

**Acts West Wales Annual Report and Accounts  
for 1st April 2022 to 31st March 2023  
Charity number: 1157963**

**Acts West Wales**  
**ANNUAL REPORT AND INDEPENDENTLY**  
**EXAMINED ACCOUNTS - CONTENTS**

---

	<b>Page</b>
Charity information	3
Independent examiner's report	4
Annual reports and accounts	5
Receipts and payments	8
Statement of assets and liabilities	8-9

**Acts West Wales**  
**CHARITY INFORMATION**  
**1st April 2022 to 31st March 2023**

---

**Registered Office**

Grace Court House  
Market Square  
Narberth  
SA67 7AU

**Accountants**

Easy Accounting Services Ltd  
Unit 3  
Narberth Bridge Business Park  
Narberth  
Pembrokeshire  
SA67 8RA

## Independent Examiner's Report to the Trustees of Acts West Wales

---

I report on the accounts for the year ended 31<sup>st</sup> March 2023, which are set out on pages seven and eight.

### **Responsibilities and basis of report**

As the charity's trustee you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the 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.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept as required by section 130 of the Act; or
2. That the accounts do not accord with those records; or
3. That the accounts do not comply with the accounting requirements of the Act; or
4. That there is further information needed for a proper understanding of the accounts.

### Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.

Easy accounting Services Ltd  
Unit 3  
Narberth Bridge Business Park  
Narberth  
Pembrokeshire  
SA67 8RA

Date: .....

## **Acts West Wales Annual Reports 1st April 2022 to 31st March 2023**

### **History**

Acts West Wales was registered with the Charity Commissioners in July 2014 as an initiative of Grace Church West Wales, to meet charitable needs within the local community. The charity established Pembrokeshire Food Bank with a Trussell Trust franchise and opened foodbanks in Narberth, Haverfordwest and Letterston. Pembroke Dock Food Bank opened in 2016 and Neyland in 2020. Letterston was later relocated to Fishguard town. In the spring of 2022 the charity launched Cilrath Acre, a sister project to Pembrokeshire Food Bank, which focused on a regenerative food growing space - connecting people to nature, the land and locally grown food; helping to address food poverty and build community resilience.

### **Pembrokeshire Food Bank**

In Pembrokeshire, during 2022/23, the latest figures show that 5,022 local people received emergency food supplies from Pembrokeshire Foodbank network and that 2,030 of these were children. This number is an increase compared to the 2021/22 period when 4,637 people received emergency food supplies. Pembrokeshire Food Bank and P.A.T.C.H. (an independent foodbank), have actively collaborated with one another when necessary, allowing those in need to redeem food vouchers and access services in any foodbank centre across the county.

A partnership between Trussell Trust, Asda and Tesco have enabled us to access grant funding. Monthly private donations also continue to increase through our 'Handful of Rice' donation scheme. These income sources are essential in securing managerial and administrative capacity, which, year on year, is in greater demand than ever before.

<b>Activity</b>	<b>2022 / 2023</b>
Adults Fed	2851 / 2992
Children Fed	2301 / 2030
Stock received	41,898kg / 36,038kg.
Stock distributed	32,560Kg / 42,444kg.
Volunteers	40 (active) / 60

Each centre opened every week during the year, and each is a credit to the hard work and diligence of the amazing volunteers and donors. Local schools, businesses and churches continued to provide vital support to the Foodbank network. Clients receive a very generous three-day supply of non-perishable, nutritionally balanced food with additional FareShare perishable produce when

available. This intervention resolves the immediate issues of hunger. Clients are also offered support and guidance on where to find further expert help, to try and resolve the contributing issues that created the food crisis. Major supermarkets including Tesco, Morrisons & Asda continued to be significant supporters and donors.

As well as providing emergency food, Pembrokeshire Food Bank provides essentials like toiletries, cleaning and laundry supplies and pet food to individuals who are struggling, as well as signposting them to other services in the local area. Pembrokeshire Foodbank continues partnering with the FareShare Charity. Through this initiative, good food destined for waste is sent to charities and community groups who transform it into nutritious meals. In addition, surplus perishable food can be taken home, free of charge, and no food voucher is required. The food redistributed is fresh, quality and in date surplus from the food industry. Pembrokeshire Food Bank is thankful to many local food shops, growers, as well as Tesco & CO-OP, our main partners, for their ongoing commitment and provision to this scheme. FareShare food is available at all five Food Banks during their opening hours. Our collaboration continues between businesses, Food Banks, and Community Fridges to reduce food waste and support the community. During 2022-23, FareShare perishable food collected totaled 17,021kg, which was distributed through the county via our centres. This equates to 40,526 individual meal portions.

The Trustees are grateful to the Food Bank management team and the amazing band of able volunteers across Pembrokeshire who, week by week, enable people to get access to good quality emergency food supplies.

**Pembrokeshire Food Bank opening times and locations:**

Haverfordwest: Hill Park Baptist Church Tuesdays 10am - 1pm

Narberth: Grace Court House Wednesdays 10am - 1pm

Fishguard: Bethel English Baptist Church Thursdays 10am - 1pm

Pembroke Dock: Bethel Baptist Church Thursdays 10am - 1pm.

Neyland: Bethesda Baptist Church, Tuesdays 10am -1pm

**Cilrath Acre**

In May 2022 a part time 'Project Manager' was employed to steer the project forward towards its objectives, and to hold a particular responsibility regarding funding applications and public engagement. Through social media, local events, and open community days at Cilrath Acre, the project was publicised around the county.

In October 2022 a part time 'Growing and Volunteer Coordinator' was employed to oversee and manage volunteer sessions and develop a growing plan for the following growing season.


Through the autumn and winter months the community growing project quickly attracted volunteers who worked together as an enthusiastic team to build the infrastructure required for the growing project.

During this time a substantial field shelter, essential for team activities and breaks out of the elements, was built.

Through the autumn and winter months volunteers initially focused on completing the setting up of the site infrastructure, which included multiple raised growing beds, pathways, and substantial habitat hedge shelter around the acre.

Some modest levels of growing winter vegetables took place in the polytunnel, and, in early spring, seeds were sown for the beginning of the 2023 growing season in earnest.

Peter Sargent  
Chair of Trustees

 CHARITY COMMISSION FOR ENGLAND AND WALES	ACTS West Wales			1157963		CC16a
	Receipts and payments accounts					
	For the period from	01/04/2022	To	31/03/2023		
Section A Receipts and payments						
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year	
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £	
A1 Receipts						
Donations	66,830	-	-	66,830	29,837	
Grant income	-	49,187	-	49,187	39,693	
Handful of rice	13,863	-	-	13,863	10,671	
Gift aid	-	3,016	-	3,016	1,911	
Interest received	-	1,394	-	1,394	35	
	-	-	-	-	-	
	-	-	-	-	-	
	-	-	-	-	-	
Sub total(Gross income for AR)	80,693	53,597	-	134,290	82,147	
A2 Asset and investment sales, (see table).						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total receipts	80,693	53,597	-	134,290	82,147	
A3 Payments						
Wages and salaries	25,844	33,396	-	59,240	29,267	
Travel	13,210	-	-	13,210	8,267	
Telephone	236	-	-	236	1,188	
Stationery and printing	1,607	-	-	1,607	894	
Subscriptions	422	-	-	422	415	
Insurance	689	-	-	689	572	
Repairs and maintenance	17,945	5,278	-	23,223	1,421	
Operating costs	19,903	28,399	-	48,302	18,668	
Legal and professional fees	-	300	-	300	135	
Sub total	79,856	67,373	-	147,229	60,827	
A4 Asset and investment purchases, (see table)						
	-	-	-	-	11,209	
	-	-	-	-	-	
Sub total	-	-	-	-	11,209	
Total payments	79,856	67,373	-	147,229	72,036	
Net of receipts/(payments)	837	- 13,776	-	- 12,939	10,111	
A5 Transfers between funds	-	-	-	-	-	
A6 Cash funds last year end	54,864	106,750	-	161,614	118,423	
Cash funds this year end	55,701	92,974	-	148,675	128,534	
Section B Statement of assets and liabilities at the end of the period						
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds		
		to nearest £	to nearest £	to nearest £		
B1 Cash funds	Bank account balance	55,701	92,974	-		
		-	-	-		
		-	-	-		
	Total cash funds	55,701	92,974	-		
	(agree balances with receipts and payments account(s))	OK	OK	OK		
		Unrestricted funds	Restricted funds	Endowment funds		



	Details		to nearest £		to nearest £		to nearest £
<b>B2 Other monetary assets</b>			-		-		-
			-		-		-
			-		-		-
			-		-		-
			-		-		-
			-		-		-
	Details		Fund to which asset belongs		Cost (optional)		Current value (optional)
<b>B3 Investment assets</b>					-		-
					-		-
					-		-
					-		-
					-		-
	Details		Fund to which asset belongs		Cost (optional)		Current value (optional)
<b>B4 Assets retained for the charity's own use</b>					-		-
					-		-
					-		-
					-		-
					-		-
					-		-
					-		-
					-		-
	Details		Fund to which liability relates		Amount due (optional)		When due (optional)
<b>B5 Liabilities</b>					-		
					-		
					-		
					-		
					-		
Signed by one or two trustees on behalf of all the trustees							
	Signature		Print Name		Date of approval		