

REGISTERED COMPANY NUMBER: 05372329 (England and Wales)
REGISTERED CHARITY NUMBER: 1125921

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
BRIDGEND CARERS CENTRE**

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

BRIDGEND CARERS CENTRE

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FOR THE YEAR ENDED 31 MARCH 2021**

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BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Objects

The charity's objects as stated in the governing document are:

(i) to alleviate the conditions of life of carers in necessitous circumstances who care for the sick, disabled, mentally ill, frail, elderly or otherwise infirm, by any means that is charitable, within the Bridgend County Borough area.

(ii) to undertake any necessary education work related to carers.

Objectives and aims

The main objectives of the charity are to provide information and support to people who care for the ill, frail, elderly, disabled including those with a physical or learning disability and those with mental health or substance misuse issues within the Bridgend County Borough. Bridgend Carers Centre support and provide services for all carers of all ages including young carers.

The support provided aims to alleviate stress and isolation for all carers by providing short breaks, information, advice and assistance. This includes signposting to services, help to maximise benefits, legal advice and the promotion of carers' assessments. The charity works to raise the profile of the role and needs of carers through awareness raising, education and training of professionals and carers which results in the promotion and protection of carers' wellbeing. Bridgend Carers Centre raise awareness through diverse mediums including weekly newsletters, leaflets, publicity, the Bridgend Carers Centre website, social media and information networks and also through physical promotion.

As a charity Bridgend Carers Centre has developed a three-year Strategic plan with a Business plan giving clear reference to the aims and objectives of the charity plus an Action Plan of the key priorities. The Board of Trustees review the progress made against the strategic plan annually, in addition to monitoring actions every six weeks.

We receive grants to individual carers to alleviate isolation, loneliness, improve quality of life and ability to care. Grant applications are based on carers needs that have been identified through support and assessments. Grants are open to all carers and advertised through our social media and newsletter, Grants can often be means tested and have to meet certain criteria laid down by Carers Trust but generally are in place to respond to the diverse needs of carers.

The Carers Centre will work to research future funding opportunities which will help to develop a way of improving the monitoring of outcomes for carers. We know we make a difference to carers' lives but are also aware that this needs to be better evidenced in a way that meets the high demands of funders. To achieve this, we have secured funding to work with Dizions - Charity Log and Carers Trust which will support improved impact measurement. This platform will support effective decision-making and ensure we are working to improve outcomes for beneficiaries.

Volunteers

The inclusion of volunteer roles within the Centre is crucial especially for trustees' roles within our Management Board, at the weekly Community Café and Gardening Project introduced this year. The charity will increase the involvement of volunteers in future developments. The charity would give thanks to all the volunteers for their support and commitment.

Factors affecting future plans

Despite the onset of the pandemic and closure of its service due to Welsh Government restrictions, Bridgend Carers Centre started April 2020 in a much more positive position, having diversified and increased funding streams.

The changes to the Health Board Boundaries have proved positive and have opened up new opportunities and forged new relationships through promotion of the service and our significant position in Health and Social Care. Previous funding streams have continued, and new ones developed.

Whilst the pandemic restricted our face to face support, interactions and challenged both staff and trustees, it also empowered us as a team to adapt and change. We provided support through wellbeing calls, online peer support through social media, zoom and WhatsApp. In addition, Bridgend Carers Centre website hosted online wellbeing activities and exercise. As restrictions lift we hope to keep supporting carers in this way in addition to the traditional methods whilst being aware that the pandemic is not yet over and further lockdowns could be introduced.

We realise the pandemic has had a huge effect on carers' lives, leaving a lasting legacy on confidence, mental health and resilience. The pandemic has also affected opportunities for fundraising and wider consultation, as we look to the future we know that these will need to be met through a blended approach of face to face and online facilitation.

OBJECTIVES AND ACTIVITIES

Public benefit

When reviewing these objectives, the trustees have considered the guidance issued by the Charity Commission on public benefit and the activities described below illustrate how the charity has furthered its purposes for the public benefit.

Significant activities

During this period of the pandemic the core work of the charity has been achieved through listening to staff and to gaining feedback from carers to meet their needs. Staff and volunteers have offered person centred support through wellbeing calls in order to keep families engaged and safeguarded. The service has still provided information, garden and outdoor visits to those carers and families experiencing crisis, emotional one to one support, online training and short innovative respite breaks have enabled carers in Bridgend area to sample a diverse range of support which suits their own individual needs. The short respite breaks funded through Carers Trust UK have enabled carers and their families including bereaved carers to experience opportunities to avoid loneliness and isolation, maintain health and wellbeing and life of their own, whilst continuing to fulfil their caring responsibilities. Throughout the pandemic these opportunities were even more important and more significant when Welsh Government restrictions prevented little face to face contact with carers. Bridgend Carers Centre continued to enable 15 staff to work from home and continue to provide support through telephone, text, email, social media and garden visits.

The Carers Centre has close links with statutory and third sector organisations to give valuable, effective and timely support and information to enable carers to continue in their caring role and avoid and prevent crisis situations. Together with staff and volunteers, the trustees have worked closely to implement and influence the provision of these activities. Social Services and Well-being (Wales) Act 2014 has strengthened this requirement and objective of the charity's role as a preventative service.

Highlights have included:

- Achieving further funding to sustain 2 part time Carers' Support Workers based at Princess of Wales Hospital and undertaking carers' assessments on behalf of the Local Authority which aids hospital discharge.
- Achieving further funding of the Welfare Benefits Advisor from ICF funding and through this service achieving a cumulative financial gain of **£2,349,642** in benefits for carers, plus a further **£32,523** in benefits giving a grand cumulative total of **£2,382,165** in Welfare Benefits for unpaid carers across Bridgend County Borough.
- Achieving funding to employ a Business Development Officer plus purchase Charity Log Data base.
- Sustaining and maintaining the Macmillan Patient and Carer Information and Support Worker funded through a grant by Macmillan Cancer Care to support families through life changes, palliative care and bereavement..
- Sustaining 2 Carers Link roles working within the community and GP Surgeries across Bridgend County Borough to identify carers, support carers, signpost carers and refer onto appropriate services.
- Continuing and developing the Young Carers Education and Employment Project through Big Lottery, Waterloo Foundation, Children in Need and ICF Funding to respond to the demands of the Project.
- Four Young Carers sit on the Carers Trust Youth Council, involved in shaping national services and resources for young carers ensuring they have a voice.
- Achieving continuation funding opportunities to provide a **Veteran Support Project** for Carers who are Veterans and those Carers supporting Veterans.
- Continuing to sustain and successfully develop a core service after loss of half of Bridgend Carers Centre total funding at March 2019 including increasing income, diversifying funding streams and adapting to service provision in direct response to the pandemic and needs of carers.
- Developing a **New Gardening Project** pilot Project funded through Awards For All funding.
- Developing a dedicated **Parent Carer Worker** post concentrating on an Active Facebook Group: Training; Dads Group, Out of Hours Support Line; Working Carers Support plus extensive one to one support to parents during a challenging time when families faced shielding and home schooling.
- Developing a Dementia Carers Support Worker working with families to give information, advice and assistance.
- During the pandemic and through home-working we achieved the **Carer Friendly Wales ADVANCED Accreditation**, evidencing the high quality of our services, (the first organisation in Bridgend county Borough).

Carers and professionals have been made aware of Carer legislation and their rights as a carer including the right to a Carer's Assessment and access to services through:

- Attending online networking and information events for professionals in statutory, third sector and the community
- Provision of information via online meetings, emails to GP surgeries and staff across Princess of Wales Hospital informing them of our ongoing support and new initiatives.
- Provision of wellbeing telephone calls to carers to assist loneliness and isolation.
- Provision of online talks to teams and invite organisations to online meetings to gain awareness of services.
- Provision of online Carers Rights Day Event via Zoom and Carers Week raising awareness sessions on social media for carers and professionals.
- Raising carer awareness with pupils and staff through the Education and Employment Project when possible.
- Circulation of information to carers via mailing, online groups, emails, website, social media and newsletter.
- Ensuring staff and trustees are updated with current information and attending online training/conferences.
- Strong links with Carers Wales and Carers Trust to keep staff, carers and professionals informed and aware of new information and initiatives, campaigns and encourage carer involvement.
- Continue as a network partner through a new partnership agreement with Carers Trust.
- Promoting carers' assessments through the work of the Carers Centre.
- Various consultations with carers including Welsh Government Consultations as required.

Information has been made available directly to carers and also through other organisations:

- Bridgend Carers Centre adapted its information dissemination in response to new challenges posed by the pandemic. This was done directly through wellbeing calls to carers by staff and volunteers at the outset of the pandemic.
- One to one sessions were made over the telephone and face to face support offered in outside venues and gardens with use of PPE to avoid the spread of the virus. These were offered to carers and families to respond to emergencies and crisis they were experiencing.
- Through distribution of information - 'Contact' newsletter via carers mailing list, online groups, website, email and social media.
- Provision and distribution of a variety of information/posters in public places, through organisations and within communities where possible during the restrictions. This was limited throughout the year as venues and organisations were closed for long periods during lockdown.
- Increasing and developing use of Social Media including Facebook and Twitter increasing followers and friends through more dynamic posting and variety of information sharing.
- Increasing and developing online activities through social media and BCC website including peer support, activities, competitions, cooking, exercise and wellbeing activities.
- Links maintained with Young Carers Steering Group, Multi-Disciplinary Team meetings, Patient Flow Meetings to share and disseminate information to professionals and identify hidden carers..
- Provide Welfare Benefits Advice to carers at the Centre and at home visits through Welfare Benefits Advisor.
- Regular updates via email to GP surgeries raising awareness with of support to carers through Carers Link roles.
- Regular updates via email to ward managers at POW Hospital, raising awareness with nursing staff of our continued support to carers, through the Integrated Carers Support roles at POW Hospital.
- Continued employment of Macmillan Family Patient and Carer Worker providing support to those with cancer.
- Young Carers Education (5 - 18 years) and Young Adult Carers ROOTS (Recognising Our Opportunities To Succeed) Project (14 years - 25 years) providing information, support and opportunities to Young and Young Adult Carers funded through Waterloo Foundation.
- Young Carers Education Schools Project funded through Big Lottery until December 2021.
- Identification of 60 plus Veteran carers and those carers looking after a Veteran and giving them access to specific information and support from the Veteran Support Project, including provision of digital technology to keep in touch with families and friends, take part in online activities to improve wellbeing.
- Provision of specific information to those carers caring for family members with Dementia.

Carers have received opportunities for short breaks through a range of choices which have been developed in response to direct feedback from carers themselves and in line with the objectives of Bridgend Carers Centre Strategic Plan.

- Due to the pandemic the usual annual big events, celebrating the caring role including Carers Week, Carers Rights Day, Macmillan Coffee Morning and Macmillan Retreat have needed to be cancelled to avoid the spread of the virus.
- In addition, the pandemic has also affected the weekly Community Café providing lunch and refreshments, information and activities plus an additional opportunity to volunteer for carers and cared for. This has impacted on carers' health, wellbeing, loneliness and isolation of carers. Carers have told us how much they have missed this weekly opportunity to meet other carers.
- Carers Counselling was provided over the telephone instead of face to face to avoid the virus spread.

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- A variety of online activities, quizzes, competitions and cooking 'Bake Off' sessions have been organised to meet the diverse and varied needs of carers of all ages.
- Production of online videos - tai chi, armchair exercise, storytelling, massage and relaxation to carers of all ages.
- A variety of packs have been delivered to carers to support health and wellbeing, reduce stress and generally 'recharge their batteries'. These have included resistance bands, ankle weights, exercise videos, Arts and Crafts, Herb garden boxes, Halloween packs, Summer play packs for children, Mindfulness Art pack carers, Pizza Kits, Pamper packs, Cinema packs etc etc.
- 2 Course Christmas lunches were delivered to give carers a much-deserved treat during the pandemic.
- A Cream Tea was delivered to Veteran Carers to celebrate Armed Forces Day
- Various opportunities for carers to receive information and advice on Welfare Benefits and legal matters to give carers more choice and control.
- Various online training opportunities to empower carers to full fill their potential and support them in their caring role including Managing Challenging Behaviour Training, Girls and Autism Training, Facial Tutorials, Life Coaching sessions, Five ways to Wellbeing, Coping with Worry and Stress and Mindfulness.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

All the activities have been monitored closely by the trustees and by the project's funders, including Cwm Taf University Health Board and Bridgend County Borough Council. Numbers of carers referring to the Carers Centre during this period have continued to increase.

The list below demonstrates the level of key activities which have been delivered to carers in the year to March 2021.

- There are **6311** carers on our database including former carers plus **4513** 'cared for' on our database, receiving information by post, phone, text or email. 528 carers receive information via email.
- **Analytics for Social Media (01/04/20 - 31/03/21)**
Number of 'likes' on Facebook - 1242 and increasing
Number of 'followers' on Facebook - 1448 and increasing
Number of Twitter 'followers' - 1059 and increasing
- **600 new carers have been identified this year** and added to our database
- We had over **4650 interactions** with carers of all ages.
- **15 Carers Assessments** completed via Integrated Carers Support Workers at POW Hospital. This low figure is due to the closure of Princess of Wales Hospital and Hospital Social Work Team due to Covid 19.
- **60 Carers Emergency Action Plans** to record contingency planning for carers with a further 100 carers identified as needing one (funded through Winter Pressures Funding - Cwm Taf University Health Board).
- An Online Raising Awareness and Fundraiser **Macmillan Coffee Morning** was held in September 2020 over Social Media. Whilst **National Carers Week** was celebrated through a series of daily social media posts.
- **Outreach sessions** have not been available to carers due to the restrictions put in place by Welsh Government to avoid the spread of the virus. However, we have supported numerous online Facebook, Zoom and WhatsApp peer support groups.
- Online presence at Maesteg and Ysbyty Seren Hospital Patient Flow Meeting, Best Interest Meetings to identify unpaid carers and support and at Y Bwythyn Newydd, identifying and supporting those with cancer and their families.
- 378 hours of Carers Telephone Counselling for 63 carers.
- **Integrated Carers Support Worker POW Hospital** - 243 new and previously identified carers were supported at Princess of Wales Hospital for information, signposting and referral onto other specific services. 4063 calls, emails, zoom calls, WhatsApp contact was made during the year
- **Carers Link Workers** have identified 175 new carers and supported 645 carers. In addition, they supported carers with Attendance Allowance claims and maximised annual income by **£32,523**

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- The provision of traditional short respite breaks to carers during this period have been severely affected by Covid 19 pandemic. Bridgend Carers Centre adapted and changed to respond to the challenges of the pandemic. Bridgend Carers Centre kept in touch with carers through wellbeing calls, providing one to one support in gardens and other outdoor venues with the use of PPE to avoid virus spread. Bridgend Carers Centre offered respite to carers through online activities and exercise plus online resources to help those struggling with mental health issues including Coping with Worry and Stress; Five Ways to Wellbeing and Mindfulness. WhatsApp/Zoom Groups offering friendship and peer support to those carers who would otherwise be isolated. During open period Bridgend Carers Centre were able to offer some activities including some groups, three Wreath Making Sessions in the garden and Spring Challenge For Families.
- Provision of an out of hours help line for parent carers. Provision of a dedicated Dads Group - face to face and online. Development of a 200 strong dedicated Parent Carer Facebook Group.
- **Welfare Benefits Advice achievements** - The Welfare Benefits Advisor achieved a cumulative financial gain of £2,349,642 in benefits for carers, plus a further £32,523 in benefits giving a grand cumulative total of £2,382,165 in Welfare Benefits for unpaid carers across Bridgend County Borough. The post provides advocacy for tribunals and appeal cases including empowering the carer to represent themselves and enable carers to claim for welfare benefits advice online if able.
- **Legal Advice was provided over the telephone** facilitated by Howells Solicitors.

Young Adult and Young Carers Activities include -

This year we have supported 102 young carers and 42 young adult carers.

Young Carers in Schools Project

- This year we have provided 107 one to one sessions to 23 young and young adult carers in Bridgend. These took place in primary and secondary schools, colleges, home visits, in the community and virtually.
- We have also provided telephone support to over 20 young carers and young adult carers.
- There were 45 referrals made to the Young Carers in Schools Project this year.
- 93% of young carers and young adult carers said that the Young Carers in Schools Project sessions had been beneficial and helpful.

Teen Group - Our Teen Group is for young carers aged 13-17.

- 66 young carers have accessed one to one or group support outside of school.
- We have provided over 50 virtual activities and 7 in person group trips during the Covid 19 lockdown following government guidelines.
- We have also sent out over 350 treat bags, activity packs and kits.
- Some of the trips and activities this year include: Laserzone; Young Carers Bake Off; Virtual Movie Nights; Small Group Christmas Party; Virtual Escape Rooms; Virtual Pizza and Games Night; Fish and Chips at Rest Bay; Weekly Virtual Quizzes; Virtual Girls Day; Book Club; Young Carers Mindfulness.

Young Adult Carers Group - Our young adult carer group is for those aged 16 - 25.

- 42 Young Adult Carers have accessed one to one or group support. We have provided over 35 phone support and 10 face to face support. Advice and support have been given to 9 young adult carers regarding education and employment. We have provided over 20 virtual activities and 3 in person groups.
- We have sent out over 250 treat bags, activity packs and kits. Some of the trips and activities this year include:
- Afternoon Tea at the Celtic Manor; Fish and Chips at Rest Bay; Stay at Home Spa: Group in the garden with food and games; Relax and Recharge Packs; Weekly virtual quizzes.

Pen Pal Scheme

- 10 of our young carers have signed up to the pen pal scheme. Working with Action for Children and Carmarthenshire Young Carers, we have set up a Pen Pal Scheme where each young carer from Bridgend is paired with another from Carmarthenshire where they write letters to each other and share their hobbies and interests.

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Young Carers WhatsApp Group and a Young Adult Carers WhatsApp and Facebook group. These groups were formed in response to Welsh Government restrictions. They have given the young and young adult carers the chance to interact with each other virtually and given a platform to hold virtual weekly activities. These activities included a weekly quiz, scavenger hunt and to showcase of their 'peak of the week' pictures.

We were fortunate to receive Christmas gift donations from Mr X to provide gifts to the young carers from the ages of 5-17.

We have sent out over 600 treat bags, activity packs and kits to young carers and young adult carers. These have included: Covid Coping Packs; Ultimate Hot Chocolate Kit; Afternoon Teas; Pamper Packs; Mocktail Making Kit; Pancake Day; Scrapbooking; Easter Crafts; Grow your Sunflower Kits

We have also been successful in 9 grant applications through the Carers Trust Time for Me Respite Grants. These grants included a gym membership, access to vouchers to decorate and a spa break, these grants allowed the young and young adult carers to have time to themselves and enjoy their respite.

The production of three editions of 'Contact' newsletter, printing and circulating through the carers direct mailing list plus also to the wider community and professionals and organisations. In total 15,000 copies of newsletters are circulated in the Bridgend area to carers and professionals. In addition, newsletters are circulated online through email and on the Bridgend Carers website, Facebook and Twitter.

Accessed 23 individual Carers Trust Grants for carers totalling £5,693 helping carers in their caring role.

In addition, we supported 108 carers to access a total of £21,483 through Carers Trust Hardship Grant to support carers experiencing difficulties during the pandemic. They have included provision of white goods, help with food provision, Hello Fresh Boxes, furniture, and digital technology to help with home learning for young people during lockdown plus to support carers to keep in touch with family, improve wellbeing and to avoid loneliness and isolation.

We also supported 54 carers to access a total of £12,146 through Carers Trust Time For Me Respite Grants allowing Bridgend Carers Centre to provide innovative ways to give carers a short break. With this sum we have provided hot tubs for gardens, tents, bicycles and hotel vouchers once the restrictions are lifted.

Other organisations have worked with the Carers Centre or we refer onto include:- Bridgend County Borough Council, Early Help Team, Cwm Taf Morgannwg University Health Board, Schools and Colleges across Bridgend including Heronsbridge, Hafal, Action For Children Bridgend Young Carers Project, Red Cross, Awen, Platform, Mental Cruse, Macmillan Cancer Services, Mental Health Matters, Wales Co-operative, Marie Curie, Local Community Co-ordinators, Stroke Association, Alzheimer's Society, Y Bont, Carers Trust, Howells Solicitors, Bridgend Care and Repair, National Autistic Society, Barnardos, Inclusability and Carers Trust South East Wales.

Carer involvement and participation

There has been participation by Bridgend Carers Centre and carers at online consultation meetings/events in addition to significant consultation and participation of young carers with Carers Trust and Welsh Government. Adult Carers have participated at the online Bridgend Carers Centre Annual General Meeting. The pandemic has considerably affected opportunities to consult with carers.

4 Young Carers sit on the Carers Trust Youth Council.

1 Young Carer sits on the Welsh Youth Parliament.

1 Young Carer put themselves forward and was chosen for the UK Young Carers Awareness Day Advisory panel run by Carers Trust.

4 Young Carers attended the Children in Wales' consultation on the carers national plan

Through social media/email there have been many opportunities for carers to get involved in completing surveys, consultations and sharing their views

The Carers Centre has been severely impacted during the pandemic in its delivery of talks/presentations to organisations. Like most organisations opportunities to raise awareness have been limited. The presence of Bridgend Carers Centre staff at Schools, Princess of Wales Hospital and GP surgeries has also been limited due to the Covid 19 restrictions. Awareness raising/sharing information events and opportunities for networking has all sadly been reduced to online seminars, meetings and conferences. This lack of face to face contact plus working from home had resulted in some staff feeling quite isolated, we addressed this by staff having a presence at the Carers Centre on a rota basis and observing PPE rules

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Staff and trustees have accessed external online training sessions, seminars and conferences to broaden their learning and increase skills. Main achievements have included staff undertaking a Masters in Child Psychology and NVQ in Health and Social Care.

Both staff and trustees have participated in online local and national carer-centred networks. These networks ensure equitable service access for carers across Wales and are also a means of keeping up to date with all Carers Legislation and developments nationally and locally. These networks include:

- The Carers Trust Network
- The Carers Wales Workers' Network
- Young Carers Steering Group

Feedback

Feedback is encouraged and received regularly from carers who use the services of the Carers Centre. The feedback from formal evaluations is used to influence future developments and activities within the Carers Centre and are also used in regular reports to trustees and project's funders which in turn can influence implementation of new services, changes in existing services and the innovation of new respite breaks and other opportunities for carers. Bridgend Carers Centre also encourages informal feedback at Community Café, Events, the Annual General Meeting, questionnaires and surveys and consultation through social media.

Case Studies and Carers Feedback have included:

Parent Carer Support

'As a family we have gone through a pretty tough time with our daughter and having the support of the carers centre has been amazing. They have given us advice and help with our daughter and her diagnosis. A friendly ear to listen and a practical voice for support. They have provided invaluable training that has helped us understand our daughter better. We have also had help filling in forms that will hopefully enable us to gain access to further support. It has helped us feel less alone as a family at a time when we have felt quite lost. Thank you.'

'Without the support and activities provided by the carers centre I would have seriously struggled with my mental health through lockdown... the support elevated the feeling of isolation, kept me connected and allowed me the opportunity to distract myself from the disparity of the situation'.

'I feel that I have always got someone to talk to. The 1-2-1 really helps me try to deal with the next day or even the next couple of hours'

'...having the tools to challenge decisions made by school. Given me confidence'.

Parent Carers Online Facials

'Whilst it's been lovely having deliveries of paints/ activities/games... this was one delivery I got so excited about! I didn't expect it to be so lovely!'

'It's been a very long time since I've really had time to myself (been shielding on my own with my 13 year old son for a year now) so to have this evenings session scheduled in meant I had to take time for myself. I feel completely drained, both physically and mentally, most of the time lately. Although my son did interrupt a few times through the session, I still found it so relaxing, and hugely beneficial to my mental health. I can't wait to get into bed tonight as I feel so much more relaxed I think I might actually have my first good night's sleep in a very long time!'

Family Challenge

"D has really enjoyed doing this challenge. We have been on a nice walk to Bryngarw Park... He had also enjoyed doing some DIY and learning new skills using the drill and hammer'. He's very excited about getting the medal. When I told him about what we were going to be doing he was over the moon..."

**Young Carers Project/Young Adult Carers Project
Case Study**

We held a 'Girls Day' for our young carers aged 13 - 17. Due to the current pandemic through conversation, we were noticing that our female young carers in particular were experiencing a large increase in their caring role. As a result, many were reporting feelings of loneliness and isolation and increased levels of anxiety. A 'Girls Day' was planned to allow female young carers to participate in a group activity that would also allow them time to relax but give them the coping skills they need to manage in this difficult time. 13 attended all activities and 100% said that it improved their feelings of well-being. They also reported that although they were still unable to see others face to face, having an activity that they all did together at the same time improved their sense of belonging.

This activity had a large impact on all young carers in attendance. As a result, they will be able to manage their caring role more effectively which will positively impact the cared for and the wider family. In some instances, this will also mean that their improved mental well-being will improve their ability to manage their caring role alongside their education impacting their attainment and school results.

Quotes from Young Carers, Young Adult Carers and their Families

"Thank you so much for the girls day. I had an awesome day. The afternoon tea was so good and the spa stuff made me feel really relaxed" Young Carer, Aged 13.

"I really enjoyed learning about healthy relationships. I didn't think about why it is important to have healthy relationships with your family and friends too but have learned what I should change to make these better" Young Carer, Aged 14.

"I haven't spoken to another young carer in so long so it was so nice to see everyone today. It makes a big difference to know you are not alone" Young Carer, Aged 16.

"I just wanted to take the time to say thank you for making our mocktail and brunch afternoon possible. I really liked that I could do this activity with other people over zoom and we could all laugh together. Lockdown has been really tough on me, it has made me feel alone and isolated but this activity meant I was able to have a nice catch up with the other young adult carers and staff, it also helped me to keep my mind active and improve my mental health" Young Adult Carer, Age 19.

"Thank you for being there for my daughter and allowing her to take part in all the little things you do for our children. You have no idea what your team has done for my daughter and I couldn't ever have got through the last few months without you guys. Thank you for pushing through the pandemic to support our children" Mother of a Young Carer.

"The one to one support was really good. I loved having someone to talk to and doing different activities every week" Young Carer, Age 15.

"The teen group has been so amazing and helps me so much and I have made so many friends and met so many lovely people. I love it!" Young Carer, Age 14.

Mindfulness for Young Carers

'An 8 week mindfulness course was delivered to teach young carers mindfulness and meditation tools to cope with the stress of coping with being a young carer.

During the course all engaged well with the sessions and talked a lot about exam stress, general anxiety, confidence and low self-esteem. Feedback during the course was that the sessions helped them cope with their day to day lives, concentrate better on exams and that they all found the meditations helpful and were beginning to apply them to their day to day lives. They all said that they preferred accessing the sessions online rather than face to face as they feel less self-conscious about meditating whilst being in their own home.

A drop-in session was held 2 months later to check in. All are still using the techniques learnt and continuing to find them helpful. After practising together, one of the group said that she had forgotten how much she was benefitting from meeting regularly to practise together. All are keen to continue being supported and agreed that by embedding these tools in their lives at this age will stand them in good stead for the future.'

Young Adult Carers Online Brunch and Mocktail Making Session

"I just wanted to take the time to thank you for making our mocktail and brunch afternoon possible. Lockdown has been really tough on me, it has made me feel alone and isolated but this activity meant I was able to have a really nice catch up with the young adult carers and staff. It also helped me to keep my mind active and improved my mental health"

Welfare Benefits Advice

Case Study 1

Mrs J has been on PIP for a number of years but has always had to appeal to get her entitlement. These appeals have ended with an award being made without the necessity of her attending the appeal. A few months ago we completed a PIP review form over the phone. These reviews are impossible to appraise, as one claimant will carry on with the same entitlement, whilst another will have the award taken away. About a month ago, Mrs J phoned me with the review result. I fully anticipated her claim being withdrawn, but to my astonishment her award was extended for 10 years. To say that I was surprised is an understatement, but it certainly alleviates a lot of stress from Mrs J in these uncertain times.

Case Study 2

Normally, I get a stand-out case every 3 months, but this period seems to be missing one, so I thought I'd just mention Mrs B whose AA claim was relatively straight forward. She phoned up to say she was awarded the high rate and was delighted because she thought that she wouldn't be awarded anything.

Carers Emergency Action Plans

Case Study 1

One carer who was referred by a Carers Link Worker, found the Carers Emergency Action Plan to be extremely helpful. Due to the current pandemic this carer had concerns regarding what would happen to her daughter if there was an emergency, as her daughters' only contact was her mother, the carer.

Through completing the Carers Emergency Action Plan the Carer went through each section of the plan diligently and provided much information in the final section of the plan which relates to information about the cared for. By completing this section, it was acknowledged that the 'cared for' did not have any other contacts in the area as they had recently moved home and they were interested in joining a Church locally. The carer and their daughter had been looking for a church to attend for some time since they moved to the area but did not have any contacts. I put the carer in touch with a Carers Links Worker who had knowledge of the churches and groups in the area. The carer was thrilled to have a contact as she had been struggling to find something for her daughter to engage with and to support her spiritually which was something that 'mattered' and was important to the mother and daughter.

Quotes from carers

"It's amazing to have something like this, you never know what's going to happen."

"I had the shingles last week and it really scared me because I realised that I don't have anything like this in place. It's such a good idea."

"This has given me peace of mind knowing it's all written down in one place."

Case Study 2

A carer who was referred by the Integrated Carers Support Worker at Princess of Wales Hospital found that the plan was a really useful document to have and felt that it had put her mind ease knowing all the information was collected and kept in one place in case an emergency should occur. The carers mum was taking a lot of medication and she felt that writing it all down was helpful for them both.

Through completing this Carers Emergency Action Plan, I acknowledged that the carer was a Young Adult Carer and provided her with information about the BCC YAC group and all the other support available from us at the Carers Centre. The carer was interested in joining in the group when we resume face to face as she thought it might be nice to meet other YACs. We also discussed employment support as she had recently been laid off from her job due to the pandemic. At this time, she felt it was best she take some time off to care for her mum but said she would be in contact if she felt like she needed support to get back into employment.

Carers Integrated Support - POW - SJ

Case Study 1

Liaison with Hospital Social Services Paul Aspey regarding MD's request to no longer care for his wife. Carer under enormous pressure, stress and guilt - supported on daily basis mostly to check his wellbeing. Contact made with OT, hospital staff on ward and Better at Home to check progress, reiterate MD's concerns and reconfirm planning. Took MD to purchase a bed and suitable bedding for his wife to return home. Arranged veteran support to help put bed together.

"You kept me sane throughout this and I was able to talk openly about my worries and concerns without judgement".

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

Case Study 2

MR struggled to cope with caring for his mother after initial discharge from POW. MR was not able to gauge how his mother was as he could not physically see her. Mother was brought home and carer broke down as he was unaware and felt unprepared to care for her. Shortly after discharge MR's mother was readmitted to POW. Following short stay was transferred to Maesteg as part of the step-down service. Liaised with Hospital Social Worker to support MR and fully discussed and confirmed discharge plan. MR was able to talk about how he would manage and what support he required, and this was passed onto the Social Worker.

MR contacted me as concerns advised mother was moving to Maesteg and was very nervous about this prospect. Reassured carer and advised support would continue and discharge plans would be put in place prior to discharge home.

Success story as carer felt all prepared and ready to care for his mother at home. Social Worker arranged package of care and reiterated this to carer, so he had confidence in plans. Was able to contact GP to arrange medications in blister packs to help cared for.

Carer's comment was *"I was lost without you and wouldn't have known what to do, marvellous job"*. Carer has now the confidence to arrange holiday and feels support as a carer.

Case study 3

MG's wife admitted to POW and then moved to Abergarw Manor as part of the step-down service. Carer very concerned and not happy with hospital communication as could not see his wife. Was extremely stressed and fretful, 'petrified' and 'frightened' of how he would manage when she came home. Liaised with Social Worker involved to support and update then of MG's concerns. Emotional Support for MG to talk about his feelings and worries. Contacted Ward Manager in Maesteg hospital to voice MG's concerns and to open conversation between carer and hospital. Through good links with myself, carer and Social Worker, discharge was smooth, and carer felt that he was ready to continue caring and felt he was managing well.

Case Study 4

KU's father admitted to hospital since Nov 19 and readmitted shortly after attempts to bring him home. Carer has not been able to see her father, even prior to Covid -19, due to her physical disabilities and does not leave her home. During admission, KU has felt communication extremely difficult and Social Services very intrusive and not empathetic to her situation. Discussions broke down a number of times with carer at Discharge Planning Meetings. Supported KU with interactions with Hospital Social Worker. KU had strained relationship and so acted as mediator in order to support KU and progress discharge process.

Referral to our Legal Advisor for advice as KU felt her voice was not being heard, her attempts to discuss CHC funding with hospital and wanted legal advice on her course of action.

Mediated with Social Worker to progress to Discharge Planning Meeting. Attended 3 Discharge Meetings where the first one failed. This was due to KU feeling that her concerns and voice was not being heard and broke down. Through my discussions with Social Worker and KU, we progressed with face to face discharge meetings on two occasions. Supported KU to voice her concerns, actively sought KU's input into the meetings so that she felt her input was listened and valued. Meeting was successful in terms of KU feeling she was able to communicate her point of view and an understanding was gained even though the CHC funding was not granted.

This outcome would not have been achieved without my support and help for KU. This would have caused further delays resulting in her father remaining in hospital for longer than needed. I was also able to help the Discharge Planning team and the Social Worker also to come to a conclusion.

"You are an angel and lucky to have your support, thanks you so much, it helps me emotionally that you are there for me"

Integrated Carers Support Worker - POW - RG

Case study 1

JM is the sole carer for his mother. He has supported her for a number of years and now the time has come for him to move into her house. The stress of moving his home contents into "half a house" that he shares with his mother has been significant. JM also works full time, does the shopping and errands for his mother, takes care of the housework and cooking. He finds his mother quite demanding on times and will freely admit that he often finds himself at breaking point. His long-term partner has moved away to Leeds. This is amicable and they are still a couple just in different locations. His social worker asked me to contact JM a couple of times as his texts to her became increasingly agitated and the frequency was escalating. I've had a couple of hour-long chats with JM over the past two months. This has allowed him to offload his anxieties, discuss his options, reminisce about pre covid and the activities he feels he's missing out on. I've had regular updates from his social worker to the effect that his texts to her decline in number for a significant time after I've had a chat with him. This support allows the JM to have a bit of respite whilst talking to me, and the social worker can remain focused on other topics. I've also completed a carers assessment for JM. This is in readiness for when he can leave Bridgend to visit his partner, so that carers can be arranged promptly for his respite.

Case Study 2

Digital Inclusion during the Pandemic - A Case Study

John* cares F/T. His wife is physically disabled due to cerebral palsy and has mental ill health. The longevity of his caring role has significantly impacted John's* own health and he sometimes finds it difficult to cope. Both have benefitted from regular support and respite at the Centre and enjoy engaging with other carers in the 'Bridgend Carers Well-being Group' facilitated by an experienced worker.

With his wife particularly vulnerable to the virus, they were shielding due to their high risk and experienced the effects of the lockdown acutely. The support, company and activities they relied upon were no longer available in the same way. During a pro-active well-being call, our worker realised he was feeling overwhelmed, and with encouragement, he disclosed that he had recently been to hospital with 'cuts to his wrist'.

As part of a range of support, the staff member suggested the potential benefits of an Echo Dot, including music, a known passion of John's*, which he agreed to try. It was delivered and the set up explained, (within safety guidance). After a follow up call, the staff member described John* as 'very animated' and said 'it was lovely to see'. He reported that he had purchased 'smart bulbs' which meant his wife was able to use the device to control the lighting in the living room and bedroom, something she had not been able to do independently before. They were able to "create subtle coloured relaxing ambiance" and "play relaxing music while we eat dinner".

He said, *"These may appear to be little things to most people, although the combination of practical and emotional benefits contributes in reducing stress levels at our household. Even though I don't know all the features as yet, this device has been of great benefit"*.

Macmillan Patient and Carer Information and Support Worker

Mrs JS is a patient who is receiving support at home. She struggles with anxiety and panic attacks and lives alone. Her son and carer MR MS also supports on a regular basis. Having spoken at length with Mr JS she gave me permission to ring her surgery to see if there was to be a Psych review in the near future. The surgery was very helpful, said that they would follow up my conversation with her to see what support she needed. In addition to this Mrs JS and I discussed the benefits of the CiSS service. I arranged for them to contact her. Also, we discussed the buddy service which is actioned by Macmillan. In essence Mrs JS is now being supported by her GP, CCIS and Macmillan Buddy service. She also enjoys reading so I supported the family with the number for the mobile library.

Dementia Carers Support

"Thank you for supporting us to voice our concerns"

"You were brilliant and a sympathetic ear and sorry for bashing it on occasions"

"You have been wonderful and a great support to us"

Carers Link Workers - Carers Story illustrating holistic support from a Carers Link Worker

Mrs RB is 72 years old and has been a widow of 9 years. RB carers for her daughter JB (48 yrs) who has a diagnosis of Bi-Poplar, depression and high levels of anxiety. RB was advised by her GP to contact the carers centre as her GP felt that she was in need of support as a carer and concerns about her own wellbeing.

RB moved from Mid Wales 2 years ago to be near her youngest daughter and family in Porthcawl. JB remained in Mid Wales and was receiving high levels of support from the community mental health team, outreach workers and housing. Shortly after RB moved to Porthcawl JB was Sectioned under the Mental Health Act and was admitted to hospital in Mid Wales. She was detained for 10 months and was due to be discharged with a package of support, but due to the pandemic and Covid 19 restrictions her discharge from hospital was abrupt and no support was implemented. JB's health began to deteriorate and by August 2020 she had secured a flat near her mother, but no information from services involved in her care was transferred.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

Since August RB has been supporting her daughter on a daily basis, providing her with a hot meal every day, washing and taking care of clothing etc and trying to oversee her daughter's health and wellbeing. RB explained that she felt that her daughter was not on the correct medication and would often take the wrong dosage, she also disclosed that JB had gained 9 stone in weight and was now struggling with her breathing and mobility.

This responsibility has had a huge impact on RB's health, she has become extremely anxious and worried about her daughter's health and wellbeing and has been totally overwhelmed taking on this responsibility at her age. She has no support from her youngest daughter, who has blamed her mother for supporting the transition of her sister. RB was not familiar with support services within the community and struggled to reach out for support.

Following my initial contact with RB I have been able to offer her firstly, reassurance that there are services available, and a voice at the end of the phone that she could 'off load'. Through weekly contact to I was able to identify the primary need, which was to alert professionals of the high level of concern for her daughter JB. I carried the following actions:

- Contacted the practice manager at their GP surgery and requested a referral to the Primary Mental Health Team for an assessment (Contact was made and appointment given)
- Referral to Social Services Common Access Point - which was allocated to SW
- Referral Hafal - requesting support including community support
- Counselling referral
- Referral to local community food parcels (JB had a delivery of 3 hot meals per week)
- Completed a hardship grant for payment towards a Will with Vulnerable Person's Trust & Power of Attorney.
- Delivered Echo Dot, Painting By Numbers, Summer Blubs and Mindfulness Book
- Carers Emergency Action Plan
- I was able to provide JB with weekly contact, providing emotional support and reassurance. Contact with RB is still in place, but at present biweekly, as JB feels more confident that her daughter is now getting the support that she needs and is feeling less anxious, that if anything should happen to her, then appropriate actions would be implemented.

Carers quotes

"When I first contacted you, I didn't know where to turn, I feared the worse for 'J', I can't thank you enough, you have been so kind, helpful and reliable, I really am so grateful for all you have done. I no longer have to make meals every day for J, which gives me a little time to myself. The doctor has now done a complete review of her medication and has a dietician working with her, which is such a relief, I was so worried about her.

My other daughter is now more understanding and we are talking again, and I can see my grandchildren, which makes me so happy.

From a legal perspective, I can now have peace of mind that J will be cared for after my days. Thank you so much.

Oh, and my bulbs are already sprouting, and I love my painting by numbers."

"Thank you so much for all of your time and support. You are so kind. You have taken the weight off my shoulders and I can begin to think more clearly about the future."

"Oh my goodness, I don't know what to say. I can't thank you enough for all you have done. You have given me some hope for the future. I am truly grateful for your help and support."

"Thank you so much for being here today, I think if you weren't here then I wouldn't of been so truthful, its hard admitting things, but I think like you said unless they see the whole picture of how hard life is then they won't help"

"I don't know how to thank you, I couldn't have managed to do this on my own" I can't believe how kind you have been to me, where would I have been without your help and support"

"You lighten up my life, it was so great to see you bearing a gift that will make such a difference to me, will get one of the grandchildren to set it up, I am so excited, will be able to do my food shopping on line. Thank you from the bottom of my heart. X"

"Took this picture for you in my garden on Wednesday after you left. So brilliant to see you, thank you for being so kind"

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

Counselling

General feedback received from telephone counselling is that it's good to talk to someone other than family especially in terms of bereavement. Also, lots of carers have said they have benefited from a phone call. Most have felt isolated because of the pandemic so they have benefited from keeping a mood diary, writing lists and looking how to structure their day. Lots of referrals coming in. Parent carers are struggling to have an hour to themselves which is understandable with the children being off school.

"The calls that I receive from Joanna, are really a lifeline. I am a person who finds it incredibly hard to admit that I may be struggling mentally and emotionally, usually through my work and personal life I am always seen as the person with the shoulder to cry on. After my mum passed away, I have felt lost and alone. Having the time to speak with Joanna, gives me that time to offload for myself, she is the listening ear at the end of the phone, patient and non-judgmental. She allows me to "prattle" on, often about nothing but always about something. The time allows me to make sense of my feelings and to try and get my perspective back for my life.

Thank you, Jo, for listening" SA Carer

"I had become very vulnerable again. It has been such a comfort to know that in this desolate time that there is someone willing to listen, an adult I can pour my heart out to. I have been unable to visit my extended family when members in my household were having mental health problems so the calls were a huge help to me." MP Carer

"I have my call on the times agreed and never feel rushed, at first I wasn't sure about it but having the experience it have been great. I feel the service is very useful and that I am able to open up and not feel judged." DG Carer

"I can now breathe through my panic attacks. I still have them but I feel more in control. Counselling has helped me to do this." MA carer

Volunteering

"When my previous caring role came to an end, I was left with a huge void to fill. A few weeks ago, I was thinking about how Bridgend Carers Centre had helped the family through difficult times, and with my passion and hobby for cooking, I felt it was the right time to do something to give back to the centre. So over three or four weekends, I baked and made foods and received donations for the centre. Thank you to all the donators and to the centre for supporting us."

Life Coaching

'I certainly feel like I have benefited from the service. It has been life changing...It has helped me gain clarity on my situation and feel less overwhelmed, which I expect is a common feeling amongst carers'.

Door Step Dancers

"What can I say, I was shocked, overwhelmed, delighted". I have never experienced anything like that before, I've been married for over 60 years and I can honestly say, that surprise was the next best thing to my wedding day, and during a week when I most needed it, it not only made my day, it made my year. I will remember it forever. THANK YOU,"

"It was so uplifting to be entertained, it made me feel so special that I was actually thought of. To be entertained on a red carpet and all don't you know! A special thanks for thinking of me for this wonderful surprise. I had half the street out watching!!! It also kept my husband smiling all day. THANK YOU"

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

Risks

The main risk to the charity from April 2020 is that we fail to sustain the charity by not maintaining future funding from a more diverse pool of funders. We have worked hard to increase the amount of reserves so we can survive to support carers at a reduced level whilst attempting to seek further funding from elsewhere. This is our main challenge as we go into the new financial year.

Factors likely to affect financial performance

These would include:

- Loss of funding
- Increase in funding
- Loss/improvement of reputation
- Loss/ appointment of new or key trustee roles
- Increase/decrease in outcomes for carers
- Employ a marketing officer
- Improvement impact monitoring

Principal funders

Bridgend Carers Centre would like to thank and acknowledge the principal funders, Cwm Taf University Health Board, Bridgend County Borough Council, Carers Trust UK, Macmillan Cancer Care, Big Lottery, Children in Need, Waterloo Foundation, Moondance, Triangle Trust and all those who have made financial contributions in donations and fundraising.

Going concern

The charity has increased its workload and are working towards sustainability of continued funding and its overall service for years to come.

Reserves

The total funds of £226,498 (2020: £173,485) include £112,580 (2020: £91,306) which is held for restricted purposes. The trustees have designated a further £70,000 of funds for specific purposes. The details of which can be found in note 18 to the financial statements. The remaining £36,190 excluding fixed assets, are the free reserves.

The charity has estimated that the level of free reserves required to cover working capital requirements, day to day running costs and planned deficits without the need for bank borrowing to be £89,000. This figure also takes into consideration the funds required to cover redundancy costs should the charity not be able to obtain future funding. The Company Secretary and the Treasurer undertake regular training to assist the charity with its financial management systems.

The charity will continue to seek additional funding to support the increasing demands on its services as it becomes even more widely recognised and used, and to enable the development of new services to meet the needs identified. Increased fundraising efforts have assisted in the building up of additional free reserves.

FUTURE PLANS

Actions that the charity needs to make further progress in the coming year include:

- working with businesses to ensure that employees who are carers are supported and best practice is looked at
- ensuring the charity is sustainable for the future
- evaluate improvements in carers information i.e. marketing, carers stories, media coverage
- Welsh language implications and action plan
- Work towards quality standards awards.

Ensure further funding is sought to increase and improve support to carers in Bridgend County Borough Increase partnership working and seek opportunities to give carers diverse range of support and expertise.

This all needs to be worked towards subject to Welsh Government restrictions and further lockdowns through Covid 19.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee and a registered charity and is governed by its Memorandum and Articles of Association.

Recruitment and appointment of new trustees

Appointment of trustees is either by the charity annual general meeting or by the other trustees, as laid down in its formal procedures.

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Fifteen staff are supervised and managed by Centre Manager. The Administrator (Company Secretary) and Centre Manager are part of the Management Board which reports to and implements decisions made by the Board. The Administrator gives financial reports and Centre Manager reports on the activity at the Centre. Further decisions are made at subgroup level - Financial Planning Sub Group, Recruitment Sub Group, HR Sub Group, Policy Sub Group. They bring recommendations to the full Board. Any purchase over £500 has to be brought to the Board.

Induction and training of new trustees

New trustees spend time at the Carers Centre with both staff and carers to become familiar with the Centre's activities and ethos as well as the responsibilities of trustees. The Centre Manager works closely with all trustees to ensure they have a clear understanding of the charity's objectives and aims, and how these are achieved. They gain a wider understanding of the national picture through the Carers Trust network and through Carers Wales initiatives, and also are kept up to date with current legislation which is relevant for carers and which will have a marked influence on the way we work with carers and progress new initiatives. The trustees, the Centre Manager and the Company Secretary participate in training opportunities provided by the Wales Council for Voluntary Action, Bridgend Association of Voluntary Organisations, Carers Trust, Carers Wales, Bridgend County Borough Council, Companies House and other relevant organisations to ensure all obligations are met in relation to the charitable governance of the Carers Centre. Trustees regularly participate in the activities of the Carers Centre to maintain their understanding of the issues faced by carers, the work of the staff team and any new developments being undertaken.

Wages of key management personnel and for all staff have been set by the BCBC pay scale - National Joint Council (NJC). We set our wages in line with these scales. Any issues including wage reviews are discussed by the Human Resources Subgroup who meet every six weeks and report back to the Trustees Board Meeting.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05372329 (England and Wales)

Registered Charity number

1125921

Registered office

87 Park Street
BRIDGEND
CF31 4AZ

Trustees

M Davies
S H Lewis
S Cash
C Colman
C Clarke
J M Williams

Co-opted trustees

J Mathias

Company Secretary

S G Evans

Independent Examiner

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

BRIDGEND CARERS CENTRE


REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Centre Manager

H M Pitt

Approved by order of the Board of Trustees on 7/10/21 and signed on its behalf by:


S G Evans - Secretary

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
BRIDGEND CARERS CENTRE**

Independent examiner's report to the trustees of Bridgend Carers Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

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

Date: 3 November 2021

BRIDGEND CARERS CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	77,246	1,635	78,881	23,090
Charitable activities	6				
Support for Carers		6,375	439,838	446,213	308,541
Other trading activities	4	-	-	-	2,153
Investment income	5	<u>1,291</u>	<u>-</u>	<u>1,291</u>	<u>441</u>
Total		84,912	441,473	526,385	334,225
EXPENDITURE ON					
Charitable activities	7				
Support for Carers		<u>55,148</u>	<u>418,224</u>	<u>473,372</u>	<u>321,945</u>
NET INCOME		29,764	23,249	53,013	12,280
Transfers between funds	18	<u>1,975</u>	<u>(1,975)</u>	<u>-</u>	<u>-</u>
Net movement in funds		31,739	21,274	53,013	12,280
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>82,179</u>	<u>91,306</u>	<u>173,485</u>	<u>161,205</u>
TOTAL FUNDS CARRIED FORWARD		<u>113,918</u>	<u>112,580</u>	<u>226,498</u>	<u>173,485</u>

The notes form part of these financial statements

BRIDGEND CARERS CENTRE

BALANCE SHEET
31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	14	7,728	-	7,728	8,129
CURRENT ASSETS					
Debtors	15	300	14,977	15,277	25,618
Cash at bank and in hand		<u>132,862</u>	<u>144,103</u>	<u>276,965</u>	<u>147,711</u>
		133,162	159,080	292,242	173,329
CREDITORS					
Amounts falling due within one year	16	(26,972)	(46,500)	(73,472)	(7,973)
NET CURRENT ASSETS		<u>106,190</u>	<u>112,580</u>	<u>218,770</u>	<u>165,356</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>113,918</u>	<u>112,580</u>	<u>226,498</u>	<u>173,485</u>
NET ASSETS		<u>113,918</u>	<u>112,580</u>	<u>226,498</u>	<u>173,485</u>
FUNDS	18				
Unrestricted funds				113,918	82,179
Restricted funds				<u>112,580</u>	<u>91,306</u>
TOTAL FUNDS				<u>226,498</u>	<u>173,485</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 31.03.2021 and were signed on its behalf by:


M Davies - Trustee

The notes form part of these financial statements

BRIDGEND CARERS CENTRE

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	<u>131,666</u>	<u>(5,144)</u>
Net cash provided by/(used in) operating activities		<u>131,666</u>	<u>(5,144)</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(3,703)	(2,709)
Interest received		<u>1,291</u>	<u>441</u>
Net cash used in investing activities		<u>(2,412)</u>	<u>(2,268)</u>
Change in cash and cash equivalents in the reporting period		129,254	(7,412)
Cash and cash equivalents at the beginning of the reporting period		<u>147,711</u>	<u>155,123</u>
Cash and cash equivalents at the end of the reporting period		<u>276,965</u>	<u>147,711</u>

The notes form part of these financial statements

BRIDGEND CARERS CENTRE

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

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

	2021 £	2020 £
Net income for the reporting period (as per the Statement of Financial Activities)	53,013	12,280
Adjustments for:		
Depreciation charges	4,104	2,945
Interest received	(1,291)	(441)
Decrease/(increase) in debtors	10,341	(16,432)
Increase/(decrease) in creditors	65,499	(3,496)
Net cash provided by/(used in) operations	<u>131,666</u>	<u>(5,144)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/20 £	Cash flow £	At 31/3/21 £
Net cash			
Cash at bank and in hand	<u>147,711</u>	<u>129,254</u>	<u>276,965</u>
	<u>147,711</u>	<u>129,254</u>	<u>276,965</u>
Total	<u>147,711</u>	<u>129,254</u>	<u>276,965</u>

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. STATUTORY INFORMATION

Bridgend Carers Centre is a company limited by guarantee incorporated in Wales within the United Kingdom. The liability of each member is limited to £10. The registered office is 87 Park Street, Bridgend, CF31 4AZ.

The principal activities and nature of the charity's operations is to provide support for people who care for the ill, frail, elderly, disabled including those with a physical or learning disability and those with mental health or substance misuse issues within the Bridgend County Borough.

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

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

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

There have been no material departures from Financial Reporting Standard 102.

Going concern

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

Income

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

This includes capital grants.

Donations and legacies income

Donations and legacies are accounted as incoming resources upon receipt or when the receipt is probable, and the amount receivable can be estimated reliably. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Charitable activities

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised where there is entitlement, when the receipt is probable, and the amount can be measured reliably. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

Investment income

Investment income is recognised on a receivable basis.

It is not the policy of the charity to show income net of expenditure.

Expenditure

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

2. ACCOUNTING POLICIES - continued

Expenditure

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

Support costs are those that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charity.

Expenditure includes VAT as the charity is not VAT registered.

Allocation and apportionment of costs

As the charity has only one activity, being the support of people who care for the sick, disabled, mentally ill, frail, elderly or otherwise infirm within the Bridgend County Borough area, there is no allocation of costs across activities. Some costs are allocated between direct costs and support costs based on an estimate of time or resources as appropriate.

Financial instruments

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

Debtors

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

Creditors

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

Tangible fixed assets

Fixed assets are initially recorded at cost.

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

Fixtures, fittings and equipment - 25% on cost

Taxation

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

Hire purchase and leasing commitments

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

Pensions

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Contributions payable for the year are charged in the Statement of Financial Activities.

Fund accounting

Unrestricted funds are available for use at the trustees' discretion for any purpose within the objects of the charity.

Restricted funds have been received with stipulation from the donor as to the purpose for which they may be used.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**2. ACCOUNTING POLICIES - continued****Fund accounting**

Transfers from restricted to unrestricted funds are made when the expending of the funds has fulfilled the terms of the restriction.

Pension costs and other post-retirement benefits

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

3. DONATIONS AND LEGACIES

	2021	2020
	£	£
General donations	8,656	22,775
Membership fees	225	315
Legacies	<u>70,000</u>	<u>-</u>
	<u>78,881</u>	<u>23,090</u>

4. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising activities	<u>-</u>	<u>2,153</u>

5. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>1,291</u>	<u>441</u>

6. INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Bursaries for individual carers	6,005	6,424
Grants	440,208	299,078
Other income	-	525
Community Cafe income	<u>-</u>	<u>2,514</u>
	<u>446,213</u>	<u>308,541</u>

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

	2021	2020
	£	£
Macmillan - Patient & Carer Support Worker Grant	13,920	12,634
Other grants	1,000	400
Carers Trust grants	74,519	15,884
Integrated Care Fund	55,000	55,000
Waterloo Foundation	22,500	22,500
ABMU - Carers' Link Worker Post	-	62,497
Big Lottery People and Places Grant	32,511	31,934
BBC Children in Need	13,170	9,720
Age UK	-	20,000
Community Fund Wales	-	19,999
The Triangle Trust 1949 Fund	27,500	15,000
BAVO ICF grant	-	10,539
WAG - Veteran Carers grant	<u>1,529</u>	<u>18,471</u>
Carried forward	241,649	294,578

BRIDGEND CARERS CENTRE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

6. INCOME FROM CHARITABLE ACTIVITIES - continued

	2021 £	2020 £
Brought forward	241,649	294,578
St James's Place Charitable Foundation	-	4,500
BCBC grant	2,000	-
BAVO - Transformation Grant Parent Carer Project	23,821	-
Garfield Weston Foundation - Carers Link Worker Posts	20,000	-
The Triangle Trust 1949 Fund – Emergency COVID grant	9,800	-
The Edward Gostling Foundation - Veteran projects	5,000	-
Cwm Taf Morgannwg UHB – Winter Pressures	11,400	-
Moondance Foundation - Emergency COVID grant	12,000	-
BAVO ICF - Wellbeing grant for YAC	11,731	-
WCVA Voluntary Sector Recovery Fund	33,983	-
Postcode Lottery	20,000	-
BCBC Veteran grant	4,180	-
Community Foundation in Wales	5,000	-
WCVA Voluntary Sector Emergency Fund	39,644	-
	<u>440,208</u>	<u>299,078</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Support for Carers	<u>422,470</u>	<u>50,902</u>	<u>473,372</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	267,029	193,573
Insurance	1,351	398
Light, heat and water	854	1,081
Telephone	4,816	473
Printing, postage and stationery	10,777	8,782
Publications, advertisements and subscriptions	3,917	33
Sundry expenses	63	122
Recruitment costs	-	990
Rent	3,510	3,250
Repairs, maintenance and cleaning	1,107	909
Carers' events	-	650
Breaks/project expenditure for carers	103,944	43,665
Staff travel	4,551	6,918
Staff training	1,857	2,301
Computer and IT expenses	4,341	1,940
Room hire	-	1,580
Drop in/Outreach expenses	13	21
Bursaries to individual carers	7,996	6,724
Carers' training	4,220	130
Cafe purchases for resale	71	1,573
Depreciation	2,053	1,473
	<u>422,470</u>	<u>276,586</u>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

9. SUPPORT COSTS

	Staff costs £	Other £	Depreciation £	Governance costs £	Totals £
Support for Carers	<u>25,544</u>	<u>13,168</u>	<u>2,051</u>	<u>10,139</u>	<u>50,902</u>

The amount due to the independent examiners for the year ended 31 March 2021 was £1,890 (2020 - £1,890) and £853 (2020 - £828) in respect to other financial services.

10. NET INCOME/(EXPENDITURE)

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

	2021 £	2020 £
Depreciation - owned assets	<u>4,104</u>	<u>2,945</u>

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 or for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses for the year ended 31 March 2021 or for the year ended 31 March 2020.

12. STAFF COSTS

	2021 £	2020 £
Wages and salaries	278,471	204,611
Social security costs	16,596	15,691
Other pension costs	<u>4,260</u>	<u>3,125</u>
	<u>299,327</u>	<u>223,427</u>

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

	2021	2020
The average number of staff	<u>14</u>	<u>11</u>

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	21,826	1,264	23,090
Charitable activities			
Support for Carers	3,039	305,502	308,541
Other trading activities	813	1,340	2,153
Investment income	<u>441</u>	<u>-</u>	<u>441</u>
Total	26,119	308,106	334,225

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

EXPENDITURE ON

	Unrestricted funds £	Restricted funds £	Total funds £
Charitable activities			
Support for Carers	61,568	260,377	321,945
NET INCOME/(EXPENDITURE)	(35,449)	47,729	12,280
Transfers between funds	1,906	(1,906)	-
Net movement in funds	(33,543)	45,823	12,280
RECONCILIATION OF FUNDS			
Total funds brought forward	115,722	45,483	161,205
TOTAL FUNDS CARRIED FORWARD	82,179	91,306	173,485

14. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2020	39,318
Additions	3,703
At 31 March 2021	43,021
DEPRECIATION	
At 1 April 2020	31,189
Charge for year	4,104
At 31 March 2021	35,293
NET BOOK VALUE	
At 31 March 2021	7,728
At 31 March 2020	8,129

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments and accrued income	15,277	25,618

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	-	101
Social security and other taxes	4,537	4,253
Other creditors	137	56
Accruals and deferred income	<u>68,798</u>	<u>3,563</u>
	<u>73,472</u>	<u>7,973</u>

Included above is £46,676 (2020: £163) of deferred income which relates to membership fees received in advance of the period to which they relate and grants which were specified as being for 2021/22 by the funder.

17. LEASING AGREEMENTS

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

	2021	2020
	£	£
Within one year	6,489	6,997
Between one and five years	<u>6,270</u>	<u>12,760</u>
	<u>12,759</u>	<u>19,757</u>

The total leased payments recognised as an expense throughout the year amounted to £6,997 (2020 - £7,844)

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

18. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	82,179	(40,236)	1,975	43,918
Bridging Fund	-	20,000	-	20,000
PA/Administration Role	-	15,000	-	15,000
Staff Welfare Fund	-	5,000	-	5,000
Outreach Service/Development Funding	-	30,000	-	30,000
	82,179	29,764	1,975	113,918
Restricted funds				
Bursaries for individual carers	-	317	-	317
Macmillan Patient & Carer Support Worker	(1,567)	682	-	(885)
Princess of Wales Hospital Support				
Workers fund	12,393	2,343	-	14,736
Welfare Benefits Adviser fund	7,742	3,521	-	11,263
ROOTS School Project	8,537	309	-	8,846
YAC/YC fund	949	1,635	-	2,584
Carers Link worker posts	4,081	(2,280)	-	1,801
Ford Britain Trust Grant	178	-	-	178
Big Lottery People and Places Grant	7,672	1,225	-	8,897
BBC Children in Need	6,140	988	-	7,128
Veteran Support Project	8,511	(8,233)	-	278
Gardening project	9,849	(7,855)	-	1,994
Triangle Trust	5,514	(1,470)	-	4,044
Carers Trust - Inspiring Change	5,403	(4,723)	-	680
Young Adult Carers fund	4,704	(3,431)	-	1,273
Community Fund Wales - Wesleyan	10,000	(8,450)	-	1,550
Carers Trust - Peer Wellbeing	1,200	(1,200)	-	-
Transformation Grant Parent Carer Project	-	4,099	(1,975)	2,124
Winter Pressures	-	1,613	-	1,613
BAVO ICF - Wellbeing grant for YAC	-	330	-	330
Carers Trust Hardship fund	-	1,424	-	1,424
Carers Trust - Time for me fund	-	800	-	800
WCVA Voluntary Sector Recovery Fund	-	12,307	-	12,307
Digital families	-	418	-	418
BCBC Veteran fund	-	4,180	-	4,180
Community Foundation in Wales	-	4,700	-	4,700
Volunteer Co-ordinator - garden project fund	-	20,000	-	20,000
	91,306	23,249	(1,975)	112,580
TOTAL FUNDS	<u>173,485</u>	<u>53,013</u>	<u>-</u>	<u>226,498</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	14,912	(55,148)	(40,236)
Bridging Fund	20,000	-	20,000
PA/Administration Role	15,000	-	15,000
Staff Welfare Fund	5,000	-	5,000
Outreach Service/Development Funding	<u>30,000</u>	<u>-</u>	<u>30,000</u>
	84,912	(55,148)	29,764
Restricted funds			
Bursaries for individual carers	6,005	(5,688)	317
Macmillan Patient & Carer Support Worker	13,920	(13,238)	682
Princess of Wales Hospital Support			
Workers fund	31,284	(28,941)	2,343
Welfare Benefits Adviser fund	23,716	(20,195)	3,521
ROOTS School Project	22,500	(22,191)	309
YAC/YC fund	1,635	-	1,635
Carers Link worker posts	20,000	(22,280)	(2,280)
Big Lottery People and Places Grant	32,511	(31,286)	1,225
BBC Children in Need	13,170	(12,182)	988
Veteran Support Project	6,529	(14,762)	(8,233)
Gardening project	-	(7,855)	(7,855)
Triangle Trust	27,500	(28,970)	(1,470)
Carers Trust - Inspiring Change	6,744	(11,467)	(4,723)
Young Adult Carers fund	-	(3,431)	(3,431)
Community Fund Wales - Wesleyan	-	(8,450)	(8,450)
Carers Trust - Peer Wellbeing	-	(1,200)	(1,200)
BCBC FEP	2,000	(2,000)	-
Transformation Grant Parent Carer Project	23,821	(19,722)	4,099
Triangle covid fund	9,800	(9,800)	-
Winter Pressures	11,400	(9,787)	1,613
Carers' Trust YAC	2,100	(2,100)	-
Moondance emergency funding	12,000	(12,000)	-
Carers Trust Emergency fund	1,800	(1,800)	-
Carers Trust Emergency funds - Young			
Carers and Young Adult Carers	1,500	(1,500)	-
Carers Trust Parent Carer funding	10,000	(10,000)	-
BAVO ICF - Wellbeing grant for YAC	11,731	(11,401)	330
Carers Trust Hardship fund	31,000	(29,576)	1,424
Carers Trust - Time for me fund	15,000	(14,200)	800
WCVA Voluntary Sector Recovery Fund	33,983	(21,676)	12,307
Digital families	1,000	(582)	418
BCBC Veteran fund	4,180	-	4,180
Community Foundation in Wales	5,000	(300)	4,700
WCVA Voluntary Sector Emergency fund	39,644	(39,644)	-
Volunteer Co-ordinator - garden project			
fund	<u>20,000</u>	<u>-</u>	<u>20,000</u>
	441,473	(418,224)	23,249
TOTAL FUNDS	<u>526,385</u>	<u>(473,372)</u>	<u>53,013</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
Unrestricted funds				
General fund	106,041	(25,768)	1,906	82,179
Young Adult Carers designated fund	<u>9,681</u>	<u>(9,681)</u>	<u>-</u>	<u>-</u>
	115,722	(35,449)	1,906	82,179
Restricted funds				
Bursaries for individual carers	330	(330)	-	-
Macmillan Patient & Carer Support Worker	(327)	(1,240)	-	(1,567)
ABMU Carers Measure 1	515	(515)	-	-
Princess of Wales Hospital Support				
Workers fund	12,594	(201)	-	12,393
Welfare Benefits Adviser fund	9,487	(1,745)	-	7,742
Community Cafe fund	1,498	(1,498)	-	-
Young Adult Carers Awareness Day fund	419	(419)	-	-
Big Lottery Awards for All fund	1,187	(1,187)	-	-
ROOTS School Project	10,359	(1,822)	-	8,537
YAC/YC fund	25	(25)	-	-
YAC Book	1,379	(430)	-	949
BCBC Grant - KP/YC/YAC	348	(348)	-	-
Carers Link worker posts	(5,963)	10,044	-	4,081
Morrisons Grant - Mindfulness	1,820	(1,820)	-	-
CT Bereavement project	2,440	(2,440)	-	-
Young Carers in Schools Fund	928	(928)	-	-
Ford Britain Trust Grant	1,866	-	(1,688)	178
Carers' Trust YAC	1,000	(1,000)	-	-
Big Lottery People and Places Grant	5,578	2,094	-	7,672
BBC Children in Need	-	6,140	-	6,140
Veteran Support Project	-	8,620	(109)	8,511
Gardening project	-	9,849	-	9,849
Triangle Trust	-	5,623	(109)	5,514
Carers Trust - Inspiring Change	-	5,403	-	5,403
Young Adult Carers fund	-	4,704	-	4,704
Community Fund Wales - Wesleyan	-	10,000	-	10,000
Carers Trust - Peer Wellbeing	<u>-</u>	<u>1,200</u>	<u>-</u>	<u>1,200</u>
	<u>45,483</u>	<u>47,729</u>	<u>(1,906)</u>	<u>91,306</u>
TOTAL FUNDS	<u>161,205</u>	<u>12,280</u>	<u>-</u>	<u>173,485</u>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	26,119	(51,887)	(25,768)
Young Adult Carers designated fund	-	(9,681)	(9,681)
	26,119	(61,568)	(35,449)
Restricted funds			
Bursaries for individual carers	6,424	(6,754)	(330)
Macmillan Patient & Carer Support Worker	12,634	(13,874)	(1,240)
ABMU Carers Measure 1	-	(515)	(515)
Carers Events fund	500	(500)	-
Princess of Wales Hospital Support Workers fund	24,519	(24,720)	(201)
Welfare Benefits Adviser fund	17,055	(18,800)	(1,745)
Community Cafe fund	1,957	(3,455)	(1,498)
Carers Getting Together fund	500	(500)	-
Young Adult Carers Awareness Day fund	-	(419)	(419)
Big Lottery Awards for All fund	-	(1,187)	(1,187)
ROOTS School Project	22,500	(24,322)	(1,822)
YAC/YC fund	615	(640)	(25)
YAC Book	32	(462)	(430)
Assessment income	13,426	(13,426)	-
BCBC Grant - KP/YC/YAC	-	(348)	(348)
Carers Link worker posts	62,497	(52,453)	10,044
Morrisons Grant - Mindfulness	-	(1,820)	(1,820)
CT Bereavement project	-	(2,440)	(2,440)
Young Carers in Schools Fund	-	(928)	(928)
Carers' Trust YAC	-	(1,000)	(1,000)
Big Lottery People and Places Grant	31,934	(29,840)	2,094
Carers Trust - Peer Support Project	5,900	(5,900)	-
BBC Children in Need	9,720	(3,580)	6,140
Veteran Support Project	38,471	(29,851)	8,620
Gardening project	9,999	(150)	9,849
World Mental Health Day	400	(400)	-
Triangle Trust	15,000	(9,377)	5,623
Carers Trust - Inspiring Change	6,744	(1,341)	5,403
Young Adult Carers fund	16,079	(11,375)	4,704
Community Fund Wales - Wesleyan	10,000	-	10,000
Carers Trust - Peer Wellbeing	1,200	-	1,200
	308,106	(260,377)	47,729
TOTAL FUNDS	334,225	(321,945)	12,280

Bursaries for individual carers

The charity administers grants to individuals on behalf of Carers Trust.

Macmillan Patient & Carer Support Worker

A post funded by Macmillan Cancer Support.

Princess of Wales Hospital Support Workers fund

Cwm Taff UHB Integrated Care Fund continued to fund 2 part time posts after the healthcare boundary change.

Welfare Benefits Adviser fund

Cwm Taff UHB Integrated Care Fund continue to fund a welfare benefits adviser after the healthcare boundary change.

18. MOVEMENT IN FUNDS - continued

ROOTS School Project

The ROOTS Project Manager post is currently being funded by the Waterloo Foundation.

YAC/YC fund

This fund consists of donations received for the specific purpose of supporting young carers and young adult carers. Includes donations from "The bear who struggled to care" young carers book.

Carers Link worker posts

Initially Welsh Government funding was received to employ three Carer Link posts bases in the three cluster networks. During the year to 31 March 2021, further funding of £20,000 was received from Garfield Weston Foundation to continue the posts.

Ford Britain Trust Grant

Grant awarded to help with the purchase of IT equipment that carers can access.

Carers' Trust YAC

Carers Trust Quilter funding to give short respite breaks and workshops to young adult carers.

Big Lottery People and Places grant

To fund the Young Carers Education Project Manager to support the Education in Schools Project.

BBC Children in Need

Funding was received from BBC Children in Need to support the Teen Group. An additional £3,300 booster funding was received during the year to help during the COVID-19 pandemic.

Veteran Support Project

Funding was secured from Age Cymru - 360 Project and Welsh Government - Armed Forces Department to help identify Veteran carers and carers looking after Veterans, to give them access to specific information and support to improve wellbeing for over 65s and to provide improved digital inclusion to help avoid loneliness and isolation for all aged beneficiaries. Additional funding of £5,000 was received during the year from The Edward Gostling Foundation.

Volunteer Co-ordinator - Garden project

Volunteer Co-ordinator - Garden Project (Gardd Gofalwyr) was funded through Awards For All Community Project. The Project is a six-month pilot identifying carers and volunteers to enjoy gardening activities and training to improve the outdoor space at Bridgend Carers Centre for everyone to enjoy. This was extended via the Postcode Lottery funding.

Triangle Trust

The Triangle Trust 1949 Fund provided a development grant to enable Bridgend Carers Centre to become more resilient and sustainable by providing Charity Log to show outcomes and appoint a Business Development officer to create opportunities to build and grow in ways which support all carers in Bridgend.

Carers Trust - Inspiring Change

Funding was received from the Carers Trust for Young Adult Carers support.

Young Adult Carers fund

Funding was received from the Carers Trust and St James's Place Charitable Foundation to support Young Carers and Young Adult Carers with appropriate activities.

Community Fund Wales - Wesleyan

A contribution towards the appointment of a Dementia Carers Support Worker supporting Older Carers but with a special focus on those carers of Dementia.

Carers Trust - Peer Wellbeing

Carers Trust - Peer Wellbeing Funding was received from the Carers trust to continue the successful Peer Wellbeing Project by providing a programme of activities including staff involvement for online Zoom and Facebook Groups.

18. MOVEMENT IN FUNDS - continued

BCBC grant

Grant funding to provide additional wellbeing peer activities to young carers and young adult carers in partnership with Action for Children.

Transformation Grant Parent Carer Project

BAVO ICF funding was received to run the project until April 2021.

Triangle Covid Fund

Funding was received to alleviate isolation and loneliness through the pandemic.

Winter Pressures

Cwm Taff UHB funding received to alleviate the pressure faced by carers during the winter months of the pandemic.

Moondance emergency funding

The Moondance Foundation provided emergency funding to assist with staff retention and to support working from home during the COVID-19 pandemic.

Carers Trust Emergency fund

Funding received to support carers during the COVID-19 pandemic alleviating crisis and hardship.

Carers Trust Emergency funds - Young Carers and Young Adult Carers

Funding received to support young carers and young adult carers during the COVID-19 pandemic alleviating crisis and hardship.

Carers Trust Parent Carer funding

The Carers Trust provided funding to assist parents caring for children with disabilities and their siblings who were home schooled due to shielding during the pandemic.

BAVO ICF - Wellbeing grant for YAC

This was funding received to provide a young adult carers support worker.

Carers Trust Hardship fund

The Carers Trust provided a fund to allow Bridgend Carers Centre to pay out grants to alleviate hardship during the pandemic.

Carers Trust - Time for me fund

Funding to provide breaks, therapy etc to carers through the pandemic.

WCVA Voluntary Sector Recovery Fund

£33,983 was received during the year. £5,000 was towards the costs of the Carer Link Worker, the rest was to cover other staffing costs, COVID-related administration support, PPE and carer engagement.

Digital families

Funding was received towards providing online activities for young carers funded through Parentzone.com

BCBC Veteran fund

Funding was received to buy equipment for the garden at Bridgend Carers and the Porthcawl Veteran Hub to encourage engagement outdoors as restrictions due to the pandemic eased.

Community Foundation in Wales

To provide counselling sessions and life coaching for carers

Funds relating to the comparative year:

Designated funds

Young Adult Carers fund

The charity received a substantial donation of £10,000 that was designated towards young adult carers and in particular the ROOTS Project Manager post.

18. MOVEMENT IN FUNDS - continued

Restricted funds

Carers Events fund

Funding was received from the Carers Trust towards a Christmas Lunch event for carers.

ABMU Carers Measure 1

Joint grant funding was received from BCBC and ABMU to support the objectives of the Carers (Wales) Measure 2010 providing awareness raising at GP surgeries.

Community Café fund

This fund is supported by the Carers Centre fundraising efforts.

Carers Getting Together fund

Awarded by Carers Trust for the young adult carers to have a break from their caring role and spend time as a group with other young adult carers. The choice of activity was Harry Potter Studios.

Young Adult Carers Awareness Day fund

Funds were awarded by Carers Trust to raise awareness of young carers in schools. Suggested activities include assemblies, PSE lessons, staff training and your carers groups.

Big Lottery Awards for All fund

£5,000 was awarded by big Lottery for activities for young adult carers to have a break from their caring role.

Assessment income fund

Funds for the provision of carers assessments referred from Common Access Point at BCBC.

BCBC Grant - KP/YC/YAC

Funding provided by BCBC for information booklets.

Morrisons Grant - Mindfulness

A grant to provide three x eight sessions of mindfulness delivered to carers.

CT Bereavement project

A grant awarded to deliver 3 x 4 weeks Planning for Tomorrow courses in the three cluster networks of the borough.

Young Carers in Schools fund

ICF funding was received to deliver young carers support in schools.

Carers Trust Peer Support Project

Funding was received from the Carers Trust to provide group support for those needing emotional and wellbeing support from their peers. It supported activities and training with opportunities for friendship and social support.

World Mental Health Day

World Mental Health Day Funding was received from Cwm Taf University Health Board through each CVS organisation to support an event for carers to commemorate World Mental Health Day.

Transfers between funds

The transfer between the Carers Link Worker Post and general funds is in respect of fixed assets purchased.

The other transfers are by agreement with the funders.

19. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. Pension costs are apportioned to both activities and between unrestricted and restricted funds in proportion to the related staffing costs incurred. The pension cost charge represents contributions paid by the charity to the fund and amounted to £4,260 (2020: £3,125). Contributions outstanding at the year end amounted to £240 (2020 : £53).

20. RELATED PARTY DISCLOSURES

The total key management personnel remuneration benefits paid during the year was £34,507 (2020: £30,459).

The total unconditional donations made to the charity by its trustees amounted to £240 (2020: £60).