

CARMARTHENSHIRE CARERS FORUM

England & Wales · Charity number 1159710

Details

Status Registered

Legal form CIO

Registered 2014-12-22

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

Contact

Address Little Deane
Llanwrda
Dyfed
SA19 8HD

Phone 01550 777404

Email sarahisher@btinternet.com

Website www.ccf.wales

Activities

Objects: TO PROMOTE THE RELIEF OF CARERS IN ANY MANNER WHICH NOW OR HEREAFTER MAY BE DEEMED BY LAW TO BE CHARITABLE IN CARMARTHENSHIRE (HEREINAFTER CALLED "THE AREA OF BENEFIT") THE CHARITY SHALL HAVE THE FOLLOWING POWERS EXERCISABLE IN FURTHERANCE OF ITS SAID OBJECT BUT NOT FURTHER OR OTHERWISE, NAMELY; (1) TO PROVIDE AND ASSIST IN THE PROVISION OF INFORMATION, ADVICE AND OFFER OTHER ASSISTANCE TO CARERS. (2) TO ENCOURAGE AND PROVIDE SERVICES FOR THOSE REQUIRING CARE WHICH TAKE ACCOUNT OF THE NEEDS OF CARERS AND IF THOUGHT FIT TO MAKE REASONABLE CHARGES FOR ANY SERVICES PROVIDED HEREUNDER. (3) TO RAISE PUBLIC AWARENESS, PRINCIPALLY IN THE COUNTY OF CARMARTHENSHIRE. (4) TO COMMUNICATE BETWEEN CARERS, POLICY MAKERS AND OTHER SERVICES SUPPORTING CARERS, ENABLING CARERS TO HAVE AN EFFECTIVE VOICE AND AN INFORMED REPRESENTATION IN POLICY MAKING AND SERVICE DEVELOPMENT. (5) TO ENCOURAGE THE EXCHANGE BY CARERS, POLICY MAKERS AND OTHER SERVICES OF USEFUL INFORMATION AND BEST PRACTICE IN CARERS' ISSUES AND PROMOTE AND ENCOURAGE CARERS' GROUPS AND SUPPORT SCHEMES PRINCIPALLY IN CARMARTHENSHIRE. (6) TO PURSUE ANY OTHER CHARITABLE PURPOSE.

Activities: To support Carers in Carmarthenshire in furtherance of their Caring role. To help Carers identify as such so that they can access services effectively. To ensure Carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** IN CARMARTHENSHIRE
- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,882	£7,412	-	-
2024-03-31	£6,262	£11,420	-	-
2023-03-31	£13,221	£18,343	-	-
2022-03-31	£15,626	£14,378	-	-
2021-03-31	£13,274	£7,128	-	-

Trustees

Name	Role	Appointed
Michael Scordellis	Chair	2020-11-12
Carroll Emlyn Jones Nunnerley		2023-03-17
Colleen Deborah Chinnery		2023-03-17
Eva Millar		2020-01-17
Gwenllian Duncombe		2020-01-17
sarah jayne isherwood		2023-03-17

CARMARTHENSHIRE CARERS FORUM

England & Wales - Charity number 1159710

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2024	To	31	03	2025

Section A Reference and administration details

Charity name Carmarthenshire Carers Forum

Other names charity is known by

Registered charity number (if any) 1159710

Charity's principal address

Little Deane
Llanwrda
Carmarthenshire
Postcode SA19 8HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Scordellis	Chairperson		
2	Sarah Jayne Isherwood	Treasurer		
3	Eva Millar	Trustee		
4	Gwenllian Duncombe	Trustee		
5	Colleen Deborah Chinnery	Social Secretary		
6	Carroll Emlyn Jones Nunnerley	Secretary		
7				
8				
9				
10				
11				
12				
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17				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	CIO – Foundation Registered 22 Dec 2014
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

<p>We have representation on the West Wales Regional Partnership Board by our Treasurer Sarah Isherwood</p>

Summary of the objects of the charity set out in its governing document

To support carers in Carmarthenshire in furtherance of their caring role. To help carers identify as such so that they can access services effectively. To ensure carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)


To promote the relief of carers in any manner, which now or hereafter may be deemed by law to be charitable in Carmarthenshire. The charity shall have the following powers exercisable in furtherance of its said object but not further or otherwise, namely: -

1. To provide and assist in the provision of information, advice and offer other assistance to carers.
2. To encourage and provide services for those requiring care which take account of the needs of carers and if thought fit to make reasonable charges for any services provided hereunder.
3. To raise public awareness, principally in the County of Carmarthenshire.
4. To communicate between carers, policy makers and other services supporting carers, enabling carers to have an effective voice and an informed representation in policy making and service development.
5. To encourage the exchange by carers, policy makers and other services of useful information and best practice in carers' issues and promote and encourage carers' groups and support schemes principally in Carmarthenshire.
6. To pursue any other charitable purpose.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Please see below for a Report of Achievements and Performance 24/25 (after the declaration page Section G).

Section E Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of a reduction in funding.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

All income is spent on core objectives.

We pay Carers travel expenses and replacement care costs so that they can attend our meetings.

We maintain a Facebook group to share information and support Carers

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>M Scordellis</i>	
Full name(s)	Carmarthen Carers Forum (Nov 27, 2025, 12:05pm) Mr Michael Scordellis	
Position (eg Secretary, Chair, etc)	Chairperson	
Date	23/10/2025	

Carmarthenshire Carers Forum Report April 2024 - March 2025

Background summary

Carmarthenshire Carers Forum is a friendship group of unpaid carers, engaging and co-producing with stakeholders at ground level. This Carers Group is run by unpaid carers for unpaid carers and works collaboratively with other carer organisations to enhance health and well-being. Providing opportunities for carers to improve skills, and confidence in recognizing their own well-being needs. We are actively working towards sustaining the lives of unpaid carers, by regularly providing a variety of events, coffee mornings and a quarterly newsletter.

This project provides opportunities for unpaid carers to maintain their well-being and access a break from their caring role. This project aligns to the Carers Regional Strategy Priority 2: Ensure a range of services are available to support the well-being of Carers, in their life alongside caring and RIF Model of Care 3; promoting good emotional health and wellbeing. Supporting carers to take control over their lives and their wellbeing, and to support people to achieve improved skills, knowledge, and confidence to be independent in identifying their own wellbeing needs.

Achievements and Performance

Over the past 12 months we have held a number of successfully attended coffee mornings throughout Carmarthenshire, in addition to this we had two County Wide Events, one at the Burns Foundation, Kidwelly and one at The Plough, Rhosmaen. These events have benefitted many unpaid carers, and a small number of ex-carers and cared for. We have also produced 3 newsletters over the past 12 months, which have reached over 500 carers some of which are digitally excluded.

One of the high lights of 2024 was our Carmarthenshire Carer Forum Autumn County Wide Event at The Plough, Rhosmaen in Llandeilo on 24th October. This was a high- quality venue with excellent hospitality and accessible facilities. We had 81 guests, 65 of which were carers. With tea and coffee available on arrival and an opportunity for carers to talk to other carers and professionals. An agenda was provided to everyone together with a list of the various organisations in attendance, information from the guest speakers and a carer survey.

Our Chairperson, Michael Scordellis welcomed everyone and introduced our first guest speakers Edward Friend and Wendy MacArthur from Carreg Law who provided an impressive talk on the importance of using a solicitor for legal matters, and gave an overview of Powers of Attorney and a brief outline of Deputyship orders and Wills. Lunch was informal with a hot buffet of a wide selection of savoury and sweet items, dietary requirements were also catered for (pre-ordered) further opportunities to speak to fellow carers and professionals were available during the extended lunch break.

The afternoon session was led by our second speaker Catrin Billington from the Hywel Dda Be Well Service who provided a presentation of the programme being co-produced with Carmarthenshire Carers Forum '12LAM Introduction to Looking after Me for Carers ' Well -being programme specifically for carers, to enable them to take better care of themselves and sustain their caring role, this is ongoing and we will continue to help co-produce this programme into 2025.

To close we had a free raffle with a wide range of raffle prizes and we encouraged carers to complete the carer surveys on the table. Of the 33 surveys completed 100% rated the event good or excellent. In addition to this, 100% rated maintaining and/or improvements in health and well-being as good or excellent.

What carers reportedly liked best at the event were the informative speakers, the wide range of information stands, the excellent venue, good food, friendly atmosphere and seeing friends. There was not much about the event that the carers didn't like, although one carer pointed out the sound system could have been better.

From the surveys completed, carers described how the event benefitted them, key themes identified include; a break from their caring role and a change from everyday life, meeting and seeing friends old and new, building self-confidence by sharing experiences, reducing isolation and getting good quality information. Other benefits highlighted in the surveys; a relaxed friendly atmosphere, meeting other carers being in the same or similar situations, useful for networking and good that Carmarthenshire Carers Forum arrange events all around Carmarthenshire and not in the same location.

Conclusion

To conclude Carmarthenshire Carers Forum has met the objectives to support carers in furtherance of their caring role. Reportedly improving the well-being of some unpaid carers, reducing isolation, maintaining friendships and increasing knowledge and self-esteem to enhance their caring role.

We continue to reach out to help unpaid carers identify themselves as unpaid carers and enable them to access services effectively, and understand the various systems of support available to them. Carers need to be acknowledged for the important part they play in improving services, carers voices need to be heard as their feedback is of great value and is used to plan for future services and events. We are constantly reviewing our service and sustainability, we foster interaction and take note of what carers want, eg more and regular events, varied events, informative speakers. We help them with socialisation and to feel empowered.

We will continue to ask for feedback from our events as carers like to be involved in co-producing services. The longevity of this service would provide renewed energy and help towards the sustainability of unpaid carers.

Future aspirations - We would like to continue with our coffee mornings and County Wide Events over the course of the next year at various locations in Carmarthenshire subject to funding. This will provide carers with the opportunity to speak with other carers about their experiences, make new friends and have a break from their caring role. We will continue with the newsletters which provide information about community events and useful information from various organisations and is a way of keeping in touch with those unable to attend events, and provide reassurance they are not on their own.

Summary of 2024/25 Events

Quantitative Data –

Over 500 carers received our newsletter (emailed and posted)– resulting in over 500 unpaid carers having access to the forum. Not all attended the events mostly due to caring commitments, however, the newsletter was well received and reportedly a useful tool to help keep in contact with carers.

217 people total number who accessed events
6 events - Total number of events (April 24- March 25)

St Elli's Bay coffee morning(16.5.24) 22 carers
County Wide Forum at Burns, Kidwelly - County Wide Event (4.7.24) 53 carers
Elim Gateway, Ammanford Church – coffee morning (22.8.24) 18 carers
Café Ceirw, Gelli Aur, Llandeilo – coffee morning (27.9.25) 24 carers
The Plough, Llandeilo - County Wide Event (24.10.24) 65 carers
Living Well Centre, Carmarthen - coffee morning(20.3.25) 35 carers

Qualitative Data – (surveys completed at the County Wide Event, The Plough, Rhosmaen)

From those who completed our surveys at the county wide event 100% of people reported a good or excellent service.

Outcomes Data –

100% of carers reported that accessing the support had increased their wellbeing alongside their caring role.

48% of carers reported that accessing the support has increased their skills knowledge and confidence to independently manage their wellbeing alongside the caring role.

100% reported that accessing the service has reduced their feeling of isolation.

64% Of those carers who accessed the service alongside the person they care for, reported that accessing the service enhanced their caring relationship.



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Parties involved with this document

Document processed	Party + Fingerprint
Thu, 27th Nov 2025 12:05:52 GMT	Carmarthen Carers Forum - Signer (c2c18f59f69b5094a057a4aec6917043)

Audit history log

Date	Action
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum	1159710
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Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	-	-	-	-	2,500
National Grid	-	-	-	-	3,600
Funding	1,582	-	-	1,582	-
Donations	100	-	-	100	162
Grant	200	-	-	200	510
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,882	-	-	1,882	6,772
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,882	-	-	1,882	6,772
A3 Payments					
General Fund	7,412	-	-	7,412	11,420
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	7,412	-	-	7,412	11,420
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,412	-	-	7,412	11,420
Net of receipts/(payments)	5,530	-	-	5,530	5,158
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,846	-	-	6,846	12,004
Cash funds this year end	1,316	-	-	1,316	6,846

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	HSBC Account	1,316	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	1,316	-	-
	OK	OK	OK	

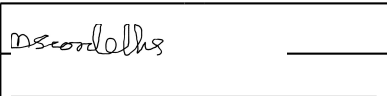
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B4 Assets retained for the charity's own use	07/12/2020 HP Computer		700	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Mr Michael Scordellis Chairperson	23/10/2025



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CARMARTHENSHIRE CARERS FORUM

England & Wales - Charity number 1159710

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2023	To	31	03	2024

Section A Reference and administration details

Charity name Carmarthenshire Carers Forum

Other names charity is known by

Registered charity number (if any) 1159710

Charity's principal address

Little Deane
Llanwrda
Carmarthenshire
Postcode SA19 8HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Scordellis	Chairperson		
2	Sarah Jayne Isherwood	Treasurer		
3	Eva Millar	Trustee		
4	Gwenllian Duncombe	Trustee		
5	Colleen Deborah Chinnery	Social Secretary		
6	Carroll Emlyn Jones Nunnerley	Secretary		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	CIO – Foundation Registered 22 Dec 2014
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

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Summary of the objects of the charity set out in its governing document

To support carers in Carmarthenshire in furtherance of their caring role. To help carers identify as such so that they can access services effectively. To ensure carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote the relief of carers in any manner, which now or hereafter may be deemed by law to be charitable in Carmarthenshire. The charity shall have the following powers exercisable in furtherance of its said object but not further or otherwise, namely: -

1. To provide and assist in the provision of information, advice and offer other assistance to carers.
2. To encourage and provide services for those requiring care which take account of the needs of carers and if thought fit to make reasonable charges for any services provided hereunder.
3. To raise public awareness, principally in the County of Carmarthenshire.
4. To communicate between carers, policy makers and other services supporting carers, enabling carers to have an effective voice and an informed representation in policy making and service development.
5. To encourage the exchange by carers, policy makers and other services of useful information and best practice in carers' issues and promote and encourage carers' groups and support schemes principally in Carmarthenshire.
6. To pursue any other charitable purpose.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

Please read Carmarthenshire Carers Forum Report 2023-24 attached below after the signature page.

Section E Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of a reduction in funding.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

All income is spent on core objectives.

We pay Carers travel expenses and replacement care costs so that they can attend our meetings.

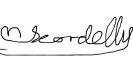
We maintain a Facebook group to share information and support Carers

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Michael Scordellis	
Position (eg Secretary, Chair, etc)	Chairperson	
Date	13/01/2025	

Carmarthenshire Carers Forum Report 2023-24

Background summary

Carmarthenshire Carers Forum is a friendship group of unpaid carers, engaging and co-producing with stakeholders at ground level. This Carers Group is run by unpaid carers for unpaid carers and works collaboratively with other care organisations to enhance health and well-being, providing opportunities for carers to improve skills and confidence in recognising their own well-being needs. We are actively working towards sustaining the lives of unpaid carers by regularly providing a variety of events, coffee mornings and a quarterly newsletter.

This project provides opportunities for unpaid carers to maintain their well-being and access a break from their caring role. This project aligns to the Carers Regional Strategy Priority 2: Ensure a range of services are available to support the well-being of Carers, in their life alongside caring and RIF Model of Care 3; promoting good emotional health and well-being. Supporting carers to take control over their lives and their well-being, and to support people to achieve improved skills, knowledge and confidence to be independent in identifying their own well-being needs.

Achievements and Performance

Over the past 12 months we have held a number of successfully attended coffee mornings and County Wide Events spread over the County of Carmarthenshire. These events have benefitted many unpaid carers and a small number of ex-carers and cared for. We have also produced 5 newsletters over the past 12 months.

We have hosted 3 County Wide Events spread over the year held at various locations in Carmarthenshire. We hosted events in high standard venues, with good quality catering, a wide range of professional information stands and guest speakers providing information and guidance to unpaid carers. The events also provided carers with the opportunity to speak with other carers about their experiences, make new friends and have a break from their caring role. The newsletters provided information about events and useful information from various organisations and a way of keeping in touch with those unable to attend events.

Surveys completed at our events reported improved health and well-being, and some indicated an increase in self-esteem and confidence with carrying out their caring role with knowledge gained from peers and professionals, the majority also reported reduced feelings of isolation and loneliness, due to meeting other carers and being able to converse in a safe and friendly environment. Many are grateful for opportunities to voice their concerns and ask questions about services in a safe and empathetic environment. At our events carers are being provided with up to date and accurate information from various local and national organisations. highlighting the services available to unpaid carers.

Some members of the forum have been working in collaboration with other organisations such as NHS to help gain an understanding of what carers would like to see in a well-being program specifically for carers, to enable them to take better care of themselves and sustain their caring role. This is ongoing and we will continue to help co-produce this program into 2025.

Conclusion

To conclude, Carmarthenshire Carers Forum has met the objectives to support carers in furtherance of their caring role. Reportedly improving the well-being of some unpaid carers, reducing isolation, maintaining friendships, and increasing knowledge and self-esteem to enhance their caring role.

We continue to reach out to help unpaid carers identify themselves as unpaid carers and enable them to access services effectively and understand the various systems of support available to them.

Carers need to be acknowledged for the important part they play in improving services, carers voices need to be heard as their feedback is of great value and is used to plan for future services and events. We are constantly reviewing our service and sustainability, we foster interaction and take note of what carers want, e.g. more and regular events, varied events, informative speakers. We help them with socialisation and to feel empowered.

We will continue to ask for feedback from our events as carers like to be involved in co-producing services. The longevity of this service would provide renewed energy and help towards the sustainability of unpaid carers.

Quantitative Data –

Over 400 carers received our newsletter (emailed and posted) – resulting in over 400 unpaid carers having access to the forum. Not all attended the events mostly due to caring commitments, however, the newsletter was well received and reportedly a useful tool to help keep in contact with carers.

261 people total number who accessed events
8 events - Total number of events (April 23- March 24)

Parc Y Scarlets, Llanelli - County Wide Event (27.4.23) 55
County Wide Forum at Burns, Kidwelly - County Wide Event (21.9.23) 50
Ty Dyffryn, Ammanford – coffee morning (19.10.23) 14
Ivy Bush, Carmarthen - coffee morning (16.11.23) 16
The Plough, Llandeilo - coffee morning (11.12.23) 18
Botanical Gardens, Llanarthne - County Wide Forum (2.1.24) 71
Adventure Evening with Mike Giles, Ammanford (17.2.24) 25
Ty Dyffryn, Ammanford - coffee morning (14.3.24) 12

Qualitative Data – (surveys completed at the County Wide Event at the National Botanical Gardens of Wales 25.1.24)

From those who completed our surveys at the county wide event 96% of people reported a good or excellent service.

Outcomes Data –

96% of carers reported that accessing the support had increased their wellbeing alongside their caring role.

48% of carers reported that accessing the support has increased their skills knowledge and confidence to independently manage their wellbeing alongside the caring role.

96% reported that accessing the service has reduced their feeling of isolation.

64% of those carers who accessed the service alongside the person they care for, reported that accessing the service enhanced their caring relationship.



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CHARITY COMMISSION
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum

1159710

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	2,500	-	-	2,500	10,840
National Grid	3,600	-	-	3,600	-
Pembrokeshire Association	-	-	-	-	1,775
Donations	162	-	-	162	96
Local Giving	-	-	-	-	510
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,262	-	-	6,262	13,221
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,262	-	-	6,262	13,221
A3 Payments					
General Fund	11,420	-	-	11,420	18,343
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	11,420	-	-	11,420	18,343
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,420	-	-	11,420	18,343
Net of receipts/(payments)	5,158	-	-	5,158	5,122
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,004	-	-	12,004	17,126
Cash funds this year end	6,846	-	-	6,846	12,004

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	HSBC Account	6,846	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	6,846	-	-
	OK	OK	OK	

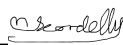
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B4 Assets retained for the charity's own use	07/12/2020 HP Computer		700	420
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Mr Michael Scordellis Chairperson	13/01/2025
Carmarthen Carers Forum (Tue, 14th Jan 2025 13:29:30 GMT)		



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CARMARTHENSHIRE CARERS FORUM

England & Wales - Charity number 1159710

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2022	To	31	03	2023

Section A Reference and administration details

Charity name Carmarthenshire Carers Forum

Other names charity is known by

Registered charity number (if any) 1159710

Charity's principal address Little Deane

Llanwrda

Carmarthenshire

Postcode

SA19 8HD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Michael Scordellis	Chairperson		
2	Sarah Jayne Isherwood	Treasurer		
3	Eva Millar	Trustee		
4	Gwenllian Duncombe	Trustee		
5	Colleen Deborah Chinnery	Social Secretary		
6	Carroll Emlyn Jones Nunnerley	Secretary		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO – Foundation Registered 22 Dec 2014
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To support carers in Carmarthenshire in furtherance of their caring role. To help carers identify as such so that they can access services effectively. To ensure carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote the relief of carers in any manner, which now or hereafter may be deemed by law to be charitable in Carmarthenshire. The charity shall have the following powers exercisable in furtherance of its said object but not further or otherwise, namely: -

1. To provide and assist in the provision of information, advice and offer other assistance to carers.
2. To encourage and provide services for those requiring care which take account of the needs of carers and if thought fit to make reasonable charges for any services provided hereunder.
3. To raise public awareness, principally in the County of Carmarthenshire.
4. To communicate between carers, policy makers and other services supporting carers, enabling carers to have an effective voice and an informed representation in policy making and service development.
5. To encourage the exchange by carers, policy makers and other services of useful information and best practice in carers' issues and promote and encourage carers' groups and support schemes principally in Carmarthenshire.
6. To pursue any other charitable purpose.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Please read Newsletter Spring 2023 attached below after the signature page.

Section E Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of a reduction in funding.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We have a contract with Carmarthenshire County Council for which we receive £5000.00

All income is spent on core objectives.

We pay Carers travel expenses and replacement care costs so that they can attend our meetings.

We maintain a Facebook group to share information and support Carers

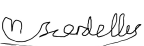
Section F Other optional information

--

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Michael Scordellis (Jan 24, 2024, 5:16pm) Mr Michael Scordellis	
Position (eg Secretary, Chair, etc)	Chairperson	
Date	09/01/2024	

The Voice of Carers

Newsletter Spring 2023





Announcement

The trustees of Carmarthenshire Carers Forum regret to inform you that due to ill health Mr Ken Jones will be standing down as Chair of Carmarthenshire Carers Forum with immediate effect. Sadly, this will be before the occasion of his 75th birthday at the end of 2023 as he had previously hoped.

We hope you will join with us to rejoice in the work Ken has done with and for Carers in Carmarthenshire and wish him well on his road to recovery. We would also like to send our best wishes to Paul Benson our previous Treasurer, unfortunately he has also had to step down too due to ongoing health issues.

In addition to our new Chair Michael Scordellis and existing trustees and board members Gwenllian Duncombe and Eva Millar we have recruited three new trustees. Myself Sarah Isherwood who will be presuming the role of Treasurer, Carroll Nunnerley as Secretary and our new Social Secretary Colleen Chinnery who will be the contact for our April event. For details and your invitation to the our County Wide Event please see point 3 of the newsletter.

We hope you can join us and together we can continue the incredible success of Carmarthenshire Carers Forum into the future.



INTRODUCTION

1. Welcome everyone to the Spring Issue of our newsletter.
2. The Trustees of Carmarthenshire Carers Forum (CCF) are delighted to report another good attendance at our latest Christmas County Wide Forum at Parc y Scarlet on 15th December (10.15 – 2.30) despite adverse weather conditions, and difficulty confirming with members about the event, the event went ahead and the number in attendance was 42. Michael Scordellis welcomed everyone, including, our highly regarded guest speaker Dr Phil Kloer, Executive Medical Director/Deputy Chief Executive of Hywel Dda University Health Board and he was very well received. We had a free raffle and a 3 course Lunch. Dr Phil Kloer gave an update on the Health Board proposal “Social model of health and well-being” He stayed for lunch, and made himself fully accessible to our members, answering their questions.
3. It gives us great pleasure to cordially invite you to our County Wide Forum and 3 course lunch next month on Thursday 27th April at Parc Y Scarlets from 10.30-2.30pm (Doors open at 10am). We hope as many of you as possible can attend. Please contact Colleen Chinnery Social Secretary to reserve your place and provide any dietary or accessibility requirements. Email: colleen.chinnery@hotmail.co.uk or Tel/Text 07832 997565. All seats need to be booked in advance.

Other items covered in this newsletter, Trustees Emergency Meetings, Moving Forward, Message from the Treasurer.

Trustees Emergency Meetings

There have been two recent emergency meetings to discuss the future of Carmarthenshire Carers Forum. New trustees and committee members have been appointed.

We are all in agreement that we wish to continue the good work of Carmarthenshire Forum as we feel this is a very much needed and much regarded friendship group.

Forward Planning

Our main objectives are:

- CCF should remain essentially a Friendship group focusing on the health and wellbeing of unpaid Carers
- We will continue to include some ex-carers and cared for at our events
- We should continue with our Reach and Impact policy. This involves reaching Unpaid and ex Carers and some cared for through our activities – listening to our members experience and problems – and making an impact by bringing concerns to the attention of those in authority. We will endeavour to be represented on several public bodies.



- We will continue to provide our current range of services, including locally based coffee mornings, buffet lunches, small local meetings and county wide Forums.
- We will be arranging local events for our members nearest to their home addresses in places such as Llanelli, Ammanford, Llandeilo, Llandovery, Pembrey, Carmarthen, Pontyberem, Cross Hands and St Clears.
- Our members from across Carmarthenshire will be invited to our County Forums where generally we have a guest speaker, free raffle, and a 2 or 3 course lunch at a high-quality venue. Trustees are of the view that we should limit County wide Forums to three or four per year and concentrate more on local events. This would be more cost effective and attract even greater numbers.
- We also hope to invite a number of special guests to join us to use the event to understand the perspective of unpaid Carers, ex Carers and some cared for who will be in attendance.
- We will continue to produce our popular newsletter
- Operating without a website will continue to be our policy. In the last two years, we have near tripled our memberships without a website, utilising our locally based reach policy in contacting unpaid Carers in different communities.
- Maintaining a presence on Facebook will continue.



- As an independent charity essentially run by unpaid Carers for Carers, we will continue to actively fundraise to fund our activities with some grateful help from Carmarthenshire County Council.
- For us at CCF we aim to provide a range of activities and events for our members to look forward to. We want to help enhance wellbeing and quality of life. Carers make the sacrifices they make, but our lives are for living not merely existing.
- We are currently looking for someone to help with funding applications and to help co-produce future newsletters. Please contact myself Sarah Isherwood or Michael Scordellis if you are interested in either a volunteer role or to register your interest in paid employment (if or when we can secure funding for this). Please find our contact details in the footnote.

A PERSONAL MESSAGE FROM THE TREASURER

As a carer myself I understand the importance and value of shared experience, myself and other trustees would like to continue to provide the opportunities to support each other and create valuable friendships at future Carmarthenshire Carers Forum Events.

As mentioned earlier, Ken Jones regrettably had to step down from his role as Chair, Michael Scordellis has courageously taken on the role of our new Chairperson.

We are so grateful to Ken for his relentless commitment to Carers in Carmarthenshire. He carried out these selfless duties whilst caring for his wife and undertaking several Welsh Government Ministerial appointments as well as being Chair of Carmarthenshire Health Board. Carmarthenshire Carer's Forum has gone from strength to strength and this would never have been achieved without Ken's dedication or the help of his daughter Debbie. We thank them both for their resolute hardwork and steadfastness.

We are also grateful to Michael Scordellis for his continuous commitment and our Previous Treasurer Paul Benson who too has recently stepped down due to ill health and we wish him well. We thank all our members for their patience and understanding, whilst myself and our new committee members find our feet. I'd like finish by echoing Ken's words "We'd love your help, to help us to take things forward".

Kindest Regards

Sarah Isherwood - Treasurer of Carmarthenshire Carers Forum.



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CHARITY COMMISSION
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum 1159710

Receipts and payments accounts

CC16a

For the period from 01/04/2022 To 31/03/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	10,840	-	-	10,840	10,000
Pembrokeshire Association	1,775	-	-	1,775	5,000
Donations	96	-	-	96	626
Covid 19 Support Fund	-	-	-	-	-
Local Giving	510	-	-	510	-
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	13,221	-	-	13,221	15,626
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,221	-	-	13,221	15,626
A3 Payments					
General Fund	18,343	-	-	18,343	14,378
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,343	-	-	18,343	14,378
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,343	-	-	18,343	14,378
Net of receipts/(payments)	5,122	-	-	5,122	1,249
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,126	-	-	17,126	15,877
Cash funds this year end	12,004	-	-	12,004	17,126

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	HSBC Account	12,004	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	12,004	-	-
	OK	OK	OK	

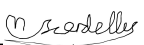
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B4 Assets retained for the charity's own use	07/12/2020 HP Computer		700	420
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
 Michael Scordellis (Jan 24, 2024, 5:16pm)	Mr Michael Scordellis Chairperson	09/01/2024



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Tue, 9th Jan 2024 11:23:55 UTC	Envelope generated by Danah Faustino (217.33.55.1)

CARMARTHENSHIRE CARERS FORUM

England & Wales - Charity number 1159710

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	04	2021	To	31	03	2022

Section A Reference and administration details

Charity name Carmarthenshire Carers Forum

Other names charity is known by

Registered charity number (if any) 1159710

Charity's principal address Maes Y Machlyd

Llanybri

Carmarthen

Postcode

SA33 5HJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kenneth Jones			
2	Paul Michael Benson			
3	Eva Millar			
4	Gwenllian Duncombe			
5	Michael Scordellis			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO – Foundation Registered 22 Dec 2014
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To support carers in Carmarthenshire in furtherance of their caring role. To help carers identify as such so that they can access services effectively. To ensure carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote the relief of carers in any manner, which now or hereafter may be deemed by law to be charitable in Carmarthenshire. The charity shall have the following powers exercisable in furtherance of its said object but not further or otherwise, namely: -

1. To provide and assist in the provision of information, advice and offer other assistance to carers.
2. To encourage and provide services for those requiring care which take account of the needs of carers and if thought fit to make reasonable charges for any services provided hereunder.
3. To raise public awareness, principally in the County of Carmarthenshire.
4. To communicate between carers, policy makers and other services supporting carers, enabling carers to have an effective voice and an informed representation in policy making and service development.
5. To encourage the exchange by carers, policy makers and other services of useful information and best practice in carers' issues and promote and encourage carers' groups and support schemes principally in Carmarthenshire.
6. To pursue any other charitable purpose.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

21/22 has seen the Forum go from strength to strength. Our strategy of reach and impact has both increased our membership and impacted our decision makers. Our newsletter has been upgraded to make it look more professional and accessible.

We have increased our membership especially in the East Carmarthenshire area through not only delivering our newsletters, so we have face to face contact with our readers, but by asking for referrals because carers know other carers as relatives and neighbours. This also impacts their mental health as they have someone to talk to who understands them.

Likewise, the number of our informal small coffee morning events of 10 to 20 people have increased giving local people the chance to meet likeminded people whose experience may help them in their dilemmas. This again helps their mental health.

Finally, our countywide forums have been extremely successful where high ranking members of the social services and Health Authorities have spoken to us and subsequently taken questions. The speakers have found it most instructive to talk to those on the coal face so to speak rather than those paid to report to them. Likewise, the carers find it therapeutic to know they are not alone in their experience but also that the decision makers are listening to them.

We continue to be on various committees and forums of 3rd sector parties and relevant charities where we can have an impact.

Section E Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of a reduction in funding.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We have a contract with Carmarthenshire County Council for which we receive £5000.00

All income is spent on core objectives.

We pay Carers travel expenses and replacement care costs so that they can attend our meetings.

We maintain a website and a Facebook group to share information and support Carers


Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Michael Scordellis	
Position (eg Secretary, Chair, etc)		
Date	26/01/2023	



Issuer TaxAssist Accountants

Document generated Thu, 26th Jan 2023 15:21:50 UTC

Document fingerprint be994650a1be5207b47c09760fc4ca83

Parties involved with this document

Document processed	Party + Fingerprint
Thu, 26th Jan 2023 16:04:16 UTC	Carmarthen Carers Forum - Signer (22b14f9085240c323f6452662f1cef37)

Audit history log

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Thu, 26th Jan 2023 15:21:50 UTC	Envelope generated by Gary Curwood (217.33.55.1)



CHARITY COMMISSION
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum 1159710

Receipts and payments accounts

CC16a

For the period from 01/04/2021 To 31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	10,000	-	-	10,000	11,202
Pembrokeshire Association	5,000	-	-	5,000	-
Donations	626	-	-	626	1,100
Covid 19 Support Fund	-	-	-	-	930
Local Giving	-	-	-	-	36
Other	-	-	-	-	6
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,626	-	-	15,626	13,274
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,626	-	-	15,626	13,274
A3 Payments					
General Fund	14,378	-	-	14,378	6,428
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	14,378	-	-	14,378	6,428
A4 Asset and investment purchases, (see table)					
	-	-	-	-	700
	-	-	-	-	-
Sub total	-	-	-	-	700
Total payments	14,378	-	-	14,378	7,128
Net of receipts/(payments)	1,249	-	-	1,249	6,146
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	15,877	-	-	15,877	9,731
Cash funds this year end	17,126	-	-	17,126	15,877

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	HSBC Account	17,126	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	17,126	-	-
	OK	OK	OK	


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value
B4 Assets retained for the charity's own use	07/12/2020 HP Computer		700	560
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Mr Michael Scordellis	26/01/2023
Carmarthen Carers Forum (Jan 26, 2023, 4:04pm)		



Issuer TaxAssist Accountants

Document generated Thu, 26th Jan 2023 15:21:50 UTC

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Parties involved with this document

Document processed	Party + Fingerprint
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Audit history log

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Thu, 26th Jan 2023 15:21:50 UTC	Envelope generated by Gary Curwood (217.33.55.1)

Accounts



Trustees' Annual Report for the period

Period start date		Period end date					
From	01	04	2020	To	31	03	2021

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Kenneth Jones			
2	Paul Michael Benson			
3	Eva Millar			
4	Gwenllian Duncombe			
5	Michael Scordellis		Appointed 12/11/2020	
6				
7				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	CIO - Founder Registered 22 Dec 2014
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed by Trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To support carers in Carmarthenshire in furtherance of their caring role. To help carers identify as such so that they can access services effectively. To ensure carers understand the various systems of support that are available and to help them make informed decisions regarding the available choices. To foster interaction, socialisation, empowerment and understanding.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote the relief of carers in any manner, which now or hereafter may be deemed by law to be charitable in Carmarthenshire. The charity shall have the following powers exercisable in furtherance of its said object but not further or otherwise, namely: -

1. To provide and assist in the provision of information, advice and offer other assistance to carers.
2. To encourage and provide services for those requiring care which take account of the needs of carers and if thought fit to make reasonable charges for any services provided hereunder.
3. To raise public awareness, principally in the County of Carmarthenshire.
4. To communicate between carers, policy makers and other services supporting carers, enabling carers to have an effective voice and an informed representation in policy making and service development.
5. To encourage the exchange by carers, policy makers and other **services of useful information and best practice in carers' issues and promote and encourage carers' groups and support schemes** principally in Carmarthenshire.
6. To pursue any other charitable purpose.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

While the Covid pandemic has made this a challenging year, we have made considerable progress in nearly doubling our database.

Our regular newsletters have been much praised, as well as maintaining telephone contact with many of our members.

Wherever possible we have engaged in face to face events when Covid regulations have allowed.

As mentioned above, we have developed our reach out impact strategy by reaching growing numbers of carers and supporting bereaved carers, as well as making an impact by bringing the needs of carers to the attention of public bodies. We now have a place on important NHS and Local Authority Committees and Boards representing the needs of carers.

Section E

Financial review

Brief statement of the charity's policy on reserves

Keep reserves against the possibility of a reduction in funding.

Details of any funds materially in deficit

N/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We have a contract with Carmarthenshire County Council for which we receive £5000.00

All income is spent on core objectives.

We pay Carers travel expenses and replacement care costs so that they can attend our meetings.

We maintain a website and a Facebook group to share information and support Carers

Section F

Other optional information

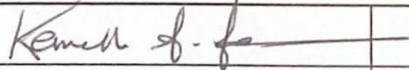
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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Kenneth Jones	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	27/01/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum 1159710

Receipts and payments accounts

CC16a

For the period from	01/04/2020	To	31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	11,202	-	-	11,202	15,610
Donations	1,100	-	-	1,100	-
Carms Volunteer Services Covid 19 support fund	930	-	-	930	-
Local Giving	36	-	-	36	61
Other	6	-	-	6	57
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	13,274	-	-	13,274	15,727
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,274	-	-	13,274	15,727
A3 Payments					
General Fund	6,428	-	-	6,428	7,060
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,428	-	-	6,428	7,060
A4 Asset and investment purchases, (see table)					
	700	-	-	700	-
	-	-	-	-	-
Sub total	700	-	-	700	-
Total payments	7,128	-	-	7,128	7,060
Net of receipts/(payments)	6,146	-	-	6,146	8,668
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	9,731	-	-	9,731	1,063
Cash funds this year end	15,877	-	-	15,877	9,731

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	HSBC Account	15,877	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	15,877	-	-

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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	07/12/2020 HP Computer		700	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Mr Kenneth Jones	27/01/2022