i> £	<i>Incoming funds</i> £	<i>Funds used</i> £	<i>Transfers</i> £	<i>30 April 2025</i> £
General fund	87,508	76,907	(145,135)	-	19,280
Total	<u>87,508</u>	<u>76,907</u>	<u>(145,135)</u>	<u>-</u>	<u>19,280</u>

Analysis of movement in unrestricted funds - prior year

	<i>1 May 2023</i> £	<i>Incoming funds</i> £	<i>Funds used</i> £	<i>Transfers</i> £	<i>30 April 2024</i> £
General fund	104,012	133,771	(150,275)	-	87,508
Total	<u>104,012</u>	<u>133,771</u>	<u>(150,275)</u>	<u>-</u>	<u>87,508</u>

Name of unrestricted fund

Description, nature and purposes of the fund

General fund

The 'free reserves' after allowing for all designated funds.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025**

9 **ANALYSIS OF CHARITABLE FUNDS (Continued)**

Analysis of movement in restricted funds - current year

	<i>1 May 2024</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2025</i>
	£	£	£	£	£
Big Lottery - Community Fund	568	-	(568)	-	-
Community Fund Awards For All	377	-	(276)	-	101
Screwfix	-	4,800	(3,157)	-	1,643
Austin Bailey Foundation	-	1,000	-	-	1,000
Masonic donation	-	1,300	(1,300)	-	-
Total	945	7,100	(5,301)	-	2,744

Analysis of movement in restricted funds - prior year

	<i>1 May 2023</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2024</i>
	£	£	£	£	£
Big Lottery - Community Fund	568	-	-	-	568
Community Fund Awards For All	377	-	-	-	377
Hospital Saturday Fund	-	2,000	(2,000)	-	-
Total	945	2,000	(2,000)	-	945

Name of restricted fund	Description, nature and purposes of the fund
Big Lottery - Community Fund	This grant was received to fund setting up a day's outreach at Narbeth Centre and to further develop Port Talbot Centre.
Community Fund Awards for all	This grant is utilised for the Old Mill Goes Digital project.
Screwfix	This grant is being utilised in refurbishing facilities in the charity's new premises.
Austin Bailey Foundation	This grant is to be used for training therapists in scar-work therapy for cancer patients
Masonic donation	This grant was utilised for the purchase of equipment.
Hospital Saturday Fund	This grant was used to pay training costs.

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Analysis of net assets between funds - current year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	-	-	-
Cash at bank and in hand	27,514	2,744	30,258
Creditors due within one year	(8,234)	-	(8,234)
	<hr/> 19,280	<hr/> 2,744	<hr/> 22,024 <hr/>
Analysis of net assets between funds - prior year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	-	-	-
Cash at bank and in hand	92,027	945	92,972
Creditors due within one year	(4,519)	-	(4,519)
	<hr/> 87,508	<hr/> 945	<hr/> 88,453 <hr/>

11 LEASING COMMITMENTS

The future minimum operating lease commitments are as follows:

	2025 £	2025 £	2024 £	2024 £
	Land & buildings	Equipment	Land & buildings	Equipment
Payable within one year	10,864	-	8,600	-
Payable between one and five years	60,000	4,219	17,667	-
Payable in more than five years	71,250	-	-	-
	<hr/> 142,114	<hr/> 4,219	<hr/> 26,267	<hr/> -

The charity entered into a 10 year lease on its registered office at an initial annual rental of £15,000. The lease commenced on 4 February 2025 with a seven month rent free period which came to an end on 3 September 2025. No rent was paid in respect this lease during the year. The lease contains a break date of 4 February 2027 which can be activated by giving the landlord at least 6 months notice prior to that date.

It is unlikely that the charity will take advantage of the break date and the future minimum operating lease commitments above include the full rental payable during the remaining term of the lease calculated at the initial annual rental. The total future commitments under this lease amount to £141,550.

The charity made total rental payments of £19,199 (2024 - £16,787) during the year in respect of all premises occupied on leases or short term licences.

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2025

12 RELATED PARTY TRANSACTIONS

Sarah Clark is regarded as related parties to the Foundation by virtue of their being administrator and providing services to the Foundation.

Amounts payable to the above during the year are as follows:-

	2025	2024
	£	£
Sarah Clark:		
Staff costs (Gross salary)	13,433	12,896
Rent	4,500	5,700

The above amounts are included in total resources expended in the statement of financial activities.

13 OTHER INFORMATION

The Old Mill Foundation s a charitable company limited by guarantee and incorporated in England and Wales. Its registered office is:

2 Mount Street
Gowerton
Swansea
SA4 3EJ

The Old Mill Foundation

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

Dear Sirs

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your independent examination of the charity's financial statements for the year ended 30 April 2025. These enquiries have included inspection of supporting documentation where appropriate. All representations are made to the best of our knowledge and belief.

General

- 1 We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter dated 24 April 2025, under the Companies Act 2006 and Charities Act 2011 for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view and for making accurate representations to you.
- 2 All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records.
- 3 All the accounting records have been made available to you for the purpose of your independent examination. We have provided you with unrestricted access to all appropriate persons within the, and with all other records and related information requested, including minutes of all trustee meetings and correspondence with the Charity Commission.
- 4 The financial statements are free of material misstatements, including omissions.

Internal control and fraud

- 5 We acknowledge our responsibility for the design, implementation and maintenance of internal control systems to prevent and detect fraud and error.
- 6 We have disclosed to you all instances of known or suspected fraud affecting the entity involving management, employees who have a significant role in internal control or others that could have a material effect on the financial statements
- 7 We have also disclosed to you all information in relation to allegations of fraud or suspected fraud affecting the charity's financial statements communicated by current or former employees, analysts, regulators or others.

Assets and liabilities

- 8 The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the financial statements.

- 9 All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as appropriate.

Legal claims

- 10 We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for, and disclosed in the financial statements.

Law and regulations

- 11 We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.
- 12 We are not aware of any matters of material significance which should be reported to the Charity Commission.

Related parties

- 13 Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

Going concern

- 14 We believe that the charity is a going concern on the basis current and future sources of funding or support will be more than adequate for the charity's needs.

Grants and donations

- 15 All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Income

- 16 All income has been fully recorded in the records of the charitable company

Journal adjustments

- 17 We acknowledge our responsibility for the financial statements and their preparation in accordance with UK law and UK GAAP and confirm that we have approved the journal adjustments made in the preparation of the financial statements as set out in the attached appendix to this letter.

Each trustee has taken all the steps that he ought to have taken as a trustee in order to make himself aware of any relevant information and to establish that you are aware of that information.

Yours faithfully

Signed on behalf of the Board of Trustees

THE OLD MILL FOUNDATION

England & Wales - Charity number 1125120

Accounts

Company number: 5768149
Charity number: 1125120

THE OLD MILL FOUNDATION

(A Company Limited by Guarantee and not having a share capital)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2024

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

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**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 30 April 2024, which are also required to meet the requirements for a directors' report and accounts for Companies Act purposes.

Administrative Details of the Charity, its Trustees and Advisers

The Old Mill Foundation was incorporated as a company limited by guarantee on 4 April 2006. The company registered with the Charity Commission on 22 July 2008.

The charity is limited by guarantee and does not have any share capital.

The liability of members of the charity is limited. Every member of the charity undertakes to contribute to the assets of the charity (in the event of the same being wound up) such amount as may be required not exceeding £10.

Company Registration No:	5768149
Charity Registration No:	1125120
Registered Office:	Meyricks Mill, Hendy Road, Penclawdd, Swansea, SA4 3XE
Chair of Board of Trustees:	Joan Jeyes
Secretary:	Sarah Clark
Administrators:	Sarah Clark
Trustees:	Christopher Clark Timothy Jones (Resigned 16 February 2024) Jonathan Knight (Resigned 15 July 2024) Lowri Collins Sarah Dow Kerry Jones (Resigned 5 July 2024) Sue Gibbons (Resigned 5 December 2024) Nerys Martin (Appointed 22 January 2024)
Bankers:	The Co-operative Bank, PO Box 250, Delf House, Southway, Skemersdale, WN8 6WT
Independent Examiner:	Ian Bowen LLB FCA, I D Bowen & Co., Chartered Accountants 19 Alexandra Road, Gorseinon, Swansea, SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

TRUSTEES' ANNUAL REPORT

Structure, Governance and Management

The affairs of the charity are directed by a board of trustees who are also directors.

The charity is restricted to carrying out activities within the objects set out in the Memorandum of Association.

The number of trustees shall not be less than three but (unless otherwise determined by ordinary resolution) shall not be subject to any maximum. Trustees are appointed following election by members at general meetings.

New trustees meet fellow trustees during the induction day. They are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Objectives and Activities

The charity's objects are to relieve cancer sufferers by the provision of holistic and other complementary therapies.

The trustees are aware of their responsibilities in ensuring that the charity delivers identifiable benefits to the public in accord with the established objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The charity achieves its objectives by undertaking permitted activities, the main activity being the provision of holistic and complementary therapy treatments supporting people living with cancer and their carers, physically and emotionally.

Achievements, Performance and Financial Review for year-end 30th April 2024

All of our Outreach Centres are now operating fully, however the continued impact of the COVID19 pandemic on the business of the Old Mill Foundation this year cannot be ignored or underestimated.

The focus of our work

Our main objectives are to provide holistic support to adults with a cancer diagnosis, their carers and families.

The strategies we use to meet these objectives include:-

- Providing physical support to adults affected by cancer using complementary therapies.
- Providing emotional support to adults affected by cancer by telephone, online contact and individual/group activity/support sessions.
- Group socials/coffee afternoons on a weekly basis.
- Linking with other Cancer Support Groups.
- Enhanced access to additional cancer support information.
- Workshops on nutrition and health matters.
- Access to and education on health products.
- Ensuring quality of therapists by providing ongoing training.
- Providing a warm safe and friendly environment in our centres

We understand that a cancer diagnosis does not just affect the individual but also their carer's and families. At the Old Mill Foundation we offer support to all those impacted by cancer and seek to provide support with physical health, mental health, life style choices, confidence and wellbeing.

How our activities deliver public benefit

Our main activities and who we help are described below. All our charitable activities remain focussed on supporting adults affected by cancer and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Cancer rates in Wales are the highest of the UK nations; 10% higher than England, 2% higher than Scotland and 18% higher than Northern Ireland.*

Our charity offers its services to the communities of South West Wales through a number of outreach centres throughout the region.

In this financial year Old Mill provided support to 158 cancer sufferers (a 26% increase on last year)

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

The age group accessing our service was from 15 years to 60+ years.

- 58% aged 60+
- 37% aged 41-60
- 4% aged 19-40
- 1% aged 15-18

Gender breakdown

- 85% female,
- 15% male.

The number of complementary therapy sessions given was 1300 which is an increase of 16% from the previous year. We have also provided weekly zoom sessions including meditation and Chi Gong for those unable to attend our centres to widen our reach further.

The benefits extend beyond our 158 clients to their carers, family and friends as we support them through their cancer journey helping them cope better with their situation. This in turn helps to relieve the stress and worry of loved ones and improves the wellbeing of all affected.

Through our treatments and ongoing support some of our clients are able to return to work which helps build individuals confidence, often impacted due to the rigours of medical treatment, stress and fatigue.

Our complementary therapies are provided by suitably qualified therapists on a voluntary basis. We offer our volunteers specialist cancer training and ongoing "on the job" training to improve skills and knowledge in order to give excellent support

Volunteer levels were impacted severely by the Covid pandemic, however we have managed to rebuild numbers year on year and this year were able to deliver 16% more individual treatments. A 26% increase in clients has demonstrated the continued need for our services and Cancer Research statistics have predicted a 2% increase in incidents in the UK between 2023-2025 and 2038-2040*. Demand continues to outstrip supply.

The complementary therapies on offer at our centres include: Scar Tissue Massage; Manual Lymphatic Drainage; Indian Head Massage; Aromatherapy massage; Reflexology; Reiki; Counselling; Crystal healing; Meditation; Homeopathy, Acupuncture and nutrition advice. Also admin support.

Weekly coffee afternoons in each of our centres provide a supportive environment to anyone affected by cancer, offering emotional support for cancer sufferers and their carers. These sessions allow people to talk informally about their experiences and receive support and encouragement from others in similar situations. There is a relaxed atmosphere for people to exchange stories and experiences. This environment also encourages discussions about general topics, which helps relieve strain and gives time for more light-hearted conversations. Clients participate fully and these sessions also help enhance local community connections, a number of the clients attending have become Old Mill volunteers.

We continue to receive referrals from local NHS sources such as GPs, Breast Care Nurses, the Lymphoedema clinic, the Radiotherapy & Chemotherapy depts., Ty Bryngwyn Hospice and various hospital doctors. We also have good relationship with other local cancer support charities from whom we receive referrals and to whom we direct people where appropriate, such as Macmillan cancer support, C.I.S.S., the Maggie centre and Tenovus. We continue to be an active part of the Swansea and Carmarthenshire Cancer Network Groups and also the "ARCH" partnership between Swansea Bay University and Hywel Dda Health Boards which seeks to engage working more closely with the Third Sector in Wales.

* Cancer Research published statistics

Volunteers

The Old Mill Foundation is community led, volunteers are at the heart of what we do and we would be unable to offer our therapies and support or maintain our centres without their invaluable contribution. Many of our volunteers have been affected by cancer either directly or through loved ones and their feedback helps steer the organisation in the types of support it offers.

In this financial year we recorded 1300 volunteer therapy sessions and over 3250 hours in client wellbeing, operational support and fundraising.

In financial terms this equates to £98,865 which is 40% of our combined overall turnover.

The Trustees would like to offer a heartfelt thank you to all our Volunteers who work so hard for our organisation.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

Principal Funding Sources

The Old Mill Foundation is proud of the level of community support and community fundraising which provides a wide range of income sources and assists with operational stability. From the Friends of the Old Mill making and selling craft items to raffles, fundraisers, bucket collections the charity ethos of 'helping itself' remains high. Our funding strategy is reviewed at each Trustee meeting and provides clarity of financial circumstances and direction.

During 2023/24 our fundraising breakdown is as follows:

•	Donations & Legacies	£60,660
•	Direct fundraising activities	£19,063
•	Trusts & Foundations	£13,250
•	Friends of the Old Mill	£ 4,519

Financial Position

A huge effort has been made by the Old Mill to regain it's pre-covid levels in terms of income and volunteers. The Trustees recognise the impact of the cost of living crisis on the finances with increases in costs across all areas and expenditure has exceeded income for a 2nd year in a row.

	<i>2024</i>	<i>2023</i>
	<i>£</i>	<i>£</i>
<i>Unrestricted funds</i>		
Balance brought forward	104,012	118,004
Net (expenditure)/income	(16,504)	(13,992)
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	87,508	104,012
<i>Restricted funds</i>		
Balance brought forward	945	34,495
Net (expenditure)/income	-	(33,550)
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	945	945

A review of the operational set up of the company has been undertaken with a number of recommendations for future planning:

- Consolidate operations into a smaller number of centres.
- Explore new sources of funding and the potential for a separate Trading Company to generate income to be donated to the Old Mill Foundation.
- Explore the maximisation of resources, for example hiring out of treatment rooms outside of Old Mill opening times.

Old Mill Health & Old Mill Charity Shop

During this financial year a pilot scheme has been run to establish the viability of a Health Food retail outlet. The running of a charity shop in our Haverfordwest centre has continued and provided a model for multi-use premises which will assist in future planning.

Both schemes have given an insight into the pros and cons of trading as a form of fundraising and will help steer the future development of the organisation with regards to location, overheads management and operational structure.

Future Plans & Developments

The Old Mill Foundation founder and CEO Sarah Clark announced her intention to retire in the next financial year and has suggested a staged handover. She intends to remain available to the Old Mill as a consultant and will work as a therapist volunteer on a reduced time commitment.

A new role of Charity Manager has been created and this individual will be instrumental in the future plans for the Old Mill.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

Recruitment is to begin shortly.

A search has been made for a new premises and negotiations are underway to secure the preferred option of a disused public house in a large residential area 3 miles from the existing main centre. This property has been chosen as it is close to transport links, has its own off street parking and is large enough to allow for consolidating office, treatment rooms and community areas into one location, together with use by the planned trading company. The landlord has indicated that he is prepared to offer a 'below market' rent.

A Business Plan has been produced and a steering committee will be created to assist the CEO and Charity Manager during this critical period. Volunteers will be recruited to assist with the transformation of the building and minimising the costs associated with the project.

The trustees are satisfied that these two changes to the structure of the Old Mill are in line with our succession and sustainability objectives.

The very busy centre in Llandybie will continue to operate as a second site accessible to the communities of west Wales.

There is a large demand for Scar Tissue therapy and lymphatic drainage. These therapies are not available on the NHS, local private practitioners are scarce and when available the cost is outside of the reach of most individuals residing in our communities. This has been recognised as an issue by the Trustees who will investigate ways of being able to offer more of these crucial services.

Our statistics have highlighted a gender imbalance with our clients, women being much more likely to seek support than men. This is contrary to the cancer incident rates where men are slightly more likely to develop cancer than women. This imbalance is seen by other cancer support organisations and statutory authorities. We will investigate the barriers preventing men from seeking treatment and ways in which we can reach and encourage more men to seek support.

I thought it worth highlighting this as it is quite stark in our statistics – obviously not a priority until the new place is up and running but maybe something worth keeping on the radar & maybe even trying to get some external support for. There is the much wider topic of service users compared to our community demographics but that is a larger issue again.

Policy on Reserves

The charity aims to maintain its level of reserves in future years to enable it to effectively undertake the charity's objectives in accordance with the terms of the foundation.

Accounts

The accounts are drawn up to comply with the Companies Act 2006 and Accounting and Reporting by Charities: SORP (FRS102) issued in October 2019.

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

Signed on behalf of the trustees:



Name: Joan Jeyes
Chair of Trustee Board

Approved on: 28 January 2025

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE OLD MILL FOUNDATION

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 April 2024.

Responsibilities and basis of report

As the charity's trustees of the company (who are 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 company'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 that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.



Ian Bowen LLB FCA
Independent examiner

28 January 2025

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

		2024			2023		
Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £	
INCOME FROM							
Donations and legacies	3	71,786	2,000	73,786	75,185	-	75,185
<i>Other trading activities:</i>							
Charity shop		38,061	-	38,061	37,799	-	37,799
Collection tins		972	-	972	1,545	-	1,545
Friends of the Old Mill		4,519	-	4,519	4,533	-	4,533
Other fundraising activities		15,891	-	15,891	843	-	843
Room hire		342	-	342	-	-	-
Other income		2,200	-	2,200	-	-	-
TOTAL INCOME		133,771	2,000	135,771	119,905	-	119,905
EXPENDITURE ON							
Fundraising		3,201	-	3,201	-	-	-
Raising funds - charity shop		38,907	-	38,907	44,697	1,266	45,963
Charitable activities	5	108,167	2,000	110,167	89,200	32,284	121,484
TOTAL EXPENDITURE		150,275	2,000	152,275	133,897	33,550	167,447
Net (expenditure)/income		(16,504)	-	(16,504)	(13,992)	(33,550)	(47,542)
Reconciliation of funds							
Transfers between funds		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		(16,504)	-	(16,504)	(13,992)	(33,550)	(47,542)
RECONCILIATION OF FUNDS							
Total funds brought forward		104,012	945	104,957	118,004	34,495	152,499
TOTAL FUNDS CARRIED FORWARD		87,508	945	88,453	104,012	945	104,957

There were no recognised gains and losses other than those set out in the statement of financial activities above.

All of the charity's income and expenditure derived from continuing activities during the above financial periods.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

BALANCE SHEET

Company number: 5768149

	<i>Note</i>	<i>2024</i> £	<i>2023</i> £
FIXED ASSETS			
Tangible assets	7	-	190
CURRENT ASSETS			
Debtors	8	-	-
Cash at bank and in hand		92,972	107,315
		<hr/>	<hr/>
		92,972	107,315
Creditors: amounts falling due within one year	9	(4,519)	(2,548)
		<hr/>	<hr/>
NET CURRENT ASSETS		88,453	104,767
		<hr/>	<hr/>
TOTAL NET ASSETS		88,453	104,957
		<hr/>	<hr/>
CHARITY FUNDS			
	10		
Unrestricted income funds		87,508	104,012
Restricted income funds		945	945
		<hr/>	<hr/>
TOTAL FUNDS		88,453	104,957
		<hr/>	<hr/>

For the year ending 30 April 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signed


Joan Jeyes, Chair of Trustee Board

Approved on : 28 January 2025

The notes on pages 9 to 14 form part of these financial statements.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2024**

1 ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Old Mill Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

Going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of at least one year from the date of approval of these financial statements.

The charity has adequate cash reserves which are being actively monitored and managed and the trustees believe that these actions have secured the immediate future of the charitable company for the next 12 to 18 months and that on this basis the charity is a going concern.

Income recognition policies

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable.
- Income from charitable trading activity are accounted for when earned.
- Revenue grants are included in the SOFA when the charity is legally entitled to them.
- Capital grants are capitalised and amortised over the same period as the asset to which they relate.

Fund accounting

Funds held by the charity are either:

Unrestricted general funds: these are funds which are available to spend on activities that further any of the purposes of the charity.

Designated funds: these are unrestricted funds which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds: these are funds which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

Expenditure and irrecoverable VAT

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. Certain expenditure is directly attributable to specific activities and has been included in those cost categories with the exception of staff costs which is apportioned on the basis of time spent on activities. The company is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	20% Straight Line
Computer equipment	-	25% Straight Line

Debtors

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

Creditors and Provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the income and expenditure account on the straight line basis over the lease term.

2 LEGAL STATUS OF THE FOUNDATION

The Old Mill Foundation is a company limited by guarantee and has no share capital. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The company is registered in England and Wales and the company's registered number and registered office can be found on page 1 in the administrative details.

3 INCOME FROM DONATIONS AND LEGACIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>
	£	£	£	£	£	£
Treatment Donations	17,511	-	17,511	13,131	-	13,131
General donations	21,127	-	21,127	16,529	-	16,529
HMC Gift Aid	4,838	-	4,838	476	-	476
Legacy	18,810	-	18,810	45,049	-	45,049
The Albert Hunt Trust	5,000	-	5,000	-	-	-
Edgar E Lawley Foundation	2,000	-	2,000	-	-	-
Weslyan Winter Giving	2,000	-	2,000	-	-	-
Local Giving Fund	500	-	500	-	-	-
Hospital Saturday Fund	-	2,000	2,000	-	-	-
	71,786	2,000	73,786	75,185	-	75,185

4 RAISING FUNDS

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>
	£	£	£	£	£	£
Charity shop expenditure	38,907	-	38,907	23,820	13,439	37,259
	38,907	-	38,907	23,820	13,439	37,259

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

5 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2024 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>
	£	£	£	£	£	£
<i>Costs directly allocated to activities</i>						
Staff costs	76,866	-	76,866	47,915	20,439	68,354
Therapist expenses	-	-	-	994	-	994
Salon consumable supplies	803	-	803	1,025	-	1,025
Cleaning	786	-	786	762	-	762
Printing, postage and stationery	1,030	-	1,030	642	-	642
Computer costs	486	-	486	242	-	242
Telephone	1,448	-	1,448	1,283	-	1,283
Advertising	532	-	532	1,575	-	1,575
Rent	16,787	-	16,787	13,192	10,420	23,612
General expenses	1,602	-	1,602	3,864	-	3,864
Donations	-	-	-	11,000	-	11,000
Training	1,625	2,000	3,625	1,375	940	2,315
Travelling	924	-	924	168	396	564
Insurance	841	-	841	835	-	835
Equipment expensed	-	-	-	106	-	106
Depreciation	190	-	190	318	-	318
PayPal	-	-	-	16	-	16
Charity checkout	-	-	-	584	-	584
Zoom	156	-	156	170	89	259
Cancer active	36	-	36	36	-	36
Lease of equipment	998	-	998	998	-	998
Enthuse	548	-	548	-	-	-
Hall/stand hire	265	-	265	-	-	-
<i>Total costs</i>	105,923	2,000	107,923	87,100	32,284	119,384
<i>Governance</i>						
Independent examiner's fee	2,100	-	2,100	2,100	-	2,100
Payroll services	144	-	144	-	-	-
<i>Total governance costs</i>	2,244	-	2,244	2,100	-	2,100
<i>Total expenditure on charitable activities</i>	108,167	2,000	110,167	89,200	32,284	121,484

6 ANALYSIS OF STAFF COSTS AND TRUSTEE REMUNERATION AND EXPENSES

	<i>2024</i>	<i>2023</i>
	£	£
Wages and salaries	98,417	94,666
Social security costs	-	-
Pension	244	31
	98,661	94,697

No employees had emoluments in excess of £60,000 (2023 - Nil).

The charity trustees were not paid nor received any other benefits from employment with the charity in the year (2023 - £Nil) neither were they reimbursed expenses during the year (2023 - £Nil). No trustee received payment for professional or other services supplied to the charity.

The key management personnel of the charity comprise the trustees and administrators. The total employee benefits of the key management personnel of the charity were £12,896 - (2023 - £18,818).

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

Staff numbers

	<i>2024</i>	<i>2023</i>
The average number of employees (including casual and part time staff) during the year was:-	11	11

7 TANGIBLE FIXED ASSETS

	<i>Fixtures, Fittings & Equipment</i> £	<i>Computer Equipment</i> £	<i>Total</i> £
Cost or valuation			
At 1 May 2023	12,802	3,248	16,050
At 30 April 2024	12,802	3,248	16,050
Depreciation			
At 1 May 2023	12,767	3,093	15,860
Charge for the year	35	155	190
At 30 April 2024	12,802	3,248	16,050
Net book value			
At 30 April 2024	-	-	-
At 30 April 2023	35	155	190

8 DEBTORS

	<i>2024</i> £	<i>2023</i> £
Other debtors	-	-
Prepayments	-	-
	-	-

9 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<i>2024</i> £	<i>2023</i> £
Taxation and social security	595	417
Other creditors and accruals	3,924	2,131
	4,519	2,548

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

10 ANALYSIS OF CHARITABLE FUNDS

Analysis of movement in unrestricted funds - current year

	<i>1 May 2023</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2024</i>
	£	£	£	£	£
General fund	104,012	133,771	(150,275)	-	87,508
Total	104,012	133,771	(150,275)	-	87,508

Analysis of movement in unrestricted funds - prior year

	<i>1 May 2022</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2023</i>
	£	£	£	£	£
General fund	118,004	119,905	(133,897)	-	104,012
Total	118,004	119,905	(133,897)	-	104,012

Name of unrestricted fund Description, nature and purposes of the fund

General fund The 'free reserves' after allowing for all designated funds.

Analysis of movement in restricted funds - current year

	<i>1 May 2023</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2024</i>
	£	£	£	£	£
Big Lottery - Community Fund	568	-	-	-	568
Community Fund Awards For All	377	-	-	-	377
Hospital Saturday Fund	-	2,000	(2,000)	-	-
Total	945	2,000	(2,000)	-	945

Analysis of movement in restricted funds - prior year

	<i>1 May 2022</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2023</i>
	£	£	£	£	£
Big Lottery - Community Fund	31,823	-	(31,255)	-	568
Community Fund Awards For All	1,406	-	(1,029)	-	377
Moondance Foundation	1,266	-	(1,266)	-	-
Total	34,495	-	(33,550)	-	945

Name of restricted fund Description, nature and purposes of the fund

Hospital Saturday Fund This grant was used to pay training costs.

Big Lottery - Community Fund This grant was received to fund setting up a day's outreach at Narbeth Centre and to further develop Port Talbot Centre.

Community Fund Awards for all This grant is utilised for the Old Mill Goes Digital project.

Moondance Foundation This grant was used to pay staff wages.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2024**

11 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Analysis of net assets between funds - current year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	-	-	-
Cash at bank and in hand	92,027	945	92,972
Creditors due within one year	(4,519)	-	(4,519)
	<hr/> 87,508	<hr/> 945	<hr/> 88,453 <hr/>
Analysis of net assets between funds - prior year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	190	-	190
Cash at bank and in hand	106,370	945	107,315
Creditors due within one year	(2,548)	-	(2,548)
	<hr/> 104,012	<hr/> 945	<hr/> 104,957 <hr/>

12 RELATED PARTY TRANSACTIONS

Sarah Clark is regarded as related parties to the Foundation by virtue of their being administrator and providing services to the Foundation.

Amounts payable to the above during the year are as follows:-

	2024 £	2023 £
Sarah Clark:		
Staff costs (Gross salary)	12,896	18,818
Rent	5,700	5,400

The above amounts are included in total resources expended in the statement of financial activities.

13 LEASING COMMITMENTS

The future minimum operating lease commitments are as follows:

	2024 £	2024 £	2023 £	2023 £
	Land & buildings	Equipment	Land & buildings	Equipment
Within one year	8,600	-	8,600	749
Between one and five years	17,667	-	25,667	-
	<hr/> 26,267	<hr/> -	<hr/> 34,267	<hr/> 749 <hr/>

14 CONTROL OF THE CHARITABLE COMPANY

There is no individual controlling party as the charity is managed by a Board of Trustees as detailed on page 1.

THE OLD MILL FOUNDATION

England & Wales - Charity number 1125120

Accounts

Company number: 5768149
Charity number: 1125120

THE OLD MILL FOUNDATION

(A Company Limited by Guarantee and not having a share capital)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2023

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

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**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 30 April 2023, which are also required to meet the requirements for a directors' report and accounts for Companies Act purposes.

Administrative Details of the Charity, its Trustees and Advisers

The Old Mill Foundation was incorporated as a company limited by guarantee on 4 April 2006. The company registered with the Charity Commission on 22 July 2008.

The charity is limited by guarantee and does not have any share capital.

The liability of members of the charity is limited. Every member of the charity undertakes to contribute to the assets of the charity (in the event of the same being wound up) such amount as may be required not exceeding £10.

Company Registration No:	5768149
Charity Registration No:	1125120
Registered Office:	Meyricks Mill, Hendy Road, Penclawdd, Swansea, SA4 3XE
Chair of Board of Trustees:	Joan Jeyes
Secretary:	Sarah Clark
Administrators:	Sarah Clark
Trustees:	Colin Tarry (Deceased 5 January 2023) Joan Grove (Resigned 2 August 2022) Christopher Clark Timothy Jones Mary Taylor (Resigned 16 February 2023) Jonathan Knight Lowri Collins Sarah Dow Kerry Jones Vickie Blake (Resigned 26 February 2023) Sue Gibbons
Bankers:	The Co-operative Bank, PO Box 250, Delf House, Southway, Skemersdale, WN8 6WT
Independent Examiner:	Ian Bowen LLB FCA, I D Bowen & Co., Chartered Accountants 19 Alexandra Road, Gorseinon, Swansea, SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

TRUSTEES' ANNUAL REPORT

Structure, Governance and Management

The affairs of the charity are directed by a board of trustees who are also directors.

The charity is restricted to carrying out activities within the objects set out in the Memorandum of Association.

The number of trustees shall not be less than three but (unless otherwise determined by ordinary resolution) shall not be subject to any maximum. Trustees are appointed following election by members at general meetings.

New trustees meet fellow trustees during the induction day. They are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Objectives and Activities

The charity's objects are to relieve cancer sufferers by the provision of holistic and other complementary therapies.

The trustees are aware of their responsibilities in ensuring that the charity delivers identifiable benefits to the public in accord with the established objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The charity achieves its objectives by undertaking permitted activities, the main activity being the provision of holistic and complementary therapy treatments supporting people living with cancer and their carers, physically and emotionally.

Achievements, Performance and Financial Review for year-end 30th April 2023

All of our Outreach Centres are now operating fully, however the continued impact of the COVID19 pandemic on the business of the Old Mill Foundation this year cannot be ignored or underestimated.

The focus of our work

Our main objectives for the year continued to be providing public benefit by re-establishing our offer of holistic support to adults with a cancer diagnosis and their carers and families. It was recognised that individuals were still apprehensive in attending the centres and therefore additional reassurances had to be given. This would not happen immediately so we still had to 'think outside of the box'.

The strategies we used to meet these objectives were the previously tested and successful ones. They included:-

- Providing physical and emotional support to adults affected by cancer using complementary therapies.
- Providing verbal emotional support to adults affected by cancer by telephoning and using social media.
- Providing support group/coffee afternoons on a weekly basis.
- Linking with other Cancer Support Groups.
- Giving people better access to additional cancer support information.
- Providing workshops of interest to encourage the return of clients to the centres.
- Ensuring quality of therapists by providing training.
- Expanding provision by creation of additional outreach centres and reviewing the locations of existing centres.

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities remain focused on supporting adults affected by cancer and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our charity continues to mainly cover the counties of Swansea, Carmarthenshire and parts of Pembrokeshire and Neath Port Talbot. The Charity Shop and Outreach Centre in Haverfordwest are very successful. Our main centre in Penclawdd, Swansea remains open two days a week. The outreach centre in Narbeth remained open on a Monday until February 2023 when unfortunately the centre was closed due to shortage of volunteers and financial pressures. Our outreach centre in Port Talbot still opens on a Thursday and our outreach centre at Llandybie Memorial Hall in Carmarthenshire is open every Tuesday. Although the link with Coleg Sir Gar, Llanelli has not been re-established since it was suspended when the college closed as part of Welsh Government restrictions the charity has remained in contact with the local authority as there are possible Health & Wellbeing developments in the area.

THE OLD MILL FOUNDATION YEAR ENDED 30 APRIL 2023

For this particular year, the age group accessing our service was from 15 years to 60 +years 7% of people in the 19 - 40 age group, 34% in the 41 - 60 range and 59% over 60. Within these groups 101 of people were female and 24 male. There has been an increase in the number of male clients attending the Old Mill which is supporting the efforts being made to encourage men to seek additional support. A total of 125 people received therapies. This is a slight decrease in comparison to the previous year.

The number of complementary therapy sessions given was 1123 which is an increase of 17% from last year, a consequence of the restrictions being lifted. Also, some of the weekly zoom sessions continued as a support for clients e.g. Meditation, Chi Gong. However, client numbers are still lower than pre-covid.

The benefits of these sessions is not only received by the person having the treatment or participating in the zoom sessions, but also the family and friends because our service users are supported on their cancer journey and are therefore able to cope better with their situation. This relieves the stress and worry of loved ones enhancing everyone's whole wellbeing. Some people are also better able to return to work as we can help build individuals confidence which they may have lost due to the rigours of medical treatments. Our complementary therapies are provided by suitably qualified therapists on a voluntary basis. We offer our volunteers specialist cancer training and ongoing "on the job" training to improve skills and knowledge in order to give excellent support. During this year a number of volunteers attended an EMMET course providing them with additional skills to support clients.

Volunteer levels have increased by 123% on last years' figures. The lack of volunteer therapists is still a big issue. Volunteer numbers across all aspects of the services provided are - Llandybie centre now has 8, Penclawdd has 20 and Port Talbot centre has 1. The lack of volunteer therapists is still due to professional therapists rebuilding their own practices, therapists not renewing their insurance cover and individuals are still slowly feeling comfortable in taking on a new volunteering position.

The complementary therapies on offer, at the centres, have included: Indian Head Massage; aromatherapy massage; scar tissue massage; manual lymphatic drainage; reflexology; reiki; counselling; crystal healing; meditation; homeopathy, acupuncture and nutrition advice. During the year 2 of the volunteers offered admin support. Since the pandemic our volunteers have not returned to providing driving or gardening services.

Our continued weekly coffee afternoons has provided a supportive environment to anyone affected by cancer, providing emotional support for cancer sufferers and their carers. These sessions allow people to talk informally about their experiences and receive support and encouragement from others in similar situations. There is a relaxed atmosphere for people to ask about hints and tips about how to stay well from our staff, volunteers and each other. The environment also encourages discussions about general topics, this relieves the strain and clients participate fully. This environment is encouraging community building within the people that are using the Old Mill. A number of the clients attending have become volunteers.

We continue to receive referrals from local NHS sources such as GPs, Breast Care Nurses, the Lymphoedema clinic, the Radiotherapy & Chemotherapy depts., Ty Bryngwyn Hospice and various hospital doctors. We also have good relationship with other local cancer support charities from whom we receive referrals and to whom we direct people where appropriate, such as Macmillan cancer support, C.I.S.S., the Maggie centre and Tenovus. We continue to be an active part of the Swansea and Carmarthenshire Cancer Network Groups and also the "ARCH" partnership between Swansea Bay University and Hywel Dda Health Boards which seeks to engage working more closely with the Third Sector in Wales.

Our outreach project in Llandybie, Carmarthenshire continues to be very popular as it allows people in this more rural area to access support without having to travel a long distance when they may not be feeling very well, or in the case of carers, when they do not want to leave loved ones for any length of time. It also helps people to access cancer information at a local level. This service was open every Tuesday and continues to be well supported with a reduced number of volunteers. We have continued with a staff member on a sessional hour's basis in order to help cope with the demand and take charge of the organisation of the sessions. The support group/coffee afternoon remains available as a drop-in session over the whole day. A number of volunteers and past clients now specifically help our staff run the whole day. The "pop up" shop, set up every Tuesday, providing clients with access to vitamins, healthy alternative snacks etc., is well supported. We also have a "one stop shop" at the outreach centre which means that we provide space for other charities such as C.I.S.S. (Cancer Information & Support Service) who offer specialist counselling and also Macmillan who offer benefits advice.

The outreach centre in Port Talbot is still held at the NSA Afan Development Centre, Bevin Avenue, Sandfields. The centre continues to be successfully operated on the same basis as the Llandybie outreach centre, with a staff member on a sessional hour's basis. The therapies offered are now limited due to reduction in volunteer therapists. The facilities to allow clients to meet and discuss numerous topics over a cup of tea or coffee are also available on the same basis. Discussions are taking place to relocate the Port Talbot Outreach to a Plaza Project which is more central to Port Talbot. This relocation will also have the opportunity for the Old Mill to open a health shop. Funding is being explored for support to staff a health shop.

THE OLD MILL FOUNDATION YEAR ENDED 30 APRIL 2023

We have continued to collect feedback from our beneficiaries using a recognised Quality of Life Questionnaire; My Concerns and Wellbeing (MyCAW). This was developed by the University of Westminster in conjunction with Peninsular Medical School, Exeter, Penny Brohn Cancer Support and Breast Cancer Haven to collect data specifically from people affected by cancer. Analysing this data has been key to us increasing our understanding of how people affected by cancer want us to support them at different stages of their cancer journey. It has given us insight into why the outreach project has been so successful because it has become clear that people find holistic support very important during the acute phases of medical cancer treatment.

Moreover, further down the line into their recovery process, they continue to want support and, crucially, contact with others in similar situations. Our outreach model has fulfilled these needs because people can have 1:1 complementary therapies, have the opportunity to sit and talk together and use their experiences to help each other, and also take part in other activities such as exercise groups all on the same day. During the year a number of workshops were held at the centres. We think this is significant enough to look at changing the way we deliver our services in the future to develop the outreach model where we would further increase the amount of outreach services we provide.

The outreach centre in Haverfordwest is offering therapies on the same basis as the other outreach centres, however there is an issue of volunteer numbers. This location has further enhanced provision within Pembrokeshire and as the location is in rooms above the charity shop the financial outlay is reduced. The building is on a 5 year tenancy basis. The shop continues to be in a 'boutique' fashion using re-cycled, up-cycled and repurposed materials. Staffing levels remain the same with a Manager working on a part-time basis with 2 part-time deputy managers and 1 retail assistant. Funding was gained for these positions and the appointments ensured that the shop could be opened 6 days a week. The shop has become very popular and is in profit. There is still consideration being given to opening a cafe within the building. The aim being that this total venture will provide additional financial support for the charity.

Organisational Developments

Sadly, the Chair of the charity was taken ill during November 2022 and an Acting chairperson was appointed. Later in January 2023 the chair passed away.

Nominations were sought for a new chair and an existing Trustee and volunteer with the charity was appointed. All necessary notifications have been given.

During the year 2 Trustees resigned. One to take the role of vice CEO, which links into the succession & sustainability planning of the charity and the other to continue working with the Friends of the Old Mill Foundation but no longer as a Trustee. The Old Mill has continued to ensure compliance with development of new policies and the continued review of existing ones. The Old Mill Website is continually updated and more use is being made of social media to raise awareness and share information regarding developments within the charity.

Principal Funding Sources

The funding strategy is reviewed at each Trustee meeting and provides clarity of financial circumstances and direction. This continues to be very important during this current financial year with ongoing impact of the pandemic. Funding has always been an issue for the Old Mill, as is the case for all charities, there continues to be a reliance on regular fund raising activities and general donations. An additional legacy received this year from a beneficiary has provided financial security during the year.

During 2022/23 a number of successful minor funding applications were made. Funding opportunities have become more limited for the charity and therefore the ethos of 'helping itself' remains high.

Text donation continues as a back drop to the zoom sessions to allow an easy method of donating and although income is reduced this continues to be successful.

Raising awareness via social media notices encouraging the use of Give as You Live & Amazon Smile continues and income is improving.

Although donations from clients have reduced PayPal income has increased. This is as a result of individuals nominating the Old Mill as their charity in lieu of receiving birthday gifts etc.

We continued to offer specialist information about health related products such as healthy ingredients, books, and natural products that people attending the charity were able to access. The small community health shop still continued within our reception area which is still a social enterprise organisation.

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023

Some regular fund raising activities take place during the year and virtual activities continue. A regular source of income for us continues to be the donations our clients regularly make for their treatments (although we do offer these therapies free of charge) and general donations from people in the local communities. A number of individuals in the local community have undertaken their own fund raising activities, which has brought in income on a regular basis this year. A bucket collection at a local supermarket raised £470.80 and the Old Mill was very fortunate to receive a legacy from a supporter. The "Friends of the Old Mill" are firmly established and have continued to raise funds for the charity via a virtual market, attendance at local craft fairs and utilising the charity shop in Haverfordwest, as well as raising awareness of the work of the Old Mill. This stream of funding is also on a regular basis.

Although it has still continued to be a strange year, financially, the Old Mill is close to pre-covid levels but is exploring different opportunities to obtain core funding. Although expenditure in relation to rents & salaries has increased the situation remains satisfactory.

	<i>2023</i>	<i>2022</i>
	<i>£</i>	<i>£</i>
<i>Unrestricted funds</i>		
Balance brought forward	118,004	66,039
Net (expenditure)/income	(13,992)	51,965
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	104,012	118,004
<i>Restricted funds</i>		
Balance brought forward	34,495	39,754
Net (expenditure)/income	(33,550)	(5,259)
Transfers	-	-
	<hr/>	<hr/>
Balance carried forward	945	34,495

All assets are held to achieve the objectives of the charity.

Policy on Reserves

The charity aims to maintain its level of reserves in future years to enable it to effectively undertake the charity's objectives in accordance with the terms of the foundation.

Accounts

The accounts are drawn up to comply with the Companies Act 2006 and Accounting and Reporting by Charities: SORP (FRS102) issued in October 2019.

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

Signed on behalf of the trustees:



Name: Joan Jeyes
Chair of Trustee Board

Approved on: 25 January 2024

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE OLD MILL FOUNDATION

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

Responsibilities and basis of report

As the charity's trustees of the company (who are 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 company'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 that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.



Ian Bowen LLB FCA
Independent examiner

25 January 2024

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

		2023			2022		
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOME FROM							
Donations and legacies	3	75,185	-	75,185	93,586	15,000	108,586
<i>Income from charitable activities:</i>							
Grant for specific projects and services	4	-	-	-	-	38,015	38,015
<i>Other trading activities:</i>							
Charity shop		37,799	-	37,799	23,773	-	23,773
Collection tins		1,545	-	1,545	1,656	-	1,656
Friends of the Old Mill		4,533	-	4,533	4,796	-	4,796
Other fundraising activities		843	-	843	5,620	-	5,620
TOTAL INCOME		119,905	-	119,905	129,431	53,015	182,446
EXPENDITURE ON							
Raising funds - charity shop	5	44,697	1,266	45,963	23,820	13,439	37,259
Charitable activities	6	89,200	32,284	121,484	53,646	44,835	98,481
TOTAL EXPENDITURE		133,897	33,550	167,447	77,466	58,274	135,740
Net (expenditure)/income		(13,992)	(33,550)	(47,542)	51,965	(5,259)	46,706
Reconciliation of funds							
Transfers between funds		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		(13,992)	(33,550)	(47,542)	51,965	(5,259)	46,706
RECONCILIATION OF FUNDS							
Total funds brought forward		118,004	34,495	152,499	66,039	39,754	105,793
TOTAL FUNDS CARRIED FORWARD		104,012	945	104,957	118,004	34,495	152,499

There were no recognised gains and losses other than those set out in the statement of financial activities above.

All of the charity's income and expenditure derived from continuing activities during the above financial periods.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

BALANCE SHEET

Company number: 5768149

	<i>Note</i>	<i>2023</i> £	<i>2022</i> £
FIXED ASSETS			
Tangible assets	8	190	508
CURRENT ASSETS			
Debtors	9	-	292
Cash at bank and in hand		107,315	155,084
		<hr/>	<hr/>
		107,315	155,376
Creditors: amounts falling due within one year	10	<hr/> (2,548) <hr/>	<hr/> (3,385) <hr/>
NET CURRENT ASSETS		<hr/> 104,767 <hr/>	<hr/> 151,991 <hr/>
TOTAL NET ASSETS		<hr/> 104,957 <hr/>	<hr/> 152,499 <hr/>
CHARITY FUNDS			
	11		
Unrestricted income funds		104,012	118,004
Restricted income funds		945	34,495
		<hr/>	<hr/>
TOTAL FUNDS		<hr/> 104,957 <hr/>	<hr/> 152,499 <hr/>

For the year ending 30 April 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signed



Joan Jeyes, Chair of Trustee Board

Approved on : 25 January 2024

The notes on pages 9 to 14 form part of these financial statements.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2023**

1 ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Old Mill Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

Going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of at least one year from the date of approval of these financial statements.

The charity has adequate cash reserves which are being actively monitored and managed and the trustees believe that these actions have secured the immediate future of the charitable company for the next 12 to 18 months and that on this basis the charity is a going concern.

Income recognition policies

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable.
- Income from charitable trading activity are accounted for when earned.
- Revenue grants are included in the SOFA when the charity is legally entitled to them.
- Capital grants are capitalised and amortised over the same period as the asset to which they relate.

Fund accounting

Funds held by the charity are either:

Unrestricted general funds: these are funds which are available to spend on activities that further any of the purposes of the charity.

Designated funds: these are unrestricted funds which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds: these are funds which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

Expenditure and irrecoverable VAT

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. Certain expenditure is directly attributable to specific activities and has been included in those cost categories with the exception of staff costs which is apportioned on the basis of time spent on activities. The company is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	20% Straight Line
Computer equipment	-	25% Straight Line

Debtors

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

Creditors and Provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the income and expenditure account on the straight line basis over the lease term.

2 LEGAL STATUS OF THE FOUNDATION

The Old Mill Foundation is a company limited by guarantee and has no share capital. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The company is registered in England and Wales and the company's registered number and registered office can be found on page 1 in the administrative details.

3 INCOME FROM DONATIONS AND LEGACIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2022 Total funds</i>
	£	£	£	£	£	£
Treatment Donations	13,131	-	13,131	10,177	-	10,177
General donations	16,529	-	16,529	21,097	-	21,097
HMC Gift Aid	476	-	476	2,312	-	2,312
Moondance Foundation	-	-	-	-	15,000	15,000
Legacy	45,049	-	45,049	60,000	-	60,000
	75,185	-	75,185	93,586	15,000	108,586

4 INCOME FROM CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2022 Total funds</i>
	£	£	£	£	£	£
Big Lottery - Community Fund	-	-	-	-	38,015	38,015
	-	-	-	-	38,015	38,015

5 RAISING FUNDS

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2022 Total funds</i>
	£	£	£	£	£	£
Charity shop expenditure	44,697	1,266	45,963	23,820	13,439	37,259
	44,697	1,266	45,963	23,820	13,439	37,259

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

6 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2023 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2022 Total funds</i>
	£	£	£	£	£	£
<i>Costs directly allocated to activities</i>						
Staff costs	47,915	20,439	68,354	30,511	28,935	59,446
Therapist expenses	994	-	994	1,566	-	1,566
Salon consumable supplies	1,025	-	1,025	1,084	-	1,084
Cleaning	762	-	762	-	-	-
Printing, postage and stationery	642	-	642	541	-	541
Computer costs	242	-	242	369	-	369
Telephone	1,283	-	1,283	990	-	990
Advertising	1,575	-	1,575	505	274	779
Rent	13,192	10,420	23,612	10,997	13,180	24,177
General expenses	3,864	-	3,864	1,973	-	1,973
Donations	11,000	-	11,000	-	-	-
Training	1,375	940	2,315	-	2,000	2,000
Travelling	168	396	564	452	-	452
Insurance	835	-	835	798	-	798
Equipment expensed	106	-	106	-	-	-
Depreciation	318	-	318	319	150	469
PayPal	16	-	16	226	-	226
Charity checkout	584	-	584	181	-	181
Zoom	170	89	259	-	173	173
PPE	-	-	-	-	123	123
Cancer active	36	-	36	36	-	36
Lease of equipment	998	-	998	998	-	998
<i>Total costs</i>	87,100	32,284	119,384	51,546	44,835	96,381
<i>Governance</i>						
Independent examiner's fee	2,100	-	2,100	2,100	-	2,100
<i>Total governance costs</i>	2,100	-	2,100	2,100	-	2,100
<i>Total expenditure on charitable activities</i>	89,200	32,284	121,484	53,646	44,835	98,481

7 ANALYSIS OF STAFF COSTS AND TRUSTEE REMUNERATION AND EXPENSES

	<i>2023</i>	<i>2022</i>
	£	£
Wages and salaries	94,666	72,884
Social security costs	-	-
Pension	31	-
	94,697	72,884

No employees had emoluments in excess of £60,000 (2022 - Nil).

The charity trustees were not paid nor received any other benefits from employment with the charity in the year (2022 - £Nil) neither were they reimbursed expenses during the year (2022 - £Nil). No trustee received payment for professional or other services supplied to the charity.

The key management personnel of the charity comprise the trustees and administrators. The total employee benefits of the key management personnel of the charity were £18,818 - (2022 - £19,356).

Staff numbers

	<i>2023</i>	<i>2022</i>
The average number of employees (including casual and part time staff) during the year was:-	11	7

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

8 TANGIBLE FIXED ASSETS

	<i>Fixtures, Fittings & Equipment</i> £	<i>Computer Equipment</i> £	<i>Total</i> £
Cost or valuation			
At 1 May 2022	12,802	3,248	16,050
At 30 April 2023	12,802	3,248	16,050
Depreciation			
At 1 May 2022	12,733	2,809	15,542
Charge for the year	34	284	318
At 30 April 2023	12,767	3,093	15,860
Net book value			
At 30 April 2023	35	155	190
At 30 April 2022	69	439	508

9 DEBTORS

	<i>2023</i> £	<i>2022</i> £
Other debtors	-	28
Prepayments	-	264
	-	292

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<i>2023</i> £	<i>2022</i> £
Taxation and social security	417	578
Other creditors and accruals	2,131	2,807
	2,548	3,385

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

11 ANALYSIS OF CHARITABLE FUNDS

Analysis of movement in unrestricted funds - current year

	<i>1 May 2022</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2023</i>
	£	£	£	£	£
General fund	118,004	119,905	(133,897)	-	104,012
Total	118,004	119,905	(133,897)	-	104,012

Analysis of movement in unrestricted funds - prior year

	<i>1 May 2021</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2022</i>
	£	£	£	£	£
General fund	66,039	129,431	(77,466)	-	118,004
Total	66,039	129,431	(77,466)	-	118,004

Name of unrestricted fund Description, nature and purposes of the fund

General fund The 'free reserves' after allowing for all designated funds.

Analysis of movement in restricted funds - current year

	<i>1 May 2022</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2023</i>
	£	£	£	£	£
Big Lottery - Community Fund	31,823	-	(31,255)	-	568
Community Fund Awards For All	1,406	-	(1,029)	-	377
Moondance Foundation	1,266	-	(1,266)	-	-
Total	34,495	-	(33,550)	-	945

Analysis of movement in restricted funds - prior year

	<i>1 May 2021</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>30 April 2022</i>
	£	£	£	£	£
One Family Community Award	150	-	(150)	-	-
Big Lottery - Community Fund	35,901	38,015	(42,093)	-	31,823
Community Fund Awards For All	3,703	-	(2,297)	-	1,406
Moondance Foundation	-	15,000	(13,734)	-	1,266
Total	39,754	53,015	(58,274)	-	34,495

Name of restricted fund

Description, nature and purposes of the fund

One Family Community Award This grant was received to fund setting up a cancer support community space in Port Talbot. Capital equipment for the above project originally cost £750 and the balance is reducing as the equipment is depreciated.

Big Lottery - Community Fund This grant was received to fund setting up a day's outreach at Narbeth Centre and to further develop Port Talbot Centre.

Community Foundation Wales This grant was used towards core staff costs during the year.

Moondance Foundation This grant was used to pay staff wages.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2023**

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Analysis of net assets between funds - current year

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	190	-	190
Cash at bank and in hand	106,370	945	107,315
Creditors due within one year	(2,548)	-	(2,548)
	<hr/> 104,012	<hr/> 945	<hr/> 104,957

Analysis of net assets between funds - prior year

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	508	-	508
Debtors	292	-	292
Cash at bank and in hand	120,589	34,495	155,084
Creditors due within one year	(3,385)	-	(3,385)
	<hr/> 118,004	<hr/> 34,495	<hr/> 152,499

13 RELATED PARTY TRANSACTIONS

Sarah Clark is regarded as related parties to the Foundation by virtue of their being administrator and providing services to the Foundation.

Amounts payable to the above during the year are as follows:-

	2023 £	2022 £
Sarah Clark:		
Staff costs (Gross salary)	18,818	19,356
Utilities	5,400	5,400

The above amounts are included in total resources expended in the statement of financial activities.

14 LEASING COMMITMENTS

The future minimum operating lease commitments are as follows:

	2023 £	2023 £	2022 £	2022 £
	Land & buildings	Equipment	Land & buildings	Equipment
Within one year	8,000	749	2,000	998
Between one and five years	25,667	-	-	749
	<hr/> 33,667	<hr/> 749	<hr/> 2,000	<hr/> 1,747

15 CONTROL OF THE CHARITABLE COMPANY

There is no individual controlling party as the charity is managed by a Board of Trustees as detailed on page 1.

THE OLD MILL FOUNDATION

England & Wales - Charity number 1125120

Accounts

Companies House copy

Company number: 5768149

Charity number: 1125120

THE OLD MILL FOUNDATION

(A Company Limited by Guarantee and not having a share capital)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2022

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

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**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 30 April 2022, which are also required to meet the requirements for a directors' report and accounts for Companies Act purposes.

Administrative Details of the Charity, its Trustees and Advisers

The Old Mill Foundation was incorporated as a company limited by guarantee on 4 April 2006. The company registered with the Charity Commission on 22 July 2008.

The charity is limited by guarantee and does not have any share capital.

The liability of members of the charity is limited. Every member of the charity undertakes to contribute to the assets of the charity (in the event of the same being wound up) such amount as may be required not exceeding £10.

Company Registration No:	5768149
Charity Registration No:	1125120
Registered Office:	Meyricks Mill, Hendy Road, Penclawdd, Swansea, SA4 3XE
Chairperson:	Colin Tarry
Secretary:	Sarah Clark
Administrators:	Sarah Clark
Trustees:	Colin Tarry (Deceased - 5 January 2023) Christopher Clark Joan Grove (Resigned 2 August 2022) Timothy Jones Mary Taylor Jonathan Knight Joan Jeyes Lowri Collins Sarah Dow Kerry Jones Vickie Blake Sue Gibbons
Bankers:	The Co-operative Bank, PO Box 250, Delf House, Southway, Skemersdale, WN8 6WT
Independent Examiner:	Ian Bowen LLB FCA, I D Bowen & Co., Chartered Accountants 19 Alexandra Road, Gorseinon, Swansea, SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

TRUSTEES' ANNUAL REPORT

Structure, Governance and Management

The affairs of the charity are directed by a board of trustees who are also directors.

The charity is restricted to carrying out activities within the objects set out in the Memorandum of Association.

The number of trustees shall not be less than three but (unless otherwise determined by ordinary resolution) shall not be subject to any maximum. Trustees are appointed following election by members at general meetings.

New trustees meet fellow trustees during the induction day. They are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Objectives and Activities

The charity's objects are to relieve cancer sufferers by the provision of holistic and other complementary therapies.

The trustees are aware of their responsibilities in ensuring that the charity delivers identifiable benefits to the public in accord with the established objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The charity achieves its objectives by undertaking permitted activities, the main activity being the provision of holistic and complementary therapy treatments supporting people living with cancer and their carers, physically and emotionally.

Achievements, Performance and Financial Review for year-end 30th April 2022

Although all of the Outreach Centres have reopened the COVID19 pandemic continued to impact on the business of the Old Mill Foundation during this year.

The focus of our work

Our main objectives for the year continued to be providing public benefit by re-establishing our offer of holistic support to adults with a cancer diagnosis and their carers and families. This would not happen immediately so we still had to 'think outside of the box'.

The strategies we used to meet these objectives were a mixture of reinstating previously used strategies as well as maintaining ones that were introduced during Government restrictions. They included:-

- Providing physical and emotional support to adults affected by cancer using complementary therapies.
- Providing verbal emotional support to adults affected by cancer by telephoning and using social media.
- Providing physical support via social media, utilising zoom sessions.
- Providing support group/coffee afternoons on a weekly basis. When physical meetings were not allowed these took place via social media zoom sessions.
- Linking with other Cancer Support Groups.
- Giving people better access to additional cancer support information.
- Ensuring quality of therapists by providing training.
- Expanding provision by creation of additional outreach centres and reviewing the locations of existing centres.

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities remain focussed on supporting adults affected by cancer and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our charity continues to mainly cover the counties of Swansea, Carmarthenshire and parts of Pembrokeshire and Neath Port Talbot. In July 2021 a new Charity Shop and Outreach Centre was opened in Haverfordwest. Our main centre in Penclawdd, Swansea is now open two days a week. The new outreach centre in Narbeth is open on a Monday, our outreach centre in Port Talbot still opens on a Thursday and our outreach centre at Llandybie Memorial Hall in Carmarthenshire is open every Tuesday. The link with Coleg Sir Gar, Llanelli has still not been re-established since it was suspended when the college closed as part of Welsh Government restrictions.

For this particular year, the age group accessing our service was from 15 years to 60 +years with 1% of people in the 15 – 18

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

age group, 11% of people in the 19 - 40 age group, 41% in the 41 - 60 range and 47% over 60. Within these groups 86% of people were female and 14% male. A total of 138 people received therapies. This is an increase in comparison to the previous year as restrictions were lifted for the majority of the year.

The number of complementary therapy sessions given was 959 which is an increase of 244% from last year, another consequence of the restrictions being lifted. Also, some of the weekly zoom sessions continued as a support for clients e.g. Meditation, Chi Gong. However, client numbers are still lower than pre-covid and sadly some clients are now terminally ill due to lack of diagnosis and treatment due to Covid.

The benefits of these sessions is not only received by the person having the treatment or participating in the zoom sessions, but also the family and friends because our service users are supported on their cancer journey and are therefore able to cope better with their situation. This relieves the stress and worry of loved ones. Some people are also better able to return to work as we can help build individuals confidence which they may have lost due to the rigours of medical treatments. Our complementary therapies are provided by suitably qualified therapists on a voluntary basis. We offer our volunteers specialist cancer training and ongoing "on the job" training to improve skills and knowledge in order to give excellent support.

Volunteer levels have decreased by 70% on pre-covid figures. The lack of volunteers is a big issue – Llandybie centre did have 7 volunteers but now has only 3 and Port Talbot centre has none. This is mainly due to professional therapists rebuilding their own practices and individuals are only now slowly feeling comfortable in taking on a new volunteering position.

On reopening the centres the complementary therapies on offer have included: Indian Head Massage; aromatherapy massage; scar tissue massage; manual lymphatic drainage; reflexology; reiki; counselling; crystal healing; meditation; homeopathy, acupuncture and nutrition advice. During the year 2 of the volunteers offered admin support. Since the pandemic our volunteers have not been providing driving or gardening services.

The return of our weekly coffee afternoons has provided a supportive environment to anyone affected by cancer. These sessions allow people to talk informally about their experiences and receive support and encouragement from others in similar situations. There is a relaxed atmosphere for people to ask about hints and tips about how to stay well from our staff and each other. The environment also encourages discussions about general topics, this relieves the strain and clients participate fully.

We continue to receive referrals from local NHS sources such as GPs, Breast Care Nurses, the Lymphoedema clinic, the Radiotherapy & Chemotherapy depts., Ty Bryngwyn Hospice and various hospital doctors. We also have good relationship with other local cancer support charities from whom we receive referrals and to whom we direct people where appropriate, such as Macmillan cancer support, C.I.S.S., the Maggie centre and Tenovus. We continue to be an active part of the Swansea and Carmarthenshire Cancer Network Groups and also the "ARCH" partnership between Swansea Bay University and Hywel Dda Health Boards which seeks to engage working more closely with the Third Sector in Wales.

Our outreach project in Llandybie, Carmarthenshire continues to be very popular as it allows people in this more rural area to access support without having to travel a long distance when they may not be feeling very well, or in the case of carers, when they do not want to leave loved ones for any length of time. It also helps people to access cancer information at a local level. During 2021/22 this service was open every Tuesday for the majority of the year with the exception of December & January, due to Covid restrictions. It continues to be well supported with a reduced number of volunteers. We have continued with a staff member on a sessional hour's basis in order to help cope with the demand and take charge of the organisation of the sessions. The support group/coffee afternoon has returned to being available as a drop-in session over the whole day. A number of volunteers and past clients now specifically help our staff run the whole day. A "pop up" shop has also returned and is set up every Tuesday which provides clients with access to vitamins, healthy alternative snacks etc. We also have a "one stop shop" at the outreach centre which means that we provide space for other charities such as C.I.S.S. (Cancer Information & Support Service) who offer specialist counselling and also Macmillan who offer benefits advice.

The outreach centre in Port Talbot is still held at the NSA Afan Development Centre, Bevin Avenue, Sandfields. The centre continues to be successfully operated on the same basis as the Llandybie outreach centre, with a staff member on a sessional hours basis. The therapies offered are now limited due to reduction in volunteer therapists. The facilities to allow clients to meet and discuss numerous topics over a cup of tea or coffee are also available on the same basis. Discussions are taking place to relocate the Port Talbot Outreach to a Plaza Project which is more central to Port Talbot. This relocation will also have the opportunity for the Old Mill to open a health shop. Funding is being explored for support to staff a health shop.

THE OLD MILL FOUNDATION YEAR ENDED 30 APRIL 2022

We have continued to collect feedback from our beneficiaries using a recognised Quality of Life Questionnaire; My Concerns and Wellbeing (MyCAW). This was developed by the University of Westminster in conjunction with Peninsular Medical School, Exeter, Penny Brohn Cancer Support and Breast Cancer Haven to collect data specifically from people affected by cancer. Analysing this data has been key to us increasing our understanding of how people affected by cancer want us to support them at different stages of their cancer journey. It has given us insight into why the outreach project has been so successful because it has become clear that people find holistic support very important during the acute phases of medical cancer treatment. Moreover, further down the line into their recovery process, they continue to want support and, crucially, contact with others in similar situations. Our outreach model has fulfilled these needs because people can have 1:1 complementary therapies, have the opportunity to sit and talk together and use their experiences to help each other, and also take part in other activities such as exercise groups all on the same day.

We think this is significant enough to look at changing the way we deliver our services in the future to develop the outreach model where we would further increase the amount of outreach services we provide.

To this end a new outreach centre has been opened in Haverfordwest offering therapies on the same basis as the other outreach centres. This location has further enhanced provision within Pembrokeshire The Old Mill opened its first charity shop in July 2021 in Haverfordwest and therapies are offered in rooms above the shop. The building is on a 1 year tenancy basis. The shop has been established in a 'boutique' fashion using re-cycled, up-cycled and repurposed materials. Initially only a Manager was appointed being supported by volunteers but as the shop has become busier there is now a manager working on a part-time basis with 2 part-time deputy managers and 1 retail assistant. Funding was gained for these positions and the appointments ensured that the shop could be opened 6 days a week. The shop has become very popular and is in profit. There is also scope to open a cafe within the building. The aim being that this total venture will provide additional financial support for the charity.

Organisational Developments

There have been no changes to the Trustee membership during the year. A new role of part-time administrator was appointed to during the year.

The Old Mill has continued to ensure compliance with development of new policies and the continued review of existing ones.

The Old Mill Website is continually updated and more use is being made of social media to raise awareness and share information regarding developments within the charity.

Principal Funding Sources

The funding strategy is reviewed at each Trustee meeting and provides clarity of financial circumstances and direction. This continues to be very important during this current financial year with ongoing impact of the pandemic. Funding has always been an issue for the Old Mill, as is the case for all charities, there continues to be a reliance on regular fund raising activities and general donations. An additional legacy received this year from a beneficiary has provided financial security during the year.

During 2021/22 a number of successful minor funding applications were made. As The Big Lottery funding was under spent an extension has been approved.

Text donation continues as a back drop to the zoom sessions to allow an easy method of donating and although income is reduced this continues to be successful.

Raising awareness via social media notices encouraging the use of Give as You Live & Amazon Smile continues and income is improving.

Although donations from clients have reduced PayPal income has increased. This is as a result of individuals nominating the Old Mill as their charity in lieu of receiving birthday gifts etc.

The "Access to Healthy Living" pilot remains as a continuing project which is funded by an 'Awards for All' Wales grant. We continued to offer specialist information about health related products such as healthy ingredients, books, and natural products that people attending the charity were able to access. The small community health shop still continued within our reception area which is still a social enterprise organisation.

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022

Some regular fund raising activities take place during the year and virtual activities continue. A regular source of income for us continues to be the donations our clients regularly make for their treatments (although we do offer these therapies free of charge) and general donations from people in the local communities. A number of individuals in the local community have undertaken their own fund raising activities, which has brought in income on a regular basis this year. The "Friends of the Old Mill" are firmly established and have continued to raise funds for the charity via a virtual market and utilising the charity shop in Haverfordwest, as well as raising awareness. This stream of funding is also on a regular basis. The activity of the 'Friends' group in each of the Outreach Centres has been limited this year.

Although it has still been a strange year, financially, the Old Mill is close to pre-covid levels and as expenditure in relation to rents & salaries has increased the situation is satisfactory.

	2022	2021
	£	£
<i>Unrestricted funds</i>		
Balance brought forward	66,039	50,330
Excess of income over expenditure for the year	51,965	8,213
Transfers	-	7,496
	<hr/>	<hr/>
Balance carried forward	118,004	66,039
<i>Restricted funds</i>		
Balance brought forward	39,754	12,466
Excess of income over expenditure for the year	(5,259)	34,784
Transfers	-	(7,496)
	<hr/>	<hr/>
Balance carried forward	34,495	39,754

All assets are held to achieve the objectives of the charity.

Policy on Reserves

The charity aims to maintain its level of reserves in future years to enable it to effectively undertake the charity's objectives in accordance with the terms of the foundation.

Accounts

The accounts are drawn up to comply with the Companies Act 2006 and Accounting and Reporting by Charities: SORP (FRS102) issued in October 2019.

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

Signed on behalf of the trustees:

Name: Sarah Dow, Trustee

Approved on: 25 January 2023

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE OLD MILL FOUNDATION

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

Responsibilities and basis of report

As the charity's trustees of the company (who are 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 company'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 that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Ian Bowen LLB FCA
Independent examiner

25 January 2023

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

		2022			2021		
Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £	
INCOME FROM							
Donations and legacies	3	93,586	15,000	108,586	23,102	36,897	59,999
<i>Income from charitable activities:</i>							
Grant for specific projects and services	4	-	38,015	38,015	-	49,167	49,167
<i>Other trading activities:</i>							
Charity shop		23,773	-	23,773			
Collection tins		1,656	-	1,656	2,435	-	2,435
Sale of booklets		-	-	-	10	-	10
Sale of calendars		-	-	-	280	-	280
Friends of the Old Mill		4,796	-	4,796	3,448	-	3,448
Other fundraising activities		5,620	-	5,620	1,468	-	1,468
Room hire		-	-	-	280	-	280
<i>Other sources</i>							
Other income		-	-	-	210	-	210
Coronavirus Job Retention Scheme		-	-	-	5,417	-	5,417
TOTAL INCOME		129,431	53,015	182,446	36,650	86,064	122,714
EXPENDITURE ON							
Raising funds - charity shop	5	23,820	13,439	37,259	-	-	-
Charitable activities	6	53,646	44,835	98,481	28,437	51,280	79,717
TOTAL EXPENDITURE		77,466	58,274	135,740	28,437	51,280	79,717
Net (expenditure)/income		51,965	(5,259)	46,706	8,213	34,784	42,997
Reconciliation of funds							
Transfers between funds		-	-	-	7,496	(7,496)	-
NET MOVEMENT IN FUNDS		51,965	(5,259)	46,706	15,709	27,288	42,997
RECONCILIATION OF FUNDS							
Total funds brought forward		66,039	39,754	105,793	50,330	12,466	62,796
TOTAL FUNDS CARRIED FORWARD		118,004	34,495	152,499	66,039	39,754	105,793

There were no recognised gains and losses other than those set out in the statement of financial activities above.

All of the charity's income and expenditure derived from continuing activities during the above financial periods.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

BALANCE SHEET

Company number: 5768149

	<i>Note</i>	<i>2022</i> £	<i>2021</i> £
FIXED ASSETS			
Tangible assets	8	508	977
CURRENT ASSETS			
Debtors	9	292	-
Cash at bank and in hand		155,084	120,169
		<u>155,376</u>	<u>120,169</u>
Creditors: amounts falling due within one year	10	<u>(3,385)</u>	<u>(15,353)</u>
NET CURRENT ASSETS		151,991	104,816
TOTAL NET ASSETS		<u>152,499</u>	<u>105,793</u>
CHARITY FUNDS			
	11		
Unrestricted income funds		118,004	66,039
Restricted income funds		34,495	39,754
TOTAL FUNDS		<u>152,499</u>	<u>105,793</u>

For the year ending 30 April 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signed

Name: Sarah Dow, Trustee

Approved on : 25 January 2023

The notes on pages 9 to 15 form part of these financial statements.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2022**

1 ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Old Mill Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

Going concern

The Trustees and Executive have prepared cash flow forecasts and budgets that support the going concern basis of these financial statements. COVID-19 has had a significant impact on the charity sector resulting in a reduction in the charity's regular income streams although the charity was fortunate to obtain grants to cover salary costs during the periods of look-down.

The uncertain economic outlook and impact on the charity's services and income is a significant area of financial uncertainty and the trustees have taken measures to reduce operating costs.

The Trustees remain in regular contact with the Big lottery and have successfully obtained an extension of the current funding cycle.

The charity has adequate cash reserves which are being actively monitored and managed and the trustees believe that these actions have secured the immediate future of the charitable company for the next 12 to 18 months and that on this basis the charity is a going concern.

Income recognition policies

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable.
- Income from charitable trading activity are accounted for when earned.
- Revenue grants are included in the SOFA when the charity is legally entitled to them.
- Capital grants are capitalised and amortised over the same period as the asset to which they relate.

Fund accounting

Funds held by the charity are either:

Unrestricted general funds: these are funds which are available to spend on activities that further any of the purposes of the charity.

Designated funds: these are unrestricted funds which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds: these are funds which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

Expenditure and irrecoverable VAT

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. Certain expenditure is directly attributable to specific activities and has been included in those cost categories with the exception of staff costs which is apportioned on the basis of time spent on activities. The company is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	20% Straight Line
Computer equipment	-	25% Straight Line

Debtors

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

Creditors and Provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the income and expenditure account on the straight line basis over the lease term.

2 LEGAL STATUS OF THE FOUNDATION

The Old Mill Foundation is a company limited by guarantee and has no share capital. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The company is registered in England and Wales and the company's registered number and registered office can be found on page 1 in the administrative details.

3 INCOME FROM DONATIONS AND LEGACIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2022 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2021 Total funds</i>
	£	£	£	£	£	£
Treatment Donations	10,177	-	10,177	4,761	-	4,761
General donations	21,097	-	21,097	14,692	-	14,692
HMC Gift Aid	2,312	-	2,312	3,649	-	3,649
Community Foundation Wales	-	-	-	-	2,000	2,000
Moondance Foundation	-	15,000	15,000	-	24,000	24,000
Community Fund Awards For All	-	-	-	-	9,980	9,980
Carmarthenshire Association of Voluntary Services	-	-	-	-	917	917
Legacy	60,000	-	60,000	-	-	-
	93,586	15,000	108,586	23,102	36,897	59,999

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

4 INCOME FROM CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2022 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £
Big Lottery - Community Fund	-	38,015	38,015	-	49,167	49,167
	-	38,015	38,015	-	49,167	49,167

5 RAISING FUNDS

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2022 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £
Charity shop expenditure	23,820	13,439	37,259	-	-	-
	23,820	13,439	37,259	-	-	-

6 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2022 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £
<i>Costs directly allocated to activities</i>						
Staff costs	30,511	28,935	59,446	14,705	43,426	58,131
Therapist expenses	1,566	-	1,566	399	-	399
Salon consumable supplies	1,084	-	1,084	309	126	435
Printing, postage and stationery	541	-	541	373	-	373
Computer costs	369	-	369	290	-	290
Telephone	990	-	990	1,327	-	1,327
Advertising	505	274	779	230	234	464
Rent	10,997	13,180	24,177	2,833	5,840	8,673
General expenses	1,973	-	1,973	578	-	578
Training	-	2,000	2,000	-	330	330
Travelling	452	-	452	20	-	20
Insurance	798	-	798	477	-	477
Consultancy	-	-	-	900	-	900
Depreciation	319	150	469	503	150	653
PayPal	226	-	226	67	-	67
Charity checkout	181	-	181	638	-	638
Zoom	-	173	173	-	158	158
PPE	-	123	123	221	1,016	1,237
Cancer active	36	-	36	36	-	36
Lease of equipment	998	-	998	993	-	993
Total costs	51,546	44,835	96,381	24,899	51,280	76,179
<i>Governance</i>						
Staff costs	-	-	-	1,373	-	1,373
Independent examiner's fee	2,100	-	2,100	2,100	-	2,100
Independent examiner's fee - other services	-	-	-	65	-	65
Total governance costs	2,100	-	2,100	3,538	-	3,538
Total expenditure on charitable activities	53,646	44,835	98,481	28,437	51,280	79,717

THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022

7 ANALYSIS OF STAFF COSTS AND TRUSTEE REMUNERATION AND EXPENSES

	2022	2021
	£	£
Wages and salaries	72,884	58,568
Redundancy costs	-	936
Social security costs	-	-
Pension	-	-
	<hr/>	<hr/>
	72,884	59,504
	<hr/>	<hr/>

No employees had emoluments in excess of £60,000 (2021 - Nil).

The charity trustees were not paid nor received any other benefits from employment with the charity in the year (2021 - £Nil) neither were they reimbursed expenses during the year (2021 - £Nil). No trustee received payment for professional or other services supplied to the charity.

The key management personnel of the charity comprise the trustees and administrators. The total employee benefits of the key management personnel of the charity were £19,356 - (2021 - £26,220).

Staff numbers

	2022	2021
The average number of employees (including casual and part time staff) during the year was:-	<hr/>	<hr/>
	7	5
	<hr/>	<hr/>

8 TANGIBLE FIXED ASSETS

	<i>Fixtures, Fittings & Equipment</i>	<i>Computer Equipment</i>	<i>Total</i>
	£	£	£
Cost or valuation			
At 1 May 2021	12,802	3,248	16,050
At 30 April 2022	<hr/>	<hr/>	<hr/>
	12,802	3,248	16,050
Depreciation			
At 1 May 2021	12,549	2,524	15,073
Charge for the year	184	285	469
At 30 April 2022	<hr/>	<hr/>	<hr/>
	12,733	2,809	15,542
Net book value			
At 30 April 2022	<hr/>	<hr/>	<hr/>
	69	439	508
At 30 April 2021	<hr/>	<hr/>	<hr/>
	253	724	977
	<hr/>	<hr/>	<hr/>

9 DEBTORS

	2022	2021
	£	£
Other debtors	28	-
Prepayments	264	-
	<hr/>	<hr/>
	292	-
	<hr/>	<hr/>

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Taxation and social security	578	-
Other creditors and accruals	2,807	2,681
Deferred grant (Big Lottery Community Fund)	-	12,672
	<hr/>	<hr/>
	3,385	15,353
	<hr/>	<hr/>

11 ANALYSIS OF CHARITABLE FUNDS

Analysis of movement in unrestricted funds - current year

	<i>Balance 1 May 2021</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>Balance 30 April 2022</i>
	£	£	£	£	£
General fund	66,039	129,431	(77,466)	-	118,004
Total	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	66,039	129,431	(77,466)		118,004
	<hr/>	<hr/>	<hr/>		<hr/>

Analysis of movement in unrestricted funds - prior year

	<i>Balance 1 May 2020</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>Balance 30 April 2021</i>
	£	£	£	£	£
General fund	50,330	36,650	(28,437)	7,496	66,039
Total	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	50,330	36,650	(28,437)	7,496	66,039
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Name of unrestricted fund	Description, nature and purposes of the fund
<i>General fund</i>	The 'free reserves' after allowing for all designated funds.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

Analysis of movement in restricted funds - current year

	<i>Balance 1 May 2021 £</i>	<i>Incoming funds £</i>	<i>Funds used £</i>	<i>Transfers £</i>	<i>Balance 30 April 2022 £</i>
One Family Community Award	150	-	(150)	-	-
Big Lottery - Community Fund	35,901	38,015	(42,093)	-	31,823
Community Fund Awards For All	3,703	-	(2,297)	-	1,406
Moondance Foundation	-	15,000	(13,734)	-	1,266
Total	39,754	53,015	(58,274)	-	34,495

Analysis of movement in restricted funds - prior year

	<i>Balance 1 May 2020 £</i>	<i>Incoming funds £</i>	<i>Funds used £</i>	<i>Transfers £</i>	<i>Balance 30 April 2021 £</i>
One Family Community Award	300	-	(150)	-	150
Big Lottery - Community Fund	12,166	49,167	(25,432)	-	35,901
Community Foundation Wales	-	2,000	(2,000)	-	-
Moondance Foundation	-	24,000	(16,504)	(7,496)	-
Community Fund Awards For All	-	9,980	(6,277)	-	3,703
Carmarthenshire Association of Voluntary Services VSEF Small Grants	-	917	(917)	-	-
Total	12,466	86,064	(51,280)	(7,496)	39,754

Name of restricted fund

Description, nature and purposes of the fund

One Family Community Award	This grant was received to fund setting up a cancer support community space in Port Talbot. Capital equipment for the above project originally cost £750 and the balance is reducing as the equipment is depreciated.
Big Lottery - Community Fund	This grant was received to fund setting up a day's outreach at Narbeth Centre and to further develop Port Talbot Centre.
Community Foundation Wales	This grant was used towards core staff costs during the year.
Moondance Foundation	This grant was used to pay staff wages.
Community Fund Awards for all	This grant is utilised for the Old Mill Goes Digital project.
Carmarthenshire Association of Voluntary Services VSEF Small Grants	This grant was utilised for the provision of PPE.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2022**

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Analysis of net assets between funds - current year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	508	-	508
Debtors	292	-	292
Cash at bank and in hand	120,589	34,495	155,084
Creditors due within one year	(3,385)	-	(3,385)
	<hr/> 118,004	<hr/> 34,495	<hr/> 152,499

Analysis of net assets between funds - prior year

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	827	150	977
Debtors	-	-	-
Cash at bank and in hand	67,633	52,536	120,169
Creditors due within one year	(2,421)	(12,932)	(15,353)
	<hr/> 66,039	<hr/> 39,754	<hr/> 105,793

13 RELATED PARTY TRANSACTIONS

Sarah Clark is regarded as related parties to the Foundation by virtue of their being administrator and providing services to the Foundation.

Amounts payable to the above during the year are as follows:-

	2022 £	2021 £
Sarah Clark:		
Staff costs (Gross salary)	19,356	19,356
Utilities	-	1,283

The above amounts are included in total resources expended in the statement of financial activities.

14 LEASING COMMITMENTS

The future minimum operating lease commitments are as follows:

	2022 £	2021 £
Within one year	3,598	1,598
Between one and five years	749	1,747
	<hr/> 4,347	<hr/> 3,345

15 CONTROL OF THE CHARITABLE COMPANY

There is no individual controlling party as the charity is managed by a Board of Trustees as detailed on page 1.

THE OLD MILL FOUNDATION

England & Wales - Charity number 1125120

Accounts

Company number: 5768149
Charity number: 1125120

THE OLD MILL FOUNDATION
(A Company Limited by Guarantee and not having a share capital)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2021

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

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**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 30 April 2021, which are also required to meet the requirements for a directors' report and accounts for Companies Act purposes.

Administrative Details of the Charity, its Trustees and Advisers

The Old Mill Foundation was incorporated as a company limited by guarantee on 4 April 2006. The company registered with the Charity Commission on 22 July 2008.

The charity is limited by guarantee and does not have any share capital.

The liability of members of the charity is limited. Every member of the charity undertakes to contribute to the assets of the charity (in the event of the same being wound up) such amount as may be required not exceeding £10.

Company Registration No:	5768149
Charity Registration No:	1125120
Registered Office:	Meyricks Mill, Hendy Road, Penclawdd, Swansea, SA4 3XE
Chairperson:	Colin Tarry
Secretary:	Sarah Clark
Administrators:	Sarah Clark Deborah Barrow
Trustees:	Colin Tarry Christopher Clark Joan Grove Timothy Jones Mary Taylor Jonathan Knight Joan Jeyes Lowri Collins Sarah Dow Kerry Jones Vickie Blake Sue Gibbons
Bankers:	The Co-operative Bank, PO Box 250, Delf House, Southway, Skemersdale, WN8 6WT
Independent Examiner:	Ian Bowen LLB FCA, I D Bowen & Co., Chartered Accountants 19 Alexandra Road, Gorseinon, Swansea, SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

TRUSTEES' ANNUAL REPORT

Structure, Governance and Management

The affairs of the charity are directed by a board of trustees who are also directors.

The charity is restricted to carrying out activities within the objects set out in the Memorandum of Association.

The number of trustees shall not be less than three but (unless otherwise determined by ordinary resolution) shall not be subject to any maximum. Trustees are appointed following election by members at general meetings.

New trustees meet fellow trustees during the induction day. They are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Objectives and Activities

The charity's objects are to relieve cancer sufferers by the provision of holistic and other complementary therapies.

The trustees are aware of their responsibilities in ensuring that the charity delivers identifiable benefits to the public in accord with the established objectives. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The charity achieves its objectives by undertaking permitted activities, the main activity being the provision of holistic and complementary therapy treatments supporting people living with cancer and their carers, physically and emotionally.

Achievements, Performance and Financial Review for year-end 30th April 2021

As a result of the impact of the COVID19 pandemic, aspects of this report are different this year

The focus of our work

Throughout the pandemic we maintained our commitment to continue to provide support to clients, carers and families. Our main objectives for the year continued to be providing public benefit by offering holistic support to adults with a cancer diagnosis and their carers and families. The decision was made to continue to provide this service. The existence of the pandemic and restrictions placed by the Welsh Government during this period required us to 'think outside of the box' to enable us to meet these objectives.

Some of the strategies we continued to use to meet these objectives: were applied at different times throughout the year as the restrictions were temporarily lifted whilst others were temporarily suspended. These included:-

- Providing physical and emotional support to adults affected by cancer using complementary therapies.
- Providing verbal emotional support to adults affected by cancer by telephoning and using social media.
- Providing physical support via social media, utilising zoom sessions.
- Providing support group/coffee afternoons on a weekly basis. When physical meetings were not allowed these took place via social media zoom sessions.
- Linking with other Cancer Support Groups.
- Giving people better access to additional cancer support information.
- Ensuring quality of therapists by providing training.
- Expanding provision by creation of additional outreach centres.

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities remain focused on supporting adults affected by cancer and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our charity continues to mainly cover the counties of Swansea and Carmarthenshire and also part of Neath Port Talbot and in August 2020 a new outreach centre was opened in Narbeth. Our main centre in Penclawdd, Swansea is now open two days a week. The new outreach centre in Narbeth is open on a Monday, our outreach centre in Port Talbot still opens on a Thursday and our outreach project at Llandybie Memorial Hall in Carmarthenshire is open every Tuesday. The link with Coleg Sir Gar, Llanelli was suspended when the college closed as part of Welsh Government restrictions.

THE OLD MILL FOUNDATION YEAR ENDED 30 APRIL 2021

For this particular year, the age group accessing our service was from 18 years to 60 +years with 2.82% of people in the 15 – 18 age group, 7.04% of people in the 19 - 40 age group, 32.39% in the 41 - 60 range and 57.75% over 60. 80.28%% of people were female and 19.72% male. A total of 71 people received therapies. This is a vast reduction in comparison to previous year which is as a result of the restrictions in existence.

The number of complementary therapy sessions given was 279 which is a decrease of 86% from last year, another consequence of the restrictions in existence.

It was clear that support could be continued by maintaining contact with clients via the telephone but it was soon recognised that for some clients who were alone or just needed a more interactive situation a different approach was needed. As a result the use of social media was introduced. Initially, weekly zoom sessions of a Cuppa & Catch Up took place and were led by a centre supervisor. This provided clients with the opportunity to see one another and interact, maintaining good mental health. Support was given to clients who were unsure of the technology. The provision soon expanded as therapists led zoom sessions and provided practical sessions for clients e.g. Tai Chi, Facial Massage, Meditation, Chair Yoga, Chi Gong, and Acupressure for Health & Wellbeing.

The benefits of these sessions is not only received by the person having the treatment but also the family and friends because our service users are supported on their cancer journey and are therefore able to cope better with their situation. This relieves the stress and worry of loved ones. Some people are also better able to return to work as we can help build individuals confidence which they may have lost due to the rigours of medical treatments. Our complementary therapies are provided by suitably qualified therapists on a voluntary basis. We offer our volunteers specialist cancer training and ongoing "on the job" training to improve skills and knowledge in order to give excellent support. During the last year it was necessary to suspend the 'On the job' training. In total we had over 50 volunteers during the year, however on reopening a number of volunteer therapists have not returned as yet, approximately 50%.

On reopening the centres the complementary therapies on offer have included: Indian Head Massage; aromatherapy massage; scar tissue massage; manual lymphatic drainage; reflexology; reiki; counselling; crystal healing; meditation; homeopathy and nutrition advice. During the year 2 of the volunteers offered admin support. Since the pandemic volunteers have not been providing driving nor gardening services.

The return of our weekly coffee afternoons provide a supportive environment to anyone affected by cancer. These sessions allow people to talk informally about their experiences and receive support and encouragement from others in similar situations. There is a relaxed atmosphere for people to ask about hints and tips about how to stay well from our staff and each other. The environment also encourages discussions about general topics, this relieves the strain and clients participate fully.

We continue to receive referrals from local NHS sources such as GPs, Breast Care Nurses, the Lymphoedema clinic, the Radiotherapy & Chemotherapy depts., Ty Bryngwyn Hospice and various hospital doctors. We also have good relationship with other local cancer support charities from whom we receive referrals and to whom we direct people where appropriate, such as Macmillan cancer support, C.I.S.S., the Maggie centre and Tenovus. We continue to be an active part of the Swansea and Carmarthenshire Cancer Network Groups and also the "ARCH" partnership between Swansea Bay University and Hywel Dda Health Boards which seeks to engage working more closely with the Third Sector in Wales.

Our outreach project in Llandybie, Carmarthenshire continues to be very popular as it allows people in this more rural area to access support without having to travel a long distance when they may not be feeling very well, or in the case of carers, when they do not want to leave loved ones for any length of time. It also helps people to access cancer information at a local level. During 2020/21 this service was open for 3 months from September to December every Tuesday. It continues to be well supported with a reduced number of volunteers and re-opened fully in April 2021. We have continued with a staff member on a sessional hour's basis in order to help cope with the new ways of working and take charge of the organisation of the sessions. The support group/coffee afternoon has continued on an appointment basis over the whole day. A number of volunteers and past clients now specifically help our staff run the whole day. A "pop up" shop is set up every Tuesday which provides clients with access to vitamins, healthy alternative snacks etc. We also have a "one stop shop" at the outreach centre which means that we provide space for other charities such as C.I.S.S. (Cancer Information & Support Service) who offer specialist counselling and also Macmillan who offer benefits advice.

The outreach centre in Port Talbot is still held at the NSA Afan Development Centre, Bevin Avenue, Sandfields. The centre continues to be successfully operated on the same basis as the Llandybie outreach centre, with a staff member on a sessional hours basis supported by 4 volunteers. The therapies offered are also similar and the facilities to allow clients to meet and discuss numerous topics over a cup of tea or coffee are also available on the same basis.

During the year staff have been working from home and support has been given to ensure a healthy mental health. Also regular Volunteer catch-ups took place via zoom to support volunteers.

THE OLD MILL FOUNDATION YEAR ENDED 30 APRIL 2021

We have continued to collect feedback from our beneficiaries using a recognised Quality of Life Questionnaire; My Concerns and Wellbeing (MyCAW). This was developed by the University of Westminster in conjunction with Peninsular Medical School, Exeter, Penny Brohn Cancer Support and Breast Cancer Haven to collect data specifically from people affected by cancer. Analysing this data has been key to us increasing our understanding of how people affected by cancer want us to support them at different stages of their cancer journey. It has given us insight into why the outreach project has been so successful because it has become clear that people find holistic support very important during the acute phases of medical cancer treatment. Moreover, further down the line into their recovery process, they continue to want support and, crucially, contact with others in similar situations. Our outreach model has fulfilled these needs because people can have 1:1 complementary therapies, have the opportunity to sit and talk together and use their experiences to help each other, and also take part in other activities such as exercise groups all on the same day. We think this is significant enough to look at changing the way we deliver our services in the future to develop the outreach model where we would further increase the amount of outreach services we provide.

A group of Swansea University students completed a study on the true value that the volunteers at The Old Mill contribute. Their findings will be used to help further understand and appreciate their value and therefore also help with funding applications.

Organisational Developments

There have been no changes to the Trustee membership during the year.

There has been a reduction in one part-time administrative member of staff during the year.

The Old Mill has continued to ensure compliance with development of new policies and the continued review of existing ones. As a result of the pandemic a new policy was written and new protocols developed and adopted.

The Winter Newsletter was produced and welcomed by clients, volunteer and staff alike. The Old Mill Website is continually updated and more use is being made of social media to raise awareness and share information regarding developments within the charity. A volunteer has come forward to continually update the website.

Principal Funding Sources

The funding strategy that was developed last year is reviewed at each Trustee meeting and has provided clarity of financial circumstances and direction. This has been very important during this current financial year with all of the impact of the pandemic.

During 2020/21 a number of successful funding applications were made in respect of additional costs incurred from different ways of working as a result of the pandemic. As the centres in Port Talbot & Narbeth have been closed for the majority of the year an extension has been approved from the Lottery.

Text donation has been set up as a back drop to the zoom sessions to allow an easy method of donating and this is proving successful.

A monthly Virtual Quiz has been organised as another method of raising funds together with registration with Give as You Live & Amazon Smile.

An online auction organised and based on donations given raised a significant and welcomed income.

There still remains a reliance on regular fund raising activities and general donations to cover ongoing costs.

The legacy received from a beneficiary continued to provide financial security during the year and notification has been received that a further large donation is to be received

The "Access to Healthy Living" pilot remains as a continuing project which is funded by an 'Awards for All' Wales grant. We continued to offer specialist information about health related products such as healthy ingredients, books, and natural products that people attending the charity were able to access. The small community health shop still continued within our reception area which is still a social enterprise organisation.

Some regular fund raising activities had to be cancelled during the year, however some virtual activities did take place. A regular source of income for us continues to be the donations our clients regularly make for their treatments (although we do offer these therapies free of charge) and general donations from people in the local communities. As a result of the impact of the pandemic on providing face to face therapies, there has been a dramatic reduction in the income received from client donations. A number of individuals in the local community have undertaken their own fund raising activities, which has brought in income on a regular basis this year. The "Friends of the Old Mill" are firmly established and have continued to raise funds for the charity via a virtual market as well as raising awareness. This stream of funding is also on a regular basis. The success of 'The Friends of the Old Mill' has resulted in the creation of a 'Friends' group in each of the Outreach Centres. The clients attending each of the centres

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

are grouping together to arrange funding events and promote the Old Mill.

Discussions have taken place during the year of the possibility of opening an Old Mill Charity Shop as a means of providing regular income. This will now be taken further next year as current restrictions halted the process.

Although it has been a strange year, financially, as expenditure has also reduced the situation is satisfactory.

	<i>2021</i>	<i>2020</i>
	<i>£</i>	<i>£</i>
<i>Unrestricted funds</i>		
Balance brought forward	50,330	82,602
Excess of income over expenditure for the year	8,213	(32,282)
Transfers	7,496	10
	<hr/>	<hr/>
Balance carried forward	66,039	50,330
<i>Restricted funds</i>		
Balance brought forward	12,466	2,400
Excess of income over expenditure for the year	34,784	10,076
Transfers	(7,496)	(10)
	<hr/>	<hr/>
Balance carried forward	39,754	12,466

All assets are held to achieve the objectives of the charity.

Policy on Reserves

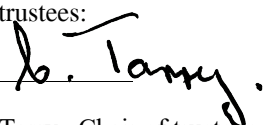
The charity aims to maintain its level of reserves in future years to enable it to effectively undertake the charity's objectives in accordance with the terms of the foundation.

Accounts

The accounts are drawn up to comply with the Companies Act 2006 and Accounting and Reporting by Charities: SORP (FRS102) issued in October 2019.

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

Signed on behalf of the trustees:



Name: Mr C Tarry, Chair of trustees

Approved on: 10 January 2022

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE OLD MILL FOUNDATION

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

Responsibilities and basis of report

As the charity's trustees of the company (who are 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 company'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 that in any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.



Ian Bowen LLB FCA
Independent examiner

11 January 2022

I D Bowen & Co
Chartered Accountants
19 Alexandra Road
Gorseinon
Swansea
SA4 4NW

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)

		2021			2020		
Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £	
INCOME FROM							
Donations and legacies	3	23,102	36,897	59,999	54,500	54,500	
<i>Income from charitable activities:</i>							
Grant for specific projects and services	4	-	49,167	49,167	12,166	12,166	
<i>Other trading activities:</i>							
Collection tins		2,435	-	2,435	3,294	3,294	
Sale of booklets		10	-	10	30	30	
Sale of calendars		280	-	280	3,964	3,964	
Friends of the Old Mill		3,448	-	3,448	3,550	3,550	
Other fundraising activities		1,468	-	1,468	1,331	1,331	
Room hire		280	-	280	234	234	
<i>Other sources</i>							
Other income		210	-	210	6	6	
Coronavirus Job Retention Scheme		5,417	-	5,417	-	-	
TOTAL INCOME		36,650	86,064	122,714	66,909	79,075	
EXPENDITURE ON							
Raising funds	5	-	-	-	3,997	3,997	
Charitable activities	6	28,437	51,280	79,717	2,090	97,284	
TOTAL EXPENDITURE		28,437	51,280	79,717	2,090	101,281	
Net (expenditure)/income		8,213	34,784	42,997	(32,282)	(22,206)	
Reconciliation of funds							
Transfers between funds		7,496	(7,496)	-	10	(10)	
NET MOVEMENT IN FUNDS		15,709	27,288	42,997	(32,272)	(22,206)	
RECONCILIATION OF FUNDS							
Total funds brought forward		50,330	12,466	62,796	82,602	85,002	
TOTAL FUNDS CARRIED FORWARD		66,039	39,754	105,793	50,330	62,796	

There were no recognised gains and losses other than those set out in the statement of financial activities above.

All of the charity's income and expenditure derived from continuing activities during the above financial periods.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

BALANCE SHEET

Company number: 5768149

	<i>Note</i>	<i>2021</i> £	<i>2020</i> £
FIXED ASSETS			
Tangible assets	8	977	1,011
CURRENT ASSETS			
Debtors	9	-	59
Cash at bank and in hand		<u>120,169</u>	<u>76,704</u>
		120,169	76,763
Creditors: amounts falling due within one year	10	<u>(15,353)</u>	<u>(14,978)</u>
NET CURRENT ASSETS		104,816	61,785
TOTAL NET ASSETS		<u>105,793</u>	<u>62,796</u>
CHARITY FUNDS			
	11		
Unrestricted income funds		66,039	50,330
Restricted income funds		39,754	12,466
TOTAL FUNDS		<u>105,793</u>	<u>62,796</u>

For the year ending 30 April 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

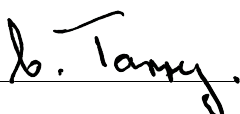
The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by the trustees and signed on their behalf by:

Signed



Name: Mr C Tarry, Chair of trustees

Approved on : 10 January 2022

The notes on pages 9 to 15 form part of these financial statements.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2021**

1 ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS102) - 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Old Mill Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

Going concern

The Trustees and Executive have prepared cash flow forecasts and budgets that support the going concern basis of these financial statements. COVID-19 has had a significant impact on the charity sector resulting in a reduction in the charity's regular income streams although the charity was fortunate to obtain grants to cover salary costs during the periods of look-down.

The uncertain economic outlook and impact on the charity's services and income is a significant area of financial uncertainty and the trustees have taken measures to reduce operating costs.

The Trustees remain in regular contact with the Big lottery and have successfully obtained an extension of the current funding cycle.

The charity has adequate cash reserves which are being actively monitored and managed and the trustees believe that these actions have secured the immediate future of the charitable company for the next 12 to 18 months and that on this basis the charity is a going concern.

Income recognition policies

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable.
- Income from charitable trading activity are accounted for when earned.
- Revenue grants are included in the SOFA when the charity is legally entitled to them.
- Capital grants are capitalised and amortised over the same period as the asset to which they relate.

Fund accounting

Funds held by the charity are either:

Unrestricted general funds: these are funds which are available to spend on activities that further any of the purposes of the charity.

Designated funds: these are unrestricted funds which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds: these are funds which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

Expenditure and irrecoverable VAT

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. Certain expenditure is directly attributable to specific activities and has been included in those cost categories with the exception of staff costs which is apportioned on the basis of time spent on activities. The company is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice.

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	-	20% Straight Line
Computer equipment	-	25% Straight Line

Debtors

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

Creditors and Provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the income and expenditure account on the straight line basis over the lease term.

2 LEGAL STATUS OF THE FOUNDATION

The Old Mill Foundation is a company limited by guarantee and has no share capital. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The company is registered in England and Wales and the company's registered number and registered office can be found on page 1 in the administrative details.

3 INCOME FROM DONATIONS AND LEGACIES

	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2021 Total funds</i>	<i>Unrestricted funds</i>	<i>Restricted funds</i>	<i>2020 Total funds</i>
	£	£	£	£	£	£
Treatment Donations	4,761	-	4,761	12,504	-	12,504
General donations	14,692	-	14,692	38,795	-	38,795
HMC Gift Aid	3,649	-	3,649	3,201	-	3,201
Community Foundation Wales	-	2,000	2,000	-	-	-
Moondance Foundation	-	24,000	24,000	-	-	-
Community Fund Awards For All	-	9,980	9,980	-	-	-
Carmarthenshire Association of Voluntary Services	-	917	917	-	-	-
	23,102	36,897	59,999	54,500	-	54,500

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

4 INCOME FROM CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2020 Total funds</i> £
Big Lottery - Community Fund	-	49,167	49,167	-	12,166	12,166
	-	49,167	49,167	-	12,166	12,166

5 RAISING FUNDS

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2020 Total funds</i> £
Fundraising expenses - Calendars	-	-	-	2,980	-	2,980
Fundraising expenses - Other	-	-	-	1,017	-	1,017
	-	-	-	3,997	-	3,997

6 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2021 Total funds</i> £	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>2020 Total funds</i> £
<i>Costs directly allocated to activities</i>						
Staff costs	14,705	43,426	58,131	54,671	-	54,671
Therapist expenses	399	-	399	1,485	-	1,485
Sessional fees	-	-	-	960	-	960
Salon consumable supplies	309	126	435	884	552	1,436
Cleaning and laundry	-	-	-	339	1,257	1,596
Printing, postage and stationery	373	-	373	2,061	-	2,061
Computer costs	290	-	290	290	-	290
Telephone	1,327	-	1,327	944	-	944
Advertising	230	234	464	851	9	860
Rent	2,833	5,840	8,673	19,487	-	19,487
Repairs and renewals	-	-	-	1,824	-	1,824
General expenses	578	-	578	720	-	720
Client days	-	-	-	104	-	104
Training	-	330	330	2,430	-	2,430
Travelling	20	-	20	454	-	454
Insurance	477	-	477	477	-	477
Consultancy	900	-	900	1,000	-	1,000
Depreciation	503	150	653	433	272	705
PayPal	67	-	67	-	-	-
Charity checkout	638	-	638	-	-	-
Zoom	-	158	158	-	-	-
PPE	221	1,016	1,237	-	-	-
Cancer active	36	-	36	-	-	-
Lease of equipment	993	-	993	-	-	-
Total costs	24,899	51,280	76,179	89,414	2,090	91,504
<i>Governance</i>						
Staff costs	1,373	-	1,373	3,044	-	3,044
Independent examiner's fee	2,100	-	2,100	2,520	-	2,520
Independent examiner's fee - other services	65	-	65	216	-	216
Total governance costs	3,538	-	3,538	5,780	-	5,780
Total expenditure on charitable activities	28,437	51,280	79,717	95,194	2,090	97,284

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

7 ANALYSIS OF STAFF COSTS AND TRUSTEE REMUNERATION AND EXPENSES

	<i>2021</i>	<i>2020</i>
	£	£
Wages and salaries	58,568	57,715
Redundancy costs	936	-
Social security costs	-	-
Pension	-	-
	<hr/>	<hr/>
	59,504	57,715
	<hr/>	<hr/>

No employees had emoluments in excess of £60,000 (2020 - Nil).

The charity trustees were not paid nor received any other benefits from employment with the charity in the year (2020 - £Nil) neither were they reimbursed expenses during the year (2020 - £Nil). No trustee received payment for professional or other services supplied to the charity.

The key management personnel of the charity comprise the trustees and administrators. The total employee benefits of the key management personnel of the charity were £26,220 (2020 - £34,575).

Staff numbers

	<i>2021</i>	<i>2020</i>
The average number of employees (including casual and part time staff) during the year was:-	<hr/>	<hr/>
	5	5
	<hr/>	<hr/>

8 TANGIBLE FIXED ASSETS

	<i>Fixtures, Fittings & Equipment</i>	<i>Computer Equipment</i>	<i>Total</i>
	£	£	£
Cost or valuation			
At 1 May 2020	12,802	2,629	15,431
Additions	-	619	619
	<hr/>	<hr/>	<hr/>
At 30 April 2021	12,802	3,248	16,050
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 May 2020	12,365	2,055	14,420
Charge for the year	184	469	653
	<hr/>	<hr/>	<hr/>
At 30 April 2021	12,549	2,524	15,073
	<hr/>	<hr/>	<hr/>
Net book value			
At 30 April 2021	<hr/>	<hr/>	<hr/>
	253	724	977
At 30 April 2020	<hr/>	<hr/>	<hr/>
	437	574	1,011
	<hr/>	<hr/>	<hr/>

9 DEBTORS

	<i>2021</i>	<i>2020</i>
	£	£
Other debtors	-	59
	<hr/>	<hr/>
	-	59
	<hr/>	<hr/>

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<i>2021</i>	<i>2020</i>
	£	£
Taxation and social security	-	484
Other creditors and accruals	2,681	2,329
Deferred grant (Big Lottery Community Fund)	12,672	12,165
	<hr/>	<hr/>
	15,353	14,978
	<hr/>	<hr/>

11 ANALYSIS OF CHARITABLE FUNDS

Analysis of movement in unrestricted funds - current year

	<i>Balance 1 May 2020</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>Balance 30 April 2021</i>
	£	£	£	£	£
General fund	50,330	36,650	(28,437)	7,496	66,039
Total	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	50,330	36,650	(28,437)	7,496	66,039

Analysis of movement in unrestricted funds - prior year

	<i>Balance 1 May 2019</i>	<i>Incoming funds</i>	<i>Funds used</i>	<i>Transfers</i>	<i>Balance 30 April 2020</i>
	£	£	£	£	£
General fund	52,839	66,909	(69,428)	10	50,330
Designated funds	29,763	-	(29,763)	-	-
Total	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	82,602	66,909	(99,191)	10	50,330

Name of unrestricted fund

Description, nature and purposes of the fund

General fund

The 'free reserves' after allowing for all designated funds.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

Analysis of movement in restricted funds - current year

	<i>Balance 1 May 2020 £</i>	<i>Incoming funds £</i>	<i>Funds used £</i>	<i>Transfers £</i>	<i>Balance 30 April 2021 £</i>
One Family Community Award	300	-	(150)	-	150
Big Lottery - Community Fund	12,166	49,167	(25,432)	-	35,901
Community Foundation Wales	-	2,000	(2,000)	-	-
Moondance Foundation	-	24,000	(16,504)	(7,496)	-
Community Fund Awards For All	-	9,980	(6,277)	-	3,703
Carmarthenshire Association of Voluntary Services					
VSEF Small Grants	-	917	(917)	-	-
Total	12,466	86,064	(51,280)	(7,496)	39,754

Analysis of movement in restricted funds - prior year

	<i>Balance 1 May 2019 £</i>	<i>Incoming funds £</i>	<i>Funds used £</i>	<i>Transfers £</i>	<i>Balance 30 April 2020 £</i>
Ray Gravell & Friends - Charitable Trust	122	-	(122)	-	-
Big Lottery People and Places	10	-	-	(10)	-
One Family Community Award	450	-	(150)	-	300
Big Lottery - Awards for All	1,257	-	(1,257)	-	-
MacMillan - Supporting You to Help Others	561	-	(561)	-	-
Big Lottery - Community Fund	-	12,166	-	-	12,166
Total	2,400	12,166	(2,090)	(10)	12,466

Name of restricted fund

Description, nature and purposes of the fund

One Family Community Award	This grant was received to fund setting up a cancer support community space in Port Talbot. Capital equipment for the above project originally cost £750 and the balance is reducing as the equipment is depreciated.
Big Lottery - Community Fund	This grant was received to fund setting up a day's outreach at Narbeth Centre and to further develop Port Talbot Centre.
Community Foundation Wales	This grant was used towards core staff costs during the year.
Moondance Foundation	This grant was used to pay staff wages for the first 6 months of the year.
Community Fund Awards for all	This grant is utilised for the Old Mill Goes Digital project
Carmarthenshire Association of Voluntary Services VSEF Small Grants	This grant was utilised for the provision of PPE.

**THE OLD MILL FOUNDATION
YEAR ENDED 30 APRIL 2021**

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

Analysis of net assets between funds - current year	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	827	150	977
Debtors	-	-	-
Cash at bank and in hand	67,633	52,536	120,169
Creditors due within one year	(2,421)	(12,932)	(15,353)
	<hr/> 66,039	<hr/> 39,754	<hr/> 105,793

Analysis of net assets between funds - prior year

	<i>Unrestricted funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
Tangible fixed assets	711	300	1,011
Debtors	59	-	59
Cash at bank and in hand	52,373	24,331	76,704
Creditors due within one year	(2,813)	(12,165)	(14,978)
	<hr/> 50,330	<hr/> 12,466	<hr/> 62,796

13 RELATED PARTY TRANSACTIONS

Sarah Clark and Deborah Barrow are regarded as related parties to the Foundation by virtue of their being administrators and providing services to the Foundation.

Amounts payable to the above during the year are as follows:-

	2021 £	2020 £
Sarah Clark:		
Staff costs (Gross salary)	19,356	19,356
Utilities	1,283	4,800
Deborah Barrow		
Staff costs (Gross salary)	6,864	15,219

The above amounts are included in total resources expended in the statement of financial activities.

14 LEASING COMMITMENTS

The future minimum operating lease commitments are as follows:

	2021 £	2020 £
Within one year	1,598	936
Between one and five years	1,747	2,808
	<hr/> 3,345	<hr/> 3,744

15 CONTROL OF THE CHARITABLE COMPANY

There is no individual controlling party as the charity is managed by a Board of Trustees as detailed on page 1.