



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		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		
7				
8				
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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

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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

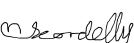
Section F Other optional information

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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Parties involved with this document

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Date	Action
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Tue, 14th Jan 2025 10:04:08 GMT	Carmarthen Carers Forum viewed the envelope (31.94.38.206)
Mon, 13th Jan 2025 22:39:06 GMT	Document emailed to party email (18.134.147.59)
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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

Section A Receipts and payments

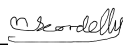
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Carmarthenshire County Council	2,500	-	-	2,500	10,840
National Grid	3,600	-	-	3,600	-
Pembrokeshire Association	-	-	-	-	1,775
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	6,846	-	-
	(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
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value
	07/12/2020 HP Computer		700	420
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

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

Signature


 Carmarthen Carers Forum (Tue, 14th Jan 2025 13:20:30 GMT)

Print Name

Mr Michael Scordellis
 Chairperson

Date of approval

13/01/2025



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