



## Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2024		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				
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

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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.

We have representation on the West Wales Regional Partnership Board by our Treasurer Sarah Isherwood

**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)**

*mscordellis*

**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 24<sup>th</sup> 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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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Carmarthenshire Carers Forum

1159710

Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/04/2024

To

Period end date  
31/03/2025

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

## 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 £
<b>B1 Cash funds</b>	HSBC Account	1,316	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	1,316	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value
	07/12/2020 HP Computer		700	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

Signature



Print Name

Mr Michael Scordellis  
Chairperson

Date of approval

23/10/2025

Campanian Carers Forum (Nov 27, 2025, 12:05pm)



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