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REGISTERED CHARITY NUMBER: 1125921

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
BRIDGEND CARERS CENTRE**

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BRIDGEND CARERS CENTRE

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FOR THE YEAR ENDED 31 MARCH 2022**

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BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

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 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.

Social Services and Well-being (Wales) Act 2014 has strengthened this requirement and objectives of the charity's role as a preventative service.

Bridgend Carers Centre raises awareness through diverse mediums including quarterly 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 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. The charity has also produced a Sustainability Plan and Marketing Plan to ensure that future services are secure and promoted widely to reach unidentified carers across the Borough.

The Carers Centre works 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 evidence of impact measurement and social return on investment. This platform will support effective decision-making and ensure we are working to improve outcomes for beneficiaries.

Throughout the pandemic these opportunities were even more important and more significant when Welsh Government restrictions prevented face to face contact with carers. Bridgend Carers Centre adapted and changed continuing to enable 17 staff to work from home, providing support through telephone, text, email, social media and through face to face support whilst observing the restrictions. As restrictions lifted we were able to tentatively reintroduce our face to face activities and services to our beneficiaries. We have developed outreach services in a number of geographical areas, making support and information more accessible. We have reintroduced activities including walks, yoga, holistic therapies. The year April - March 2022 still presented further challenges in terms of the pandemic and restrictions as laid down by Welsh Government including dealing with lack of confidence and continued fear faced by the beneficiaries of our service.

Information

Bridgend Carers Centre adapted its information dissemination in response to new challenges posed by the pandemic. This was done directly through wellbeing and befriending calls to carers by staff and volunteers during the ongoing pandemic, via email, website, post and social media, online peer support through Zoom and WhatsApp.

Volunteers

The inclusion of volunteer roles within the Centre is crucial especially for roles within our Board of Trustees, at the weekly Community Café and Gardening Project. The charity has found it difficult to retain and recruit volunteers during the pandemic but are keen to increase the involvement of volunteers in future developments. **The charity would like to give thanks to all the volunteers for their support and commitment.**

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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.

OBJECTIVES AND ACTIVITIES

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 to keep families engaged and safeguarded. The service has continued to provide information, face to face contact 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 and Bridgend County Borough Council have enabled carers and their families including bereaved carers to experience opportunities to avoid loneliness and isolation, maintain health and wellbeing and live a life of their own, whilst continuing to fulfil their caring responsibilities.

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.

Highlights have included:

- Achieving further ICF 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 ICF funding of the Welfare Benefits Advisor and through this service achieving **£413,853.92** annual maximisation of income for carers and those they care for for 2021/22 giving a total cumulative amount since the start of the Project funding of **£2,905,828 for carers across Bridgend County Borough until 31 March 2022.**
- 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 and Young Adult Carers Support through diverse funding including Making Carers Count Funding from Carers Trust.
- Continuation of Young Carers involvement on the Carers Trust Youth Council, involved in shaping national services and resources for young carers ensuring they have a voice.
- Continuation of a **Veteran Support Project**, identifying 80 beneficiaries for support and activities.
- Continuation of a **Gardening Project** funded through Post Code Lottery.
- Developed a dedicated Parent Carer Service providing extensive one to one support to parents and developed innovative support through an Autistic Girls Group and Wildflower Project.
- Continued a Dementia Carers Support Worker working with families to give information, advice and one to one support.
- The recently appointed Mayor of Bridgend had become a high-profile supporter of the Centre and helped to raise the profile of unpaid carers in Bridgend attending our Garden Party and announcing BCC as one of his two charities for this year in office. Two Members of the Senedd also attended the BCC Garden Party, speaking directly to staff and unpaid carers to learn about their experiences and difficulties, particularly listening to the impact of the pandemic.
- Bridgend Carers Centre became the first organisation in the area to achieve the Carer Friendly **ADVANCED** Accreditation, a quality award recognising our understanding, support and raising awareness of unpaid carers. GPs from two surgeries in the County, where we provide outreach services, joined us to celebrate and publicise the award through a press release.

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 and befriending 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 a Carers Week Garden Party for carers and professionals to celebrate their caring roles..
- Raising young carer awareness with pupils and staff when possible throughout all schools across the Borough..
- 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 attend online training/conferences.
- Continue to produce 3 newsletters and periodic Young Carers and Young Adult Carers E newsletters.
- Provision of a new and improved website www.bridgendcarers.co.uk
- Continue to have 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.
- Dissemination of various online 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 disseminated information in a variety of ways in response to restrictions.
- One to one sessions were made over the telephone and face to face support offered with use of PPE to avoid the spread of the virus and responding to emergencies and crisis they were experiencing.
- Through distribution of information - 'Contact' newsletter via carers mailing list, website, online groups, 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 during periods of lockdown.
- Increasing and developing 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 whilst reintroducing face to face contact with carers as restrictions lifted and we could get back to normal.
- Attendance at Young Carers Steering Group, Multi-Disciplinary Team and Patient Flow Meetings to share information to professionals and identify hidden carers.
- Provision of Welfare Benefits Advice to carers through the Welfare Benefits Advisor.
- Provision of updates via email to GP surgeries raising awareness of support to carers through Carers Link roles.
- Provision of 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.
- Provision of the Macmillan Family Patient and Carer Service supporting those with cancer and their carers.
- Provision of Young Carers and Young Adult Carers Support across the Borough.
- Provision of Young Carers Education Schools Project providing support to pupils to all schools across Bridgend.
- Identification of Armed Forces and Veteran carers and those carers looking after a Veteran and giving them access to specific information, support and activities from the Veteran Support Project.
- Provision of specific information to those carers caring for family members with Dementia.
- Developed online and face to face Bereavement and Loss information and support

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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. We arranged:

- Celebration of Carers Week at a Carers Centre Garden Party attended by MP; AM; Mayor. Arranged Doorstep Dancers to recognise and value carers during the pandemic in partnership with Awen Cultural Trust.
- The pandemic had affected the weekly Community Café providing lunch and refreshments, meeting friends, receive information and enjoy activities. Relaxing of restrictions has reintroduced the Weekly Community Café that supports carers to avoid isolation and loneliness.
- Carers Counselling continues over the telephone instead of face to face to avoid the virus spread.
- Celebration of the annual Macmillan Fundraiser Coffee Morning
- A blended variety of online and face to face activities were organised to give respite through Carers Trust funding to enable carers to rest and recharge including Mindfulness through singing, exercise sessions, Book Club, walks, counselling, Garden parties, crafts, Beauty boxes etc.
- Organised trips to National Garden Scheme visit with Cream Tea, a Christmas Trip to Winter Wonderland at Bute Park Cardiff and a trip to Botanic Gardens Carmarthen.
- Developed online Bereavement and Loss information and support information on www.bridgendcarers.co.uk
- A variety of packs 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, Painting by numbers; Summer play packs for children, Pizza Making kits for Dads; Working Carers Mindful colouring Kits; Dads Quiz.
- Delivered 35 Christmas lunches to give carers a much-deserved treat during the pandemic.
- Provided 153 Carers Grants to carers to address the ongoing need for a break from caring and address hardship.
- Parents of Autistic Girls Group - 16 sessions delivered on Zoom.
- Summer and Halloween Family Activity Days for children and their parents in partnership with Inclusability - 120 plus carers and family attended.
- Digital equipment distributed to all carers ie I pads and Echo Dots
- Various online training opportunities to empower carers to full fill their potential and support them in their caring role including; Autism Training; Carers Wellbeing Training and Life Coaching.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

All the activities are monitored closely by the trustees and by the stakeholders and funders.

The list below demonstrates the level of key activities which have been delivered to carers in the year to March 2022.

There are **6,926** carers on our database including former carers plus **4,893** 'cared for' on our database, receiving information by post, phone, text or email. We had meaningful engagement with **1,818** carers during this period

Analytics for social media (01/04/21 - 31/03/22)

Number of 'likes' on Facebook – 1,346 and increasing

Number of 'followers' on Facebook – 1,767 and increasing

Number of Twitter 'followers' – 1,104 and increasing

672 new carers have been identified this year and added to our database. This is **more than double** from the previous year

We had a staggering total of **9,618 interactions** with carers of all ages. This accounts for calls, one to ones, information, messages, emails, telephone calls.

13 Carers Assessments referrals received from Hospital SW Team and 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.

100 Carers Emergency Action Plans to record contingency planning for carers to date since introduced.

Outreach sessions have been developed and re-introduced since Welsh Government has lifted restrictions. However, we have continued to provide online Facebook, Zoom and WhatsApp peer support.

Developed Bereavement and Loss Information and Support online through www.bridgendcarers.co.uk through the Planning For Tomorrow Carers Trust Grant and subsequently developed a monthly **Bereavement and Loss Support Group** facilitated through the Carers Counsellor and staff. A number of carers were bereaved during this year, and we have responded accordingly.

134 hours of Carers Telephone Counselling for 39 carers.

Integrated Carers Support Workers at POW Hospital - 261 new and previously identified carers were supported at Princess of Wales Hospital for information, signposting and referral onto other specific services. Staff have had an online presence at Ysbyty Seren, attending Patient Flow; Hospital Discharge Planning and Best Interest Meetings to support the carer navigate through the system, to inform and prepare them.

Dementia Carers Support - 153 carers were identified for Dementia Support at Hospital and within the Community. Developed a Dementia Carers Group delivered monthly.

Macmillan Patient and Carer Information and Support Service - 104 carers and 114 patients were identified for Cancer support through our Macmillan professional. Partnership working with Nursing Specialists and the Cancer related disciplines in POW and being a part of the palliative team at Y Bwthyn, ensures no one slips through the net and reaches crisis point.

The positive partnership with the Macmillan Welfare Benefits team has maximized income for carers and families in addition to the non-income work that is undertaken through the partnership ie Blue Badges, Macmillan Grants etc

Parent Carer Support Project - a project developed for parent carers by staff who are parent carers. The Project identified almost 168 parent carers for support. The project attracted additional funding to develop new initiatives and services ie Parent Carers Welfare Benefits Support (Carers Trust) and the Wildflower Project supporting girls and families with Autism. Provided out of hours support line and dedicated DADs support online. Developed a 311 strong dedicated Parent Carer Facebook Support Group.

Carers Link Workers have identified 222 new carers during the year supporting carers with information, advice and assistance, maximising income, completing carers emergency action plans and supporting Veteran carers.

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The provision of traditional short respite breaks to carers during this period was severely affected by Covid 19 pandemic. Bridgend Carers Centre had previously adapted and changed to respond to the challenges of the pandemic and we continued to do so, reintroducing activities when possible. Bridgend Carers Centre kept in touch with carers through wellbeing and befriending calls to the most isolated and vulnerable carers, providing one to one support in gardens and other outdoor venues with the use of PPE to avoid virus spread when lockdowns re-occurred. Bridgend Carers Centre continued to offer respite to carers through online activities and socially distanced exercise outdoors ie walks. 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 Carers Week Garden Party, Macmillan Coffee Morning Fundraiser and Outdoor Community Cafés. We also organised a National Garden Scheme visit with Cream Tea, a Christmas Trip to Winter Wonderland at Bute Park Cardiff and a trip to Botanic Gardens , Carmarthen.

Welfare Benefits Advice achievements - The Welfare Benefits Advisor achieved a cumulative financial gain of £413,854 in benefits for carers giving a cumulative total of £2,905,828 in Welfare Benefits for unpaid carers across Bridgend County Borough. The post provides advocacy for tribunals/appeal cases including empowering the carer to represent themselves and enable carers to claim for welfare benefits advice online if able.

Legal Advice continued to be provided over the telephone facilitated by Howells Solicitors.to give carers more voice and control.

Young Adult and Young Carers Activities include -

This year we have supported 221 young and young adult carers this period.

We have had 70 new referrals for our young carers and young adult carers' projects.

Sent 3 e-newsletters to over 50 comprehensive and primary schools.

Distributed gifts to over 80 young carers provided by Mr X Donations and Jehu Group.

Supported Young Carers and Young Adult Carers with carers support grants

Highlights

We stayed engaged with all 9 Comprehensive schools though the Young Carers Champions and offered support when needed. We also send out a bilingual e-newsletter to all schools every term updating them on our services

We held a number of groups and trips including go karting and pizza at Margam Park, surfing with Karma Seas, hire of the cinema screen at Everyman Cinema, Bowling, Mini Golf and an overnight stay at Thorpe Park for Fright Night. These trips allowed young and young adult carers to socialise with others and have a break from their caring role.

A number of the activities supported the development of self-esteem and confidence.

We provided peer mentoring sessions where newly referred young carers were introduced to a young carer known to the service before attending the group. All carers who partook in the project said it helped them with their confidence with meeting new people. Both groups were then taken on a residential trip to Macaroni Woods in Cirencester.

Young Carers in Schools Project

We delivered assemblies and workshops to comprehensive schools and a primary schools reaching approx. 1106 pupils. We also sent pledge cards to all of the primary schools in Bridgend during Carers Week to inform them of young carers and make a commitment to supporting and identifying young carers. A number of links have been made with schools following this. We also held information stands in the two Bridgend college campuses, Halo Leisure Centre in Maesteg, Maesteg swimming pool and Porthcawl Bandstand. We also attended Bridgend sustainability festival.

Information

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.

Carers Individual Grants

Accessed individual Grants for carers totalling £33,742 helping 208 carers to address hardship and to receive respite opportunities in innovative ways during lockdown and receive hotel vouchers to have breaks once lockdown was lifted. These grants were made available through a BCBC grant to address respite needs and through Carers Trust Carers Support Grant to support carers experiencing hardship during the pandemic. They have included provision of white goods, help with food provision, 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. .

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Partnerships

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

Carer involvement and participation

There has been continued 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. Parent Carers were asked to be interviewed and appear with Welsh Government and Carers Trust on BBC and ITV news. Adult Carers have participated at the online Bridgend Carers Centre Annual General Meeting. Whilst the pandemic has considerably affected opportunities to consult with carers, there have been many opportunities for carers to get involved in completing surveys, consultations and sharing their views on social media/email.

We have 3 Young Carers who sit on the Carers Trust Youth Council.

We have 1 young carer who has been on the Youth Parliament for the last 3 years and has been e-elected for the next 3 years.

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 whilst observing PPE rules.

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; Masters in Counselling; ILM Qualification and 2 x Play Worker Qualifications

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.

Parent Carer Support Project

Case Study

I first contacted the centre for support when my son C was diagnosed with ASD, at that time there wasn't a dedicated parent carer service. I mainly wanted advice on how to support C in school as even though he had a diagnosis it was still a battle to get the right support. My daughter K was then diagnosed with Juvenile Arthritis and Uveitis when she was 2 years old in 2015. The parent carer sessions have been so beneficial to my mental health, having children diagnosed with any long term health condition is hard emotionally and physically so having somewhere to go where people understand gives me the boost and sanity to keep going.

It was during one of the craft sessions I mentioned to DM the struggles my 16 year old daughter was having, she couldn't get out of bed, leave her room, self-harming, wasn't eating or communicating and wasn't attending school. Covid lockdowns had caused her to regress, DM queried if maybe she was having an autistic shutdown. We hadn't picked up on any traits in S previously even though her brother has a diagnosis. I left the session and mentioned it to her school learning support and we were referred to Autiside and CAMHS who agreed she has autistic traits, she is currently going through the diagnostic process. S was a Grade A student and a member of MENSAs, she now only manages an alternative provision 1:1 tutoring 3 hours per week. She is making slow progress but I really feel S wouldn't be here at all without DMs help and support. S recently attended the Wildflower Autism in girls course run by the Carers Centre, S really enjoyed the sessions and seeing other girls in the same situation as her, she even left the house to attend the in person session.

I have attended Autiside training through the Carers Centre which have been very informative and beneficial, the social groups are a lovely way to connect with other parents going through similar battles and getting tips on how to cope. I have had help with filling in forms [from the Welfare Benefits Advisor] for the DWP which are always stressful trying to remember everything, but they were very patient and helpful and I didn't have to appeal.

The craft sessions are always my favourite at the Carers Centre, a lovely way to escape for an hour. We have also just been awarded a respite grant through the centre so we can go away together as a family. I can't praise and thank DM enough, she has been there for me during really hard times, she has listened to me vent and cry with no judgement just lots of support and understanding.

Welfare Benefits Advice for Parent Carers

"Sarah spoke to me regarding applying for a grant, but during the conversation she mentioned she could support me to fill in my son's DLA form as I find them so overwhelming. I have made an appointment with Sarah which is a big weight lifted from me".

"Sarah, just to let you know DLA have put money put into my account for DLA..... I want to thank you from the bottom of my heart for filling the forms out for me."

"Sarah, I am so surprised that DLA has been awarded even without an official diagnosis. Thank you for advising me on how to complete the form, as there was lots of things I wouldn't have thought of if it wasn't for you jogging my memory. Thank you!"

"Hi Sarah, just wanted to send you a heartfelt massive thank you for everything you have done for us since we met you. We can't thank you enough"

"It's not until I sat down with you and you explained the questions on the DLA form, that I realised how much I actually have to do for my daughter. Thank you for taking the pressure off"

"I have started to try to fill in the DLA form myself but I keep putting it down as it's so emotionally draining. I had no idea I could ask for an extension in the time allowed to return the form. I am so relieved after talking to you. I keep putting it off but thank you for the advice and your support"

Macmillan Patient and Carer Information and Support Worker

"Just having someone to offload to has been a great help. Apologies for the extra-long email, I just had to write it all down and get it off my chest. Thanks for all your support with my sister, she seems to be a walking miracle." GH

Dementia Carers Support

"Thank you so much, I am very happy to know mum has a team there for her"

"I just wanted to thank you all for being so proactive and for communicating so quickly. keep up the good work." - Princess of Wales Hospital Old Age Psychiatry Consultant

Young Carers and Young Adult Carers Project

'I appreciate you and everyone else's time spent supporting all the young carers, I was a young carer from the age of 7 onwards and I wish I had the form of support you give to everyone. Thank you so much' - Mum of YC

'I just wanted to thank you, M came home so happy yesterday, she really enjoyed her session with you. She felt so comfortable talking to you which is amazing' - Mum of YC

'Thank you, after I picked my jaw up off the floor I was smiling/crying with pride, thank you all for building her confidence we really really appreciate what you all do there for her ?????' - Mum of YC

'We are so grateful for all these lovely activities! Thank you so much!!!' - Mum of YC

'I found out about the project through my support worker and she let me know that I can get involved. I wanted to meet new people because I am usually shy and struggle to meet new people in my life. Knowing that they were also a young carer was really good because that meant I didn't have to hide or be worried about being who I am in front of them. I wanted to meet someone from the young carers group so that when I went I felt confident that I knew someone. They arranged this for me and I felt so much better.'

Case Study

Child C cares for her mum who has blood clots on the lungs, vertigo and suffers with her mental health. Child C herself has frontonasal dysplasia which has affected her confidence and self-esteem. She worked with a support worker during isolation, receiving regular one to one sessions virtually to help her manage her emotions, learn coping strategies to help with caring role and build up her self-esteem. The support worker also provided her to access the Young Carers group, at the beginning Child C attended the virtual groups - usually with her camera off due to her low confidence. She then came to the first in person group once Covid-19 restrictions lifted and has continued to come to every group since as she has built some strong friendships within the group. Child C also struggled with finding ways of coping with her caring role as she rarely had time to herself, we supported Child C through this by having her attend our 9-week mindfulness course for Young Carers funded by Children in Need. She found course to be very useful and has since reported back saying that she now feels she can manage her emotions in a positive way and is more knowledgeable on different mindfulness techniques to use when she feels overwhelmed. She is an active member of the Young Carers group and is also a member of the Young Carers Mindfulness Group where she has built a great support network.

Carers Link Workers

'I did not know who to turn to for support, I didn't think of myself as being a carer for my daughter. Thank you so much, I can't believe how much support is available to me and my older daughters. You have given me hope for the future.'

'You don't realise how much it means to me to have your support, thank you so much. We didn't even know that DC could claim Attendance Allowance. You have made such a difference to our lives, DC gets up in the morning and now has a purpose. Thank you, I am grateful that I can pop over to see you if I need to know anything.'

Carers Story illustrating holistic support from a Carers Link Worker

LE is a female aged 73 caring for her partner DC aged 79, who had experienced a severe stroke in October 2021. This has resulted in the couple having to change their life style. Both partners are extremely independent and LE has made lots of adaptations to the home to ensure that DC maintains his physical health and wellbeing. LE shared that the hardest thing to accept for her partner was the loss of his ability to drive. The family live at the top of the Bridgend Valley so are quite isolated. This has contributed to a loss of motivation and interest in life.

LE presented at the Carers Café at Nantymoel. During the discussion it was evident that DC had not made a claim for Attendance Allowance to support him with his disability. A successful claim was made making a welcome addition to their finances.

The couple were referred to Community Transport to help them overcome the lack of transport. LE reported that this has provided a great deal of motivation for DC to want to go out within the local community and she reported an improvement in his wellbeing and linked this to the fact that he was able to get out and converse with other people. He has now started to sing again on his Karaoke machine and this has again improved his mood and consequently helped LE manage his condition better, as he becomes more independent

LE knows that she can access advice and support when needed and she is grateful that the service exists within her locality, as she would not have travelled to Bridgend as she does not like to leave DC for too long.

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

Walks

"Yes, I am feeling better thanks, thank you for the walk, the chat & the hug, it means a lot. Things can get blown out of proportion when you are put in a situation so thank you for ensuring I'm ok"

'It was so special today because G brought M with her. He happily came for a short walk with us all. This is what the group is about we have different problems, but we understand'

Garden Parties - Jubilee and Carers Week

'Thanks Carers Centre, there must have been a lot of work involved to make today so special for everyone. You manage to surprise us all with your inventive ideas. You constantly provide ingenious uplifting support to so many people, you deserve an award to recognise your achievements, as you make such a difference to our lives I just had to say this before I went to sleep.' LJ

'Everyone had a fabulous afternoon at the Garden Party. The brass band were great as were the carers choir. About 70 people attended, there were lots of lovely food and I even won a raffle prize.' GC

'What an amazing event! It was really lovely and so much work must have been done to organise it. Well done to you all. Great band, loved the choir, good food and the weather did play along. Thank you had a great time.' HL

'Just spoken to my mum she had a lovely time with my auntie Thank you for making them feel so welcome. She said there was such a lovely atmosphere there. Thank you all so much.' SS

'My parents want to say a massive thank you for today, they had a fantastic time and the band and choir were amazing. You put on such a wonderful spread to too.' MP

Crafts

'Thank you, we both had a great morning, we had great fun being creative. Thanks for organising it'

'What a fab few hours we had thank you for the invite'

Thank you for a wonderful morning out, crafts and a natter and a cake was just what I needed'

Trip to Botanical Gardens, Carmarthen

'It was the first time I've had a day to myself in almost 3 years, I was a little anxious at first, I know I took a lot of persuading to go, but so glad I did, everything went great, lovely company and a beautiful day. Thank you.'

'The way both staff unobtrusively ensured that all the participants were involved and had a good time was amazing'

'We both struggled to motivate ourselves to go, but we are so glad we did. Honestly it was brilliant, fantastic day out. It was great talking with the staff, it helped me so much'

'Fabulous! Had a great time with the other carers. We laughed a lot'

'Speaking to other carers, enjoying a shared activity, having a social opportunity, time to myself was all so welcomed'

'It was really well planned and executed. We even had a raffle on the bus, and the driver told us jokes. Thank you Bridgend Carers'

'I felt really happy during and after the trip. It's absolutely marvellous the way that we all get along. The day was full of coffee breaks, lunch breaks, admiring the gardens and laughter, lots and lots of laughter'

'It was wonderful to have everything organized and being able to feel carefree for a few hours. We all chatted and laughed all day. There were also tears and it's so wonderful to share our thoughts on our different caring roles' x

Wellbeing Activity

'Thank you so much for putting this event on. It is nice to have it here in the valley and not have to travel to Bridgend. I have enjoyed trying the different treatments and will certainly ensure I take time out for me. It was great fun doing the Belly dancing too. We couldn't stop laughing, which is a stress relief in itself. I have really enjoyed the morning and the cakes were delicious.'

'What a lovely morning. I can't thank you enough. I have really enjoyed myself. It has been so relaxing and I have been able to meet up with other carers and have a good chat and forget about things for a short time. I felt quite stressed when I arrived but feel so much better for having been here.'

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

Mindfulness through Singing - Choir

"Everyone enjoys coming along and having a little change from caring" PD

Online Facials

'The fact that I had an hour to myself was bliss. It was just at the right time when I thought this was getting to much for me. After the session I felt that I could face the rest of the household again. It gave me some much needed me time which is something I rarely do.' JM

'The session was so lovely. It was lovely to see other familiar faces (I have been very cautious for the last 2yrs due to covid and haven't done any real life activities) so seeing friends virtually and meeting K was lovely. K was calming and the products and pamper session were lovely and needed, Just to stop and take a minute. I'm still not comfortable with going in person to a spa so I was super grateful to get this chance. Thankyou!' KF

Beauty Boxes

"Nice things like this don't usually happen to me, I am so grateful for you thinking of me, I will definitely take time out for myself which I don't do. Thank you so much." SB

Book Club Feedback

"Joining the book club has certainly improved my life! The interesting and varied literature we have been provided with has enhanced and extended my choice of books. The friendship and chance to discuss the books and characters is wonderful. It has provided me with a chance to get to know a lovely group of people. Meeting via zoom has been great but I would like it if we could meet face to face over coffee or lunch for an occasional chat. As I am deaf I sometimes find it difficult to follow what people are saying and at times I struggle to fully participate. The group is very well led by Karen and I thoroughly enjoy the opportunity to be a part of it." SO

"The Book Club has made a huge difference to my wellbeing, in that it has given me a rare opportunity to enjoy some much needed "down time" and I cannot thank you enough for providing the perfect way to resume my lifelong love of reading I now make time every evening and morning, when my husband is tucked up in bed, to read the set chapters for the week. The friendship of the other members has made a terrific difference to my previous feelings of isolation. The fact that we are provided with the books free of charge and that they are delivered by Karen, if we are unable to attend the Carers Centre, is so very much appreciated." GO

Case Study

MI carers for her husband with cardiac issues. He has been in and out of hospital during the pandemic, leaving MI lonely, isolated and lacking in information. Luckily the Carers Integrated Support Staff at the hospital were able to identify her for support through a referral from nursing staff at POW Hospital. Staff were able to give her information and also introduce her to opportunities to get involved with at the Carers Centre. MI joined the book club in the last few months and it is the first chance she has had to connect properly with other carers. 'It really helps knowing that there are other people in a similar situation, and being able to share a hobby like reading is a great way of feeling supported but also stimulated.' MI felt it reduced the feeling of isolation and found it good to concentrate for a while on something for herself. 'It is good to know there is a wind of time for me. Being able to meet on Zoom makes it very accessible. 'Book club provided an interest in reading books which MI would not necessarily choose. It gave her contact with others to exchange views on the books plus social contact with other people, (if someone was housebound that could be an important link for them). The pandemic has shown how important it is to see, and talk with other people. The isolation so many of us experienced during that time highlighted the damage people suffered by losing socialisation. Our Book Club is valuable in helping us socialise and use our brains!'

Welfare Benefits Advice

"I can't thank you enough for all you've done for me. Without that allowance I wouldn't have been able to mend my lift. Thank you, sweetheart."

"I'm so happy and grateful for what you have already done for us and I can't believe I might even get a blue badge. This means the world to me."

'I would never have been able to fill out these forms without your help.'

"We wouldn't know where to have turned without your support or the support of Bridgend Carers Centre. Your help is invaluable'

'So so grateful of this additional payment, it's made such a difference to us.'

'Can't believe that applying for this benefit would lead to other financial support'

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

"Thanks for your support as always" "Hi Claire. Just letting you know I've been awarded PIP for ***. Thank you so much for your help with the forms."

"Just to let you know *** had his blue badge this week. Thank you for all your hard work helping us keep safe."

"Thank you for all your hard work. We have had everything. It was so kind of you to help us."

"It was the higher amount and yes it was backdated. It does give me some reassurance that we are not alone. I am so glad I contacted yourselves as since I spoke to the Carers Centre and yourself especially it is great to know there is help out there. You just have to ask which can be the hardest thing to do. Stay safe and thanks again."

Case Study

The gentleman concerned was awarded the high Attendance Allowance which gave him an extra £358.40 every month. Being awarded the Attendance Allowance also made a Blue Badge application possible. The extra amount provided by the Attendance Allowance also allowed him to call the stair lift company in to repair his stair lift which was very important to him for a specific reason that went beyond helping him up and down. He had been managing the stairs but with difficulty; relying on the stair rail that was also in place. Using both hands on the rail, he wasn't able to carry anything up or down the stairs. When I called back out to see him to complete the Blue Badge application he explained why the stair lift was so important. He could now carry his wife's ashes upstairs so he could keep her close during the night and then bring them back down again in the morning so he could talk and sing to her during the day.

Carers Integrated Support - Princess of Wales Hospital

"Invaluable support, going above and beyond. I could not have managed without the centre and particularly you Sarah. You are a good sounding board and a pillar of strength to me"

"I have had some really lovely positive feedback from a patient's wife (her name is JMJ) about the Bridgend Carers Centre and the support that RG has offered. Her husband passed away in POW last week and was well known to both of our services. She said the support was 'second to none'. She also found being in touch with other carers helpful, and she is hoping to help others by giving a talk at some point about preparing for bereavement." Feedback from a Palliative Nurse.

"You are incredibly efficient, thank you!!"

"You are an absolute star"

"I have a lifeline at the end of my wrist and I have a lifeline at the end of the phone in you. You're the only one who I turn to for help when I need it."

"Thank you so much, you have been amazing for what was such an uncomfortable and unfamiliar time for me and my family"

"I can't tell you how much help you have been and I would have gone through things blind without knowing and it could have turned out very bad"

"I can't tell you how much help you have been and I would have gone into things blind without knowing this information and it could have turned out very bad"

"You've all been amazing & we are extremely grateful"

"I would have been in a state if you had not helped me and I would not have been able to manage this or raise my worries. I am very appreciative of your support and help me and to get my mother home "

"We'd like to say a big thank on behalf of the family for your support with mum whilst dad was in hospital. It's an upsetting time and knowing that mum had a visit as well as a Christmas lunch meant so much to her as well as us. Thank you." TH

Case Study

AM had been successfully caring for her husband who is living with dementia for several years alongside a full package of care.

AM is very independent and an active member in Dementia Carers Group at the Carers Centre providing knowledge and encouragement to other carers in a similar position.

Her caring role changed a number of months ago where her husband was taken into hospital and where her original plans for 'their tomorrow' has dramatically changed. AM has always stood by her desire to care for her husband at home until he passes away. Her feelings upon his admission were of getting him medically fit to return home. However, over the last few months AM has seen her husband's physical and mental condition worsen and this has left her feeling grief, extremely upset, anxious, cheated from a life she was planning to live and her plans to provide a safe and comfortable setting for when her husband passes away. All her plans were to support this intention.

The support to AM is providing emotional support as she has navigated through her feelings of this realisation and her grief. We have spent many hours each week discussing many options, seeking advice from hospital nursing staff, consultants, physiotherapists, social worker, looking at different care homes and discussing her feelings of guilt and her fears for his care when he goes into a care home.

I have been able to provide very personal support to AM and have been there emotionally for her at each stage she is at and providing her with the specific information and words to use on occasions at the time she needed it. This has given her more confidence in her dealings with hospital staff and the social worker.

AM is a very forward thinking person and has really benefitted from being able to talk about her feelings in a non-judgemental way and put together a plan of action for her to focus on. She does not have any children so has found being able to speak with me extremely beneficial and this has allowed her to say things out loud which has helped her process and to come to a decision about her future and the future life and the death she wants for her husband. She has recently attended a Discharge Meeting/Best Interests meeting and described it as harrowing but felt she had been very well prepared prior to the meeting so she was aware of the process. Without this level of intensive support, she would not have been able to access such a specific amount of support, gain valuable information and knowledge which has really guided her through her changing plans for her tomorrow.

Carers Assessments

"It's such a relief to be able to talk about all of this. I feel that no one has ever listened to my side of this. It's really difficult to get through every day and now I feel like someone is on my side." EW

"I didn't realise how much I did for him. We've been married for forty years and I'll always care for him. I didn't realise how much it was taking out of me though. Now I've spoken about it I feel that a weight has been taken off my shoulders. It won't make it any easier I don't think but I can see things more clearly now." BH

Carers Individual Grants

Case Study

CM mum has 3-year-old and premature twins. Husband also has cancer so her caring role is vast. Through discussion we noted "what matters" and this was in fact driving lessons. The family has a large number of appointments at a variety of hospitals for treatment for the children and the husband. A carers grant was secured for £200 toward driving lessons. Mum had already passed her theory test and was concerned that she wouldn't complete all her driving hours and test prior to the theory test expiring. The carer was surprised and delighted with the contribution. She passed her test and her caring role was supported and she felt less overwhelmed.

Carers Emergency Action Planning

"Knowing I could talk to someone about issues surrounding my own health and my husbands was a massive relief. Completing the Carer Emergency Action Plan is a weight off my mind."

"Marvellous and invaluable help"

"As a mother and grandmother I worry constantly but the Carers Emergency action plan would be a huge benefit if I were to have a copy for my granddaughter and daughter"

"Since being diagnosed with long covid, my memory is not very good. I often can't remember important information regarding my daughter who has ASD therefore the Carers Emergency Action plan is an excellent idea"

"I worry about my grand-daughter who has ASD, as her mum has long Covid. The CEA plan is a great idea as it would mean I could have a copy as I regularly look after my grand-daughter".

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

WhatsApp Peer Support Group

'My hubby fell out of bed again last night. I just put this up on WhatsApp and the support just flows in. It's so nice to be able to communicate with people who understand the caring role. Even better, one of the other carers in the group offered to come round and try and fix the rail. How brilliant is that!!! YB

'It's been a lifeline for me to be honest. Since my husband passed away, and through Covid, other carers on WhatsApp have just "got it". I don't need to explain myself; they just understand. AC

'RG is an angel. I pray for her every day. She has helped me so much in everything. I would not be in this new property if it wasn't for her help with the letting agency. NM

Counselling

'I am happy with the counselling service provided, JM was able to offer me evening sessions which worked around my job and my caring role. By talking about my issues in the sessions, it has helped me clear my mind so I can now start seeing a way to move forward. I will use the rest of my sessions with JM to put a plan in place for that. '

'I use my sessions if I have a bad week/month. Allowing me to spread my 6 sessions out has given me access to help and support when I have needed it the most. I am continuing to use my journal now that the sessions have ended and reading the way I feel back as a way to reflect on what I need to work on next. I still have a long way to go, but I can now see I have the strength to get there'

'My counselling experience has been a positive but an emotional one, I just wish I had the courage to ask for it years ago. I will not hesitate to ask if I need to in the future. I liked that I could go at my own pace, I was always asked if I wanted to explore in more depth and I wasn't embarrassed to have a good cry. JM made me feel very comfortable.'

'In these sessions we worked on putting boundaries in place and that helped immensely as I was able to look after myself more and I feel it has made me a better carer. Things were getting a bit chaotic, the person I was caring for needs changed and I didn't know what to do. Joanna listened and supported me but also got in touch with the Carers who then provided me with information that I needed going forward. I cannot thank all of you enough" LF

'I gained so much from these sessions and it's given me a more focussed and positive outlook. I enjoyed the structure and the discussions were so uplifting' LM

'I have had counselling with Joanna before and have now made contact again to talk about past issues. I feel as though she understands me and even when she doesn't, she asks which not many people do. I can talk about anything and she doesn't judge me" RW

Life Coaching

'I gained so much from these sessions and it's given me a more focused and positive outlook. I enjoyed the structure and the discussions were so uplifting. Julia was so warm and easy to talk to, she is amazing and so professional. The sessions gave me the motivation I badly needed and taught me ways to think constructively and mindfully. "MN 03.03.22

'I couldn't recommend Julia enough. She has given me a new lease of life. I felt challenged by the sessions and spurred on to take action in a number of areas of life, where before I would have talked myself out of. My only negative was that they had to end! I didn't realise how life coaching could be so life changing. Thank you." CS 13.01.22

'I will be forever grateful to Julia for changing my thought patterns and taking a different perspective on life. I had a lot of baggage before I commenced my sessions and I feel so much lighter now as I found Julia extremely easy to talk to, very insightful and helpful, going above and beyond. Through the exercises I gained valuable awareness and an understanding of my thoughts and behaviour and Julia has given me the tools to deal with these. These life changing sessions couldn't have come at a better time for me as I have now returned to work after a two and half year's absence. I can always hear Julia's wise words of wisdom in my head "The past has gone, let it go and move on, I'm a different person now". So now, I'm Rebecca and "I'VE GOT THIS". RG 14.11.21

Carers Week Door Step Dancers - A fun way to recognise and value carers during Carers Week 2021

'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 2022

"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 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

"I think this definitely deserves some recognition. I would like to thank Bridgend Carers Centre for all the support and guidance they are giving my Gran in taking care of my grampa. Especially Sarah who nominated my Gran during carers week. This meant they had a lovely surprise at the door, a group of doorstep dancers arrived and put on an amazing display of singing and dancing which really made my grandparents day! So thank you to all of you, it was the pick-up they definitely deserved."

Telephone/ Email Support Feedback

"Thank you for giving me your time it was so nice to actually speak to somebody who understood and was caring enough to listen"

"It feels like things are really getting sorted now. Thanks for your help".

"So glad I reached out to the Carers Centre. Great advice and service from staff. A lot of empathy and warmth shown at a difficult time."

"You are all amazing and we are extremely grateful."

"Extremely helpful, caring and wouldn't have been able to manage without your support."

FINANCIAL REVIEW

The charity reported a net expenditure position of £81,113 for the year to 31 March 2022. £50,548 of this was in respect of restricted funding, where the grants had been received in prior periods and the spend occurred this year. The remaining £30,565 deficit on unrestricted funding was due to the planned spend of designated funds.

Risks

The main risk to the charity, identified in 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.

BRIDGEND CARERS CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

Reserves

The total funds of £145,385 (2021: £226,498) include £76,169 (2021: £112,580) which is held for restricted purposes. The trustees have designated a further £30,000 of funds for specific purposes. The details of which can be found in note 18 to the financial statements. The remaining £34,586 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

Future plans

Actions that the charity needs to continue to make 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, that is, marketing, carers stories, media coverage.
- Welsh language implications and action plan.
- Work towards quality standards awards.
- Reviewing all strategic priorities.

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.

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 sub group 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 Sub Group who meet every six weeks and report back to the Trustees Board Meeting.

BRIDGEND CARERS CENTRE

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

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

- resigned 8 September 2022

- resigned 1 May 2021

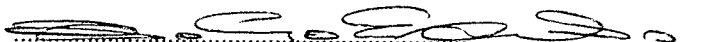
- resigned 9 February 2022

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

Centre Manager
H M Pitt

Approved by order of the Board of Trustees on 21 December 2022 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 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

22 December 2022

BRIDGEND CARERS CENTRE

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	22,483	-	22,483	78,881
Charitable activities					
Support for Carers		4,141	358,402	362,543	446,213
Other trading activities	4	670	-	670	-
Investment income	5	<u>735</u>	<u>-</u>	<u>735</u>	<u>1,291</u>
Total		<u>28,029</u>	<u>358,402</u>	<u>386,431</u>	<u>526,385</u>
EXPENDITURE ON					
Charitable activities	7				
Support for Carers		<u>58,594</u>	<u>408,950</u>	<u>467,544</u>	<u>473,372</u>
NET INCOME/(EXPENDITURE)		(30,565)	(50,548)	(81,113)	53,013
Transfers between funds	18	<u>(14,137)</u>	<u>14,137</u>	<u>-</u>	<u>-</u>
Net movement in funds		(44,702)	(36,411)	(81,113)	53,013
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>113,918</u>	<u>112,580</u>	<u>226,498</u>	<u>173,485</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>69,216</u></u>	<u><u>76,169</u></u>	<u><u>145,385</u></u>	<u><u>226,498</u></u>

The notes form part of these financial statements

BRIDGEND CARERS CENTRE

BALANCE SHEET
31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	14	4,630	-	4,630	7,728
CURRENT ASSETS					
Debtors	15	5,131	20,176	25,307	15,277
Cash at bank and in hand		74,445	85,955	160,400	276,965
		<u>79,576</u>	<u>106,131</u>	<u>185,707</u>	<u>292,242</u>
CREDITORS					
Amounts falling due within one year	16	(14,990)	(29,962)	(44,952)	(73,472)
NET CURRENT ASSETS		<u>64,586</u>	<u>76,169</u>	<u>140,755</u>	<u>218,770</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>69,216</u>	<u>76,169</u>	<u>145,385</u>	<u>226,498</u>
NET ASSETS		<u>69,216</u>	<u>76,169</u>	<u>145,385</u>	<u>226,498</u>
FUNDS	18				
Unrestricted funds				69,216	113,918
Restricted funds				<u>76,169</u>	<u>112,580</u>
TOTAL FUNDS				<u>145,385</u>	<u>226,498</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 21 December 2021 and were signed on its behalf by:


M Davies - Trustee

The notes form part of these financial statements

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.

2. ACCOUNTING POLICIES - continued

Expenditure

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

Expenditure on 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.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**2. ACCOUNTING POLICIES - continued****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.

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

	2022	2021
	£	£
General donations	7,114	8,656
Membership fees	187	225
Legacies	<u>15,182</u>	<u>70,000</u>
	<u>22,483</u>	<u>78,881</u>

4. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising activities	<u>670</u>	<u>-</u>

5. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>735</u>	<u>1,291</u>

6. INCOME FROM CHARITABLE ACTIVITIES

	2022	2021
	£	£
Bursaries for individual carers	8,446	6,005
Grants	352,956	440,208
Other income	200	-
Community Cafe income	<u>941</u>	<u>-</u>
	<u>362,543</u>	<u>446,213</u>

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

	2022	2021
	£	£
Macmillan - Patient & Carer Support Worker Grant	12,962	13,920
Other grants	<u>7,634</u>	<u>1,000</u>
Carried forward	20,596	14,920

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

6. INCOME FROM CHARITABLE ACTIVITIES - continued

	2022	2021
	£	£
Brought forward	20,596	14,920
BAVO	25,550	-
Carers Trust grants	82,938	74,519
Integrated Care Fund	55,000	55,000
Waterloo Foundation	23,000	22,500
Big Lottery People and Places Grant	24,537	32,511
BBC Children in Need	9,870	13,170
The Triangle Trust 1949 Fund	25,000	27,500
WAG - Veteran Carers grant	-	1,529
St James's Place Charitable Foundation	4,500	-
BCBC grant	3,000	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
Armed Forces Covenant Fund	35,000	-
BCBC Veteran grant	-	4,180
Moondance Foundation	29,000	-
Community Foundation in Wales	-	5,000
WCVA Voluntary Sector Emergency Fund	-	39,644
The National Lottery Community Fund	9,965	-
Gwendoline and Margaret Davies Charity	5,000	-
	<u>352,956</u>	<u>440,208</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8)	Support costs (see note 9)	Totals
	£	£	£
Support for Carers	<u>413,492</u>	<u>54,052</u>	<u>467,544</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Staff costs	283,239	267,029
Insurance	1,489	1,351
Light, heat and water	993	854
Telephone	4,776	4,816
Printing, postage and stationery	7,569	10,777
Publications, advertisements and subscriptions	2,894	3,917
Sundry expenses	211	63
Recruitment costs	150	-
Rent	3,537	3,510
Repairs, maintenance and cleaning	404	1,107
Carers' events	79	-
Breaks/project expenditure for carers	84,318	103,944
Staff travel	<u>5,191</u>	<u>4,551</u>
Carried forward	394,850	401,919

BRIDGEND CARERS CENTRE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

8. DIRECT COSTS OF CHARITABLE ACTIVITIES - continued

	2022 £	2021 £
Brought forward	394,850	401,919
Staff training	1,827	1,857
Computer and IT expenses	2,281	4,341
Drop in/Outreach expenses	17	13
Volunteer expenses	20	-
Bursaries to individual carers	8,446	7,996
Carers' training	3,275	4,220
Cafe purchases for resale	766	71
Depreciation	<u>2,010</u>	<u>2,053</u>
	<u>413,492</u>	<u>422,470</u>

9. SUPPORT COSTS

	Staff costs £	Other £	Depreciation £	Governance costs £	Totals £
Support for Carers	<u>28,800</u>	<u>11,853</u>	<u>2,011</u>	<u>11,388</u>	<u>54,052</u>

The amount due to the independent examiners for the year ended 31 March 2022 was £2,382 (2021 - £1,890) and £1,286 (2021 - £853) in respect to other financial services.

10. NET INCOME/(EXPENDITURE)

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

	2022 £	2021 £
Depreciation - owned assets	<u>4,021</u>	<u>4,104</u>

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 or for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses for the year ended 31 March 2022 or for the year ended 31 March 2021.

12. STAFF COSTS

	2022 £	2021 £
Wages and salaries	291,710	278,471
Social security costs	22,493	16,596
Other pension costs	<u>5,121</u>	<u>4,260</u>
	<u>319,324</u>	<u>299,327</u>

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

	2022 <u>15</u>	2021 <u>14</u>
The average number of staff		

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

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	77,246	1,635	78,881
Charitable activities			
Support for Carers	6,375	439,838	446,213
Investment income	<u>1,291</u>	<u>-</u>	<u>1,291</u>
Total	<u>84,912</u>	<u>441,473</u>	<u>526,385</u>
EXPENDITURE ON			
Charitable activities			
Support for Carers	55,148	418,224	473,372
NET INCOME	29,764	23,249	53,013
Transfers between funds	<u>1,975</u>	<u>(1,975)</u>	<u>-</u>
Net movement in funds	31,739	21,274	53,013
RECONCILIATION OF FUNDS			
Total funds brought forward	82,179	91,306	173,485
TOTAL FUNDS CARRIED FORWARD	<u>113,918</u>	<u>112,580</u>	<u>226,498</u>

14. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2021	43,021
Additions	<u>923</u>
At 31 March 2022	<u>43,944</u>
DEPRECIATION	
At 1 April 2021	35,293
Charge for year	<u>4,021</u>
At 31 March 2022	<u>39,314</u>
NET BOOK VALUE	
At 31 March 2022	<u>4,630</u>
At 31 March 2021	<u>7,728</u>

BRIDGEND CARERS CENTRE**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022****15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Prepayments and accrued income	<u>25,307</u>	<u>15,277</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Social security and other taxes	74	4,537
Other creditors	-	137
Accruals and deferred income	<u>44,878</u>	<u>68,798</u>
	<u>44,952</u>	<u>73,472</u>

Included above is £25,034 (2021: £46,676) 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 a future period by the funder.

17. LEASING AGREEMENTS

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

	2022	2021
	£	£
Within one year	5,377	6,489
Between one and five years	<u>833</u>	<u>6,270</u>
	<u>6,210</u>	<u>12,759</u>

The total leased payments recognised as an expense throughout the year amounted to £6,997 (2021 - £6,997)

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

18. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	43,918	4,435	(9,137)	39,216
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>-</u>	<u>30,000</u>
	113,918	(30,565)	(14,137)	69,216
Restricted funds				
Bursaries for individual carers	317	(317)	-	-
Macmillan Patient & Carer Support Worker	(885)	(1,264)	-	(2,149)
Princess of Wales Hospital Support				
Workers fund	14,736	1,250	-	15,986
Welfare Benefits Adviser fund	11,263	(6,822)	-	4,441
ROOTS School Project	8,846	(16,799)	10,000	2,047
YAC/YC fund	2,584	(153)	-	2,431
Carers Link worker posts	1,801	(2,320)	-	(519)
Ford Britain Trust Grant	178	(178)	-	-
Big Lottery People and Places Grant	8,897	(6,426)	-	2,471
BBC Children in Need	7,128	957	-	8,085
Veteran Support Project	278	(130)	-	148
Gardening project	1,994	(1,994)	-	-
Triangle Trust	4,044	(1,576)	-	2,468
Carers Trust - Inspiring Change	680	-	-	680
Young Adult Carers fund	1,273	(1,093)	-	180
Community Fund Wales - Wesleyan	1,550	(5,687)	4,137	-
Transformation Grant Parent Carer Project	2,124	(2,124)	-	-
Winter Pressures	1,613	(1,613)	-	-
BAVO ICF - Wellbeing grant for YAC	330	-	-	330
Carers Trust Hardship fund	1,424	(871)	-	553
Carers Trust - Time for me fund	800	(700)	-	100
WCVA Voluntary Sector Recovery Fund	12,307	(10,851)	-	1,456
Digital families	418	(144)	-	274
Armed Forces Covenant Fund	-	5,055	-	5,055
BCBC Veteran fund	4,180	(2,913)	-	1,267
Moondance Foundation	-	3,611	-	3,611
Community Foundation in Wales	4,700	(4,700)	-	-
Volunteer Co-ordinator - garden project fund	20,000	(18,696)	-	1,304
Veteran fund	-	63	-	63
The National Lottery Community Fund	-	4,718	-	4,718
Carers Trust Respite Development fund	-	5,174	-	5,174
Carers Trust Making Carers Count	-	12,072	-	12,072
Gwendoline and Margaret Davies Charity	-	388	-	388
BAVO Respite fund	-	115	-	115
Garden project	-	2,618	-	2,618
DWP Kickstart Programme	<u>-</u>	<u>802</u>	<u>-</u>	<u>802</u>
	<u>112,580</u>	<u>(50,548)</u>	<u>14,137</u>	<u>76,169</u>
TOTAL FUNDS	<u>226,498</u>	<u>(81,113)</u>	<u>-</u>	<u>145,385</u>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

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	28,029	(23,594)	4,435
Bridging Fund	-	(20,000)	(20,000)
PA/Administration Role	-	(15,000)	(15,000)
Restricted funds			
Bursaries for individual carers	8,446	(8,763)	(317)
Macmillan Patient & Carer Support Worker	12,962	(14,226)	(1,264)
Princess of Wales Hospital Support			
Workers fund	31,284	(30,034)	1,250
Welfare Benefits Adviser fund	23,716	(30,538)	(6,822)
ROOTS School Project	-	(16,799)	(16,799)
YAC/YC fund	-	(153)	(153)
Carers Link worker posts	-	(2,320)	(2,320)
Ford Britain Trust Grant	-	(178)	(178)
Big Lottery People and Places Grant	24,537	(30,963)	(6,426)
BBC Children in Need	9,870	(8,913)	957
Veteran Support Project	-	(130)	(130)
Gardening project	-	(1,994)	(1,994)
Triangle Trust	25,000	(26,576)	(1,576)
Young Adult Carers fund	4,500	(5,593)	(1,093)
Community Fund Wales - Wesleyan	-	(5,687)	(5,687)
Transformation Grant Parent Carer Project	-	(2,124)	(2,124)
Winter Pressures	-	(1,613)	(1,613)
Carers Trust Hardship fund	-	(871)	(871)
Carers Trust - Time for me fund	-	(700)	(700)
WCVA Voluntary Sector Recovery Fund	-	(10,851)	(10,851)
Digital families	-	(144)	(144)
Armed Forces Covenant Fund	35,000	(29,945)	5,055
BCBC Veteran fund	-	(2,913)	(2,913)
Moondance Foundation	29,000	(25,389)	3,611
Community Foundation in Wales	-	(4,700)	(4,700)
Volunteer Co-ordinator - garden project fund	-	(18,696)	(18,696)
Waterloo Foundation	23,000	(23,000)	-
Veteran fund	508	(445)	63
Summer Trips fund	500	(500)	-
Choir fund	500	(500)	-
The National Lottery Community Fund	9,965	(5,247)	4,718
Carers Trust Respite Development fund	15,000	(9,826)	5,174
Carers Trust Planning for Tomorrow	3,080	(3,080)	-
Carers Trust Making Carers Count	30,508	(18,436)	12,072
Carers Trust Carers Support fund - Wales	33,350	(33,350)	-
Gwendoline and Margaret Davies Charity	5,000	(4,612)	388
BAVO Respite fund	15,000	(14,885)	115
Garden project	3,519	(901)	2,618
DWP Kickstart Programme	3,607	(2,805)	802
ICF BAVO Peer Mentoring	5,750	(5,750)	-
ICF BAVO Wildflower Project	4,800	(4,800)	-
	<u>358,402</u>	<u>(408,950)</u>	<u>(50,548)</u>
TOTAL FUNDS	<u>386,431</u>	<u>(467,544)</u>	<u>(81,113)</u>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

18. MOVEMENT IN FUNDS - continued

Comparatives for 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>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

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	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	30,000	-	30,000
	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	20,000	-	20,000
	441,473	(418,224)	23,249
TOTAL FUNDS	526,385	(473,372)	53,013

Designated funds

In the prior year, the Board of Trustees decided to delegate funds from a legacy received to address shortfalls in staffing capacity; create a PA role to support senior management; support a Staff Welfare Fund and develop an Outreach Service to increase the reach to unidentified carers.

18. MOVEMENT IN FUNDS - continued

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.

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 and 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.

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.

18. MOVEMENT IN FUNDS - continued

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.

Transformation Grant Parent Carer Project

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

Winter Pressures

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

Armed Forces Covenant Fund

Funding to Support Armed Forces and Veteran Carers to alleviate loneliness and isolation.

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.

Moondance Foundation

Funding to prove 2 part time posts to support Parent Carers caring for children with disabilities, illness and mental health issues. The funding also provided wellbeing and short break opportunities.

Community Foundation in Wales

To provide counselling sessions and life coaching for carers.

Waterloo Foundation

To provide bridging funding for continuation of GP liaison/ Carers Link Project during the pandemic.

Veteran fund

Additional funding to support the objectives of the Armed Forces Covenant Fund. Providing celebratory social events and training to Armed Forces and Veteran Carers.

Summer Trips fund

Carers Trust Carers Getting Together Funding - providing Summer Trips to visit National Botanic Gardens and National Garden Scheme.

Choir fund

Carers Trust Carers Getting Together Funding - providing sessions to continue the weekly Carers Choir.

Carers Trust Planning for Tomorrow

Funding to support carers to plan towards change and loss including difficult decisions dealing with admission to long-term care, death and bereavement support.

18. MOVEMENT IN FUNDS - continued

Making Carers Count

To provide 3 year funding to support the delivery of the Young Carers and Young Adult Carers Service.

Carers Trust Support Fund Wales

Provision of services and individual carers grants to help alleviate hardship experienced over the pandemic.

Gwendoline and Margaret Davies Charity

Funding to provide additional capacity for the 2 Carers Link posts and delivery of the Carers Emergency Action Plans.

BAVO Respite fund

Provision of individual carers grants to give innovative respite opportunities to carers and their families.

BCBC Garden Project

To support the garden project to give Veterans volunteering opportunities to improve the lower garden at the Carers Centre.

DWP Kickstart Programme

A partnership through Kickstart and DWP to give a 6-month work experience to a young person in receipt of benefits.

ICF BAVO Peer Mentoring

Supporting Young Carers and Young Adult Carers with peer mentoring to encourage confidence to engage.

ICF BAVO Wildflower Project

Supporting parents and girls with Autism through a series of bespoke, innovative workshops, training and social sessions.

Funds relating to the comparative year:

Carers' Trust YAC

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

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.

BCBC grant

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

Triangle Covid Fund

Funding was received to alleviate isolation and loneliness through 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.

18. MOVEMENT IN FUNDS - continued

Transfers between funds

The transfer from the general fund to the ROOTS school project was made to cover expenditure until further funding can be found.

The staff welfare fund was designated to ensure the wellbeing of the team through the pandemic, as no additional expenditure was incurred in this area the fund has been transferred back to general funds. However, the trustees remain committed to ensuring the wellbeing of staff.

The trustees agreed to contribute up to £10,000 from reserves to continue funding a Dementia Carers Support Worker supporting Older Carers but with a special focus on those carers of Dementia, previously funded by the Community Fund Wales – Wesleyan. A transfer of £4,137 was made during the year.

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 £5,121 (2021: £4,260). Contributions outstanding at the year end amounted to £Nil (2021 : £Nil).

20. RELATED PARTY DISCLOSURES

The total key management personnel remuneration benefits paid during the year was £37,229 (2021: £34,507).

The total unconditional donations made to the charity by its trustees amounted to £370 (2021: £240).

BRIDGEND CARERS CENTRE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
General donations	7,114	8,656
Membership fees	187	225
Legacies	<u>15,182</u>	<u>70,000</u>
	22,483	78,881
Other trading activities		
Fundraising activities	670	-
Investment income		
Deposit account interest	735	1,291
Charitable activities		
Bursaries for individual carers	8,446	6,005
Grants	352,956	440,208
Other income	200	-
Community Cafe income	<u>941</u>	<u>-</u>
	<u>362,543</u>	<u>446,213</u>
Total incoming resources	386,431	526,385
EXPENDITURE		
Charitable activities		
Wages and salaries	255,625	246,173
Social security	22,493	16,596
Pensions	5,121	4,260
Insurance	1,489	1,351
Light, heat and water	993	854
Telephone	4,776	4,816
Printing, postage and stationery	7,569	10,777
Publications, advertisements and subscriptions	2,894	3,917
Sundry expenses	211	63
Recruitment costs	150	-
Rent	3,537	3,510
Repairs, maintenance and cleaning	404	1,107
Carers' events	79	-
Breaks/project expenditure for carers	84,318	103,944
Staff travel	5,191	4,551
Staff training	1,827	1,857
Computer and IT expenses	2,281	4,341
Drop in/Outreach expenses	17	13
Volunteer expenses	20	-
Bursaries to individual carers	8,446	7,996
Carers' training	3,275	4,220
Cafe purchases for resale	766	71
Depreciation	<u>2,010</u>	<u>2,053</u>
	413,492	422,470

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BRIDGEND CARERS CENTRE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
Support costs		
Staff costs		
Wages and salaries	28,800	25,544
Other		
Insurance	638	727
Light and heat	425	282
Telephone	1,194	1,606
Postage and stationery	1,921	1,902
Sundries	212	93
Bank charges	43	-
Rent	1,905	1,890
Repairs, maintenance and cleaning	218	596
Computer and IT expenses	978	2,338
Carers Trust Membership	1,000	1,000
Equipment hire	<u>3,319</u>	<u>2,734</u>
	11,853	13,168
Depreciation		
Fixtures and fittings	2,011	2,051
Governance costs		
Wages	7,285	6,754
Accountancy fees	3,669	2,892
Legal fees	<u>434</u>	<u>493</u>
	<u>11,388</u>	<u>10,139</u>
Total resources expended	<u>467,544</u>	<u>473,372</u>
Net (expenditure)/income	<u>(81,113)</u>	<u>53,013</u>

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