

Acts West Wales Annual Reports 1st April 2024 to 31st March 2025

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 food banks 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

Activity April 2023 to March 2024

Adults fed - 2312 (in 2024 - 2173 adults)

Children fed - 1255 (in 2024 -1241 children)

Volunteers - 60 (active) (in 2024 - 50 volunteers)

Stock received 35,075kg (in 2023 - 35,796kg)

Stock distributed 28,002kg (in 2023 - 32,116kg)

In Pembrokeshire, during 2024/25, the latest figures show that 3567 local people received emergency food supplies from Pembrokeshire Foodbank network and that 1255 of these were children. This number is a increase compared to the 2023/24 period when 3414 people received emergency food supplies. Our stock received figures also reveal a slight drop in donations of 721kg.

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.

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 Food Bank and P.A.T.C.H. (an independent foodbank), have agreed with

one another to allow 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 has enabled us to access some grant funding. This year again, we saw a fall in the number and value of corporate donations, however our monthly private donations through our Hand Full of Rice donation scheme remain strong. These income sources are essential in securing our managerial and administrative capacity which is needed to ensure efficient and smooth running of the large volunteer force which support our network of foodbanks in Pembrokeshire.

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. Major supermarkets including Tesco, Morrisons & Asda continued to be significant supporters and donors, allowing us to collect public donations within their stores via our permanent collection baskets, emptied weekly .

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 however, it is noted that the supply is becoming less and less, as retailers are discounting prices earlier and the take up from the public has increased. Our sister project Cilrath Acre, is now providing additional fruit and vegetables for us.

We collected and redistributed in this reported year 11.3 tons of food (26,905 meal portions) compared to the previous year 2023 when the total food collected was 12.9 tons (30,750 meal portions).

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.

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
Tenby , Deer Park Baptist Church Mondays 11-1pm .

Cilrath Acre Annual Report 2024/25

At the start of the financial year, in March 2024 Cilrath Acre received a Community Land Advisory Service (CLAS) Award from Social Farms & Gardens. The award celebrates projects that effectively used land to tackle environmental challenges and community wellbeing and was great opportunity to showcase Cilrath Acre to organisations and community groups across Wales.

Growing activities were supported by volunteers at our weekly volunteer sessions. A successful season produced a wide range of fruit and vegetables which were enjoyed by volunteers and also supported Pembrokeshire Foodbank. Between March and November 2024 over 574kg of fresh produce was delivered to Pembrokeshire Foodbank, supporting those most in need. This equated to 7,175 portions of fresh food (based on portion calculations from NHS and WHO).

The first of the year's workshops was held in March 2024 with a further 11 workshops held during 2024. Workshops focused on land based skills including willow weaving and fermentation as well as growing focused topics such as composting and biochar. In total 91 people attended workshops held at Cilrath Acre throughout the year.

Cilrath Acre hosted two networking events in collaboration with both Pembrokeshire County Council and PLANED (Pembrokeshire Local Food Partnership). Community engagement events continued to be a successful way to engage the local community in project activities and volunteering opportunities. Cilrath Acre attended the Span Arts Plant sale in May, Narberth Food Festival in September and the Queen's Hall Volunteering Fair in October. Open days were also held to encourage visits and engagement in volunteering activities.

The project continued to run volunteer sessions every Tuesday and Thursday and, over the course of the year, 24 new volunteers attended at least once. In total 48 different people participated in weekly sessions.

In September 2024 the project received a capital grant from Pembrokeshire Local Food Partnership, which supported the purchase of key resources (seeds, compost and tools) to prepare for the 2025 growing season. Towards the end of the 2024 the project secured funding from Pembrokeshire County Council's Enhancing Pembrokeshire Grant which enabled project planning for the new year.

In January 2025 a Lead Grower role was appointed to on a job share basis, working alongside the two existing posts (Volunteer and Learning Coordinator and Project and Partnership Coordinator. The Lead Growers worked with Pembrokeshire Foodbank and Volunteers to develop an ambitious growing plan for 2025. A Workshop Programme was also developed and published ahead of the first planned workshop in April.

Towards the end of the year, in February, Cilrath Acre once again collaborated with Queen's Hall Narberth to deliver a Seed Swap event. This was a popular event attended by 95 people from the local community.



CHARITY COMMISSION
FOR ENGLAND AND WALES

ACTS West Wales Ltd
Consolidated

1157963

Receipts and payments accounts

CC16a

For the period
from

01/04/2024

To

31/03/2025

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					
DONATION	14,385	32,151	-	46,535	35,503
DONATION (TESCO TOP UP)	-	1,583	-	1,583	4,978
GIFT AID TAX	-	2,661	-	2,661	2,823
GRANT (RESTRICTED)	892	63,285	-	64,177	48,926
HANDFUL OF RICE	15,094	-	-	15,094	15,448
INTEREST.	-	3,498	-	3,498	3,942
CHARITABLE ACTIVITIES	- 4,836	-	-	- 4,836	110
Transfer from CA	5,000	-	-	5,000	5,000
Sub total (Gross income for AR)	30,535	103,179	-	133,714	116,730
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,535	103,179	-	133,714	116,730
A3 Payments					
SALARIES	- 270	75,059	-	74,789	71,857
TRAVEL	3,774	6,659	-	10,433	12,699
TELEPHONE.	286	-	-	286	300
STATIONERY	684	806	-	1,491	1,945
SUBSCRIPTIONS	580	-	-	580	848
INSURANCE	845	-	-	845	730
MAINTENANCE	6,374	7,204	-	13,579	23,299
OPERATING COSTS	13,376	6,870	-	20,246	31,841
LEGAL AND PROFESSIONAL	-	-	-	-	2,437
TRANSFER FROM CA TO PFB	5,000	-	-	5,000	5,000
Sub total	30,650	96,599	-	127,249	150,956
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,650	96,599	-	127,249	150,956
Net of receipts/(payments)	- 115	6,580	-	6,465	- 34,226
A5 Transfers between funds	13,372	- 13,372	-	-	-
A6 Cash funds last year end	13,793	80,539	-	94,332	94,332
Cash funds this year end	27,049	73,748	-	100,797	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Epworth Cash Plus Fund 70581017	17,501	68,573	-
	Pembrokeshire FoodBank 51605046	12,004	-	
	Pembrokeshire Food Bank Petty Cash	53	-	
	Cilrath Acre 01625292	- 2,552	5,175	-
	Cilrath Acre Petty Cash	43	-	-
	Total cash funds	27,049	73,748	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

Report to the trustees

ACTS West Wales Ltd

On accounts for the year
ended

31 March 2025

Charity no
(if any)

1157963

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and
basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

5 January 2026

Name:

Lisa Evans

Relevant professional
qualification(s) or body
(if any):

Address:

Unit 3a Narberth Bridge Business Park, Narberth SA67 8RA



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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

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		-	
		-	
		-	
		-	
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Name:

Lisa Evans

Relevant professional
qualification(s) or body
(if any):

Address:

Unit 3a Narberth Bridge Business Park, Narberth SA67 8RA