

Charity number: 1161235

**Hope Trust Cardiff
(A Charitable Incorporated Organisation)**

**Trustees' report and financial statements
for the year ended 31 March 2023**

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Hope Trust Cardiff
(A Charitable Incorporated Organisation)

Legal and administrative information

Charity number 1161235

Registered office Glenwood Church
Circle Way West
Llanedeyrn
Cardiff
CF23 6UW

Trustees Paul Francis (Chair)
Rachel Treseder
Jillian Jamieson (resigned 23rd May 2022)
Hannah Westwell (appointed 23rd May 2022)

Bankers Co-operative Bank

Independent Examiner Clive Evans
Evans Consulting
52 Hastings Crescent
Old St Mellons
Cardiff
CF3 5ET

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31st March 2023

The Trustees have pleasure in submitting the Report and Accounts for the year to 31st March 2023

Structure, Governance and Management
Nature of organization

HOPE Trust Cardiff Charitable Incorporated Organisation is a registered with the Charity Commissions of England and Wales (Registration Number 1161235) in April 2015:

HOPE Trust Cardiff CIO is the social action charity for Glenwood Church Faith Community. Our aim is to promote social inclusion in Cardiff for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are, and assisting them to integrate back into society.

Currently HOPE Trust Cardiff CIO is the umbrella organisation for three projects. Hope St Mellons joined HOPE Trust in June 2019.

- The Junction which independently runs support for any form of baby loss or crisis pregnancy.
- TAVS which aims to engage, support and empower people in Cardiff addressing issues arising from homelessness, addiction and promoting mental health awareness and/or isolation.
- Hope St Mellons are committed to working with children, young people and families to:
Benefit and improve wellbeing;
Strengthen and develop community;
Grow opportunities for occupation and social enterprise.

Current projects include: The Step Out Fund Scholarship Programme, Forest School, Emotional Literacy Support, and Parent Support Groups.

The team is led by local staff and volunteers and we are passionate about serving St Mellons.

Appointment of Trustees

Initial Trustees we appointed in agreement with the leadership team of Glenwood Church at the time, which is led by Paul Francis. Those Trustees were Paul Francis (chair), Jill Jamieson, Barry McKeever, Nkini Pulei and Rachel Treseder appointed in July 2014, and Barry McKeever, Jill Jamieson and Nkini Pulei have since stood down. Hannah Westwell became a Trustee on 23rd May 2022.

Income

All Trustees give their time voluntarily and receive no benefits from the charity for acting as a Trustee.

HOPE Trust Cardiff CIO relies on support from Glenwood Church, voluntary contributions and funding applications.

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Risk Management

The Trustees have reviewed the risks to which a small charity operating with few employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Organisational Structure

The Trustees are legally responsible for the CIO. The Trustees meet at least three times annually. They are also responsible to the Glenwood Church leaders. A few from Glenwood Church leadership team are trustees which allows for good cross working between Glenwood Church and HOPE Trust Cardiff CIO.

Responsibilities of the Trustees

Charity law requires the Trustees to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year.

We are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Our Aims and Objectives

To promote social inclusion in Cardiff for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

For the public benefit, to promote the mental health and well-being of persons resident in South Wales suffering from depression, bereavement, loss or pregnancy-related crises, by the provision of voluntary counselling, education and support for such persons.

Hope through connection, collaboration, creativity & care

Tavs annual report Year ending March 2023

The Tavs Centre continue to do all it could do support our clients in 2022/2023 following the Covid-19 and the cost of living crisis. Working in partnership with other Churches and other charity groups in the City.

A team of approximately 40 volunteers, have shown incredible faith commitment and passion for the work and as a result we have been able to keep going. Through client feedback despite the changes made following the pandemic Tavs continues to be a place of support and hope to many.

Tavs Food Co-op

The Tavs Food Co-op is open twice a week and we saw an average of 70 people a week and in that year had close to 300 members. For £2 Co-op member take away a bag of food (which includes meat, fruit & vegetables and dairy) that come to approximately £15. The Tavs Food Co-op has resulted in a growing new demographic of people that use the Centre. With more families and a large number of refugee and asylum seekers. We have also had a large number of Ukrainians join the food co-op. This has resulted in the need to adapt our services to better meet the needs of those using the Tavs Centre. We continue to open the upstairs twice a week for teas & coffees. This has become a hub for community and connection.

Sunday Food evenings

Hot food is served on a Sunday evening, we run takeaways during Covid, but are now back to having this as a sit down meal. This has been welcomed by many of our regulars. This Sunday Tavs provision continues to be really appreciated, many appreciating the sense of community offered and the rapport and friendship offered by the faithful team.

Washing and laundry facilities

This are freely available during our opening hours for anyone to use. We also have available toiletries and other basic essentials

Groups

Wellbeing workshops

With the help of two occupational therapy students, we put together a 6 weeks wellbeing workshop around bread baking. Recognising the therapeutic benefits of bread baking, but also using the time during as it rises and bakes to focus on health and emotional wellbeing. These workshops also aimed to build self-confidence and provide a sense of achievement. The physical, tactile, and multi-sensory nature of bread baking proved to be very beneficial to all participants, visibly helping manage anxiety and bringing focus to the present moment.

Creative writing

With a growing number of refugees and asylum seekers engaging with Tavs, I recognised the need for accessible groups that brought different people together. With the help of some funding obtained, we organized creative writing workshops led by an instructor fluent in seven different languages. This allowed us to advertise the group to everyone and create a space where people from diverse cultures and backgrounds could interact. The workshops aimed to foster a shared sense of humanity, encourage empathy and understanding by allowing participants to share their written pieces, often personal stories from their own experiences and cultures. The stories created a window into someone's life, and through them, the participants were able to connect at a deeper level.

Knitting group

The knitting group run on a Thursday evening over the autumn term. They were some regular core participants who created a really positive group dynamic. A supportive encouraging space, which allowed a few people to come along to learn how to knit. The become a sociable space. The activity allowed for a cross cultural mix of people, the main project was knitting square that were then sewn together to make one large blanket. This was a valuable space that allowed for creativity, connection, community and integration.

Art for wellbeing

In the spring we had an Art psychotherapy student join us to run some art and wellbeing activities alongside our Café upstairs. This was a really lovely space, the student ensured opportunities to engage in the art felt accessible and if need be could be completed in 5 minutes over a cup of tea or could take the whole session if an individual was keen to engage for that length of time. The art space added a really positive atmosphere to the café space. Encouraging engagement from people who had not done art in years or people who felt they had no art or creative ability. Something Tavs will do again in future.

Bloom

Our women's space runs once a month on Wednesday evening. A safe space for women in need of connection, friendship and refuge within the local community. We provide refreshments; self-care treats and the opportunity to engage in activities and crafts together. It also allows for the opportunity to make new friends and widen their social circle.

Tavs refurbishment

The whole building has been refurbished in recent years, through grants and fundraising events and volunteers helping with the internal paint work. This year we saw the completion of this, with a new canopy over the bifold window used during the food coop. This can automatically be opened up when needed. The have also had professional painters paint the external walls, much needed as was last done over 20 years ago, this has transformed the building.

The Junction Annual Report – 2022/23

Over the last year The Junction has continued to offer one-to-one bereavement support or counselling to those with a range of difficulties related to pregnancy, including those who have experienced perinatal loss, such as miscarriage, ectopic pregnancy, stillbirth and neonatal losses, as well as other pregnancy complications, such as traumatic birth, fertility difficulties, multiple losses, post-termination support and anxiety during the pregnancy after a loss. Clients are offered up to 10 appointments, although for more complex needs we may be involved much longer, for example, supporting those who are pregnant throughout their pregnancy. We see clients in the Wellbeing Space at Glenwood Church Centre, providing a safe and comfortable therapeutic environment, or online via zoom, depending on what best suits the clients. We see mostly individuals, but also at times couples attend together to support them in processing their experience together. The team delivering support is a mixture of bereavement volunteers and placement trainees working towards qualifications in counselling or counselling psychology. Our centre manager is a qualified counselling psychologist who has supported clients alongside offering training, supervision and support to our trainees and other centres.

Referrals are received from GPs, hospital and community midwives, mental health services and other third sector organisations, for example MIND and SANDS. Clients can self-refer, and are initially placed on a waiting list until appointments can be offered. When the client is pregnant when they contact us, priority is given in order to provide support at the time when it is most needed.

A key area of development has been to increase the trainee placements we have been able to offer, meaning that as an organisation not only are we able to meet the needs of clients through a greater team of volunteers committed to providing an excellent service, but are also able to be involved in the education and training of those working towards qualifications and support other centres providing similar services with CPD opportunities.

Clients

During the year 2022/23 we received **72 referrals** for support, for the many reasons mentioned above. Although focused on pregnancy related distress, the main reasons for referral are often accompanied by other mental health difficulties, such as anxiety and depression, with increasing referrals from NHS mental health teams. We offered **371 appointments** to clients during the year, supporting clients with the emotional impact of their pregnancy or loss experiences. On average clients waited between 3 to 4 months for an appointment from first contact, however, we prioritise those who are currently pregnant in order to ensure support is provided during the vulnerable antenatal period. Although the majority of clients are women, we are increasingly seeing men seeking support following baby loss, and couples attending together to support each other during their fertility journey.

We ask for feedback from clients so that we can improve our practice. Clients of one of our trainee psychologists shared the following feedback on their experiences:

“The Junction has helped and supported me by listening. The counselling sessions have been an opportunity for me to explore difficult past experiences and evaluate my life choices in a relaxed and comfortable environment. The openness of the conversations had during the sessions with

(trainee psychologist) has helped the most. The centre has been a lovely place to come to discuss things freely.”

“The junction has helped me deal with baby loss. They have helped highlight an ongoing mental struggle in my life, giving me the advice and tools to help me cope with these feelings and control them. Being able to talk to someone without judgement has helped the most. I would like to thank (trainee psychologist) for her help and support. She helped me find a way to open up and deal with my issues head on, also advised me on coping mechanisms to use in everyday situations that have helped me progress back to a positive, excited and well driven father to be”

(shared with permission).

The Team

The staff team consists of a centre manager, a counselling psychologist, who is paid for 7.5 hours per week and an further 7.5 hours a week paid role for a trainee counselling psychologist, who supports this role with administrative tasks, applying for grant funding and managing the waiting list alongside clinical work with clients. Alongside these paid roles we have a small team of volunteers who are trained to offer bereavement support and a number of trainee volunteer placements. Our current centre manager is a counselling psychologist who as well as carrying her own clinical caseload has focused on developing training and supervising placements. Our ongoing relationships with the Doctorate in Counselling Psychology programs at both the University of South Wales and the University of the West of England, Bristol, and the Integrative Counselling Diploma at USW, has enabled us to continue to provide placement opportunities, where trainees are gaining clinical expertise and therapeutic training through their university courses, whilst we provide training on the specific needs of our clients, including models of grief and how these can be applied to work around pregnancy loss. In addition to student placements, we have two bereavement volunteers, who have undergone training in counselling skills and bereavement support specifically in the context of pregnancy loss. All members of the team are provided with regular supervision to ensure ethical and reflective practice with clients. Our centre manager was also able to offer a number of CPD opportunities in the area of pregnancy after loss to other centres providing a similar service around the UK.

Hope St Mellons: April 2022 - March 2023



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Development of Hope St Mellons

Over the past 12 months the Hope St Mellons project has continued to grow. We now have over 40 volunteers and are running a range of community-led projects, including: St Mellons Pantry and Pantry Garden, Coffee Mornings, Nature Club, Crafty Chats, Forest School, Mutual Aid Fund, Step Out Scholarship Programme and seasonal events, such as our Free Christmas Shop, and one-off projects, like our Community Mural. (Details of all project developments are included below.)

Over the past 12-months, Hope St Mellons received funding from: Edible Cardiff, Food Cardiff, Wales and West Housing, Cardiff Third Sector Council and Together for Trowbridge and St Mellons.

Due to the growth of Hope St Mellons, it became clear that it'd be best for the project, and for HOPE Trust CIO, for Hope St Mellons to establish itself as a CIO. This would also allow the project to develop its own locally-rooted trust board. In March 2023, Here for Good Collective CIO (charity no. 1202371) was registered with the charity commission. From May 2023, the staff and volunteers associated with Hope St Mellons will transition over to Here for Good Collective. We will continue to work in partnership with HOPE Trust Cardiff where opportunities for joint-working arise.

St Mellons Pantry and Pantry Garden

The Pantry has continued to support local people affected by food and fuel poverty. As a community-led pantry, the members are active in the running and decision-making of the Pantry. The Pantry currently has 58 member-households who pay £5 a week and select between £15 and £25 worth of good quality, healthy food.

The Pantry helps reduce waste through redistributing surplus food from our partner Fareshare Cymru. Over the past 12 months, the Pantry saved 12,500kg of surplus food from waste. Each weekly Pantry shop provides members with roughly 3 family meals. Based on 40 member visits a week for 50 weeks of the year, we estimate that we save 6,000 meals a year from landfill.

The Pantry Garden club has grown over the past year. As well as developing the food and wildlife garden at The Beacon Centre, the group has hosted a number of half-term events to engage local children. With support from Food Cardiff and Edible Cardiff, we've run sessions where families can decorate and fill a planter to take home filled with, strawberry plants, pumpkin seeds, and salad seeds. These have been really popular and have been a great way to engage local families with growing at home.

In recognition of the Pantry's hard work, they were nominated for Cardiff Volunteer Group of the Year.

Warm Space and Coffee Morning

Across winter our Coffee Morning was included as a 'Warm Welcome' space; offering a weekly space to enjoy free refreshments in our warm hall.

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Crafty Chats

In November, we supported local volunteers to start Crafty Chats; a craft and friendship group. The crafts are free of charge and the group provides a safe space for friendship and for peer-support for those struggling with loneliness or poor mental health. As the members say, 'Crafty Chats is like a cwtch!' With support from C3SC funding, the group now runs twice a week and has 15 – 20 regular members.

Step Out Scholarship Programme

We continue to support three young people, with one of our scholarships dedicated to young refugees and asylum seekers. The scholarship students are pursuing education and training in, Health and Social Care, Engineering and Carpentry.

Forest school

We continue to work in partnership with Meadowlane School to support children and families identified by the school. Our weekly forest school sessions combine play, supported risk taking, and creative activities that support the emotional wellbeing and emotional literacy of the children taking part.

Over the past 12 months, we've also been able to support two local volunteers to undertake Forest School assistant training. As well as the skills and opportunities that the training has opened up, both volunteers have spoken of the personal growth that has come through the training. One has said "Volunteering with Forest School has made my children proud of me. I have loved it!"

St Mellons Mutual Aid Fund

The Mellons Mutual Aid Fund, continues to offer £35 grants to neighbours in financial hardship. This is money given by the community, for the community. Our administrative panel represents the partnership between Hope St Mellons, Together for Trowbridge and St Mellons, Beacon Centre and Church of the Resurrection. This year we have given 98 payments of £35. The grants have contributed toward: rent, phone bills, utilities, car insurance, petrol, essential house repairs, shoes, underwear, school uniforms, warm clothes, urgent travel costs, baby equipment, specialist toys for children with additional needs, and birthday presents. Alongside the MAF grant, we have also been able to support 25 households in fuel crisis to get £49 Fuel Vouchers.

Nature Club

Nature Club continue to meet monthly. Across the past 12 months, they have: planted bulbs, made bird boxes, planted fruit trees, been on nature walks, learnt forest craft and outdoor cooking, and visited local green spaces such as, Hendre Lake SSSI and Newport Wetlands.

Community Mural

Over September 2022 to March 2023, we have worked on an intergenerational, whole-community mural. We worked with a local artist to engage the community in the design process, and then held weekly sessions to work on the mural. Over three months of workshops, we had people from a variety of

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backgrounds and ages, with our youngest painter being 3 years old and our oldest being 93! The mural will be installed in May.

Free Christmas Shop

This year we were able to offer 160 children and their families brand new gifts for Christmas. The Shop is free and offers parents and guardians who might struggle to afford gifts, the opportunity to choose a present for their children. This year, as well as local donations, we were also supported by Dunelm's 'Delivering Joy' campaign, Wales and West Housing and Together for Trowbridge and St Mellons.

Results

Net income for the year amounted to £3,109 (2022: net expenditure of £919). Unrestricted funds carried forward at the year end were £66,219 (2021: £22,733). Restricted funds carried forward at the year end were £21,262 (2021: £61,639).

Signed on behalf of the Trustees:



Paul Francis
Chair of Trustees

Date: 18th January 2023

**Hope Trust Cardiff
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**Independent Examiner's report to the trustees of Hope Trust Cardiff
for the year ended 31 March 2023**

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 3 to 20.

Responsibilities and basis of report

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

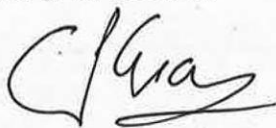
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts do not accord with the accounting records;
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Clive Evans
Evans Consulting
52 Hastings Crescent
Old St Mellons
Cardiff
CF3 5ET

Date: 18th January 2023

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Statement of financial activities
For the year ending 31 March 2023

	Note	Unrestricted funds £	Restrict ed funds £	Year ended 31/03/23 £	Year ended 31/03/22 £
Income					
Income from generating funds:					
Voluntary income	3	71,059	33,392	104,451	117,724
Total income		<u>71,059</u>	<u>33,392</u>	<u>104,451</u>	<u>117,724</u>
Expenditure					
Charitable activities	4	50,372	50,970	101,342	118,643
Total expenditure		<u>50,372</u>	<u>50,970</u>	<u>101,342</u>	<u>118,643</u>
Net movement in funds for the year		20,687	(17,578)	3,109	(919)
Transfer between funds		22,799	(22,799)		
Total funds brought forward		22,733	61,639	84,372	85,291
Total funds carried forward		<u>66,219</u>	<u>21,262</u>	<u>87,481</u>	<u>84,372</u>

The Statement of Financial Activities includes all gains and losses recognised in the year.

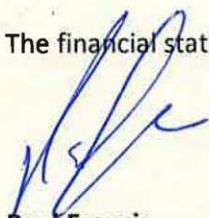
The notes on pages 13 to 20 form part of these financial statements.

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Balance sheet
as at 31 March 2023

		31st March 2023		31st March 2022	
	Note	£	£	£	£
Current assets					
Debtors		-	-	-	-
Cash at bank and in hand		<u>89,315</u>		<u>85,004</u>	
		89,315		85,004	
Creditors: amounts falling due within one year	7	<u>1,834</u>		<u>632</u>	
Net current assets			<u>87,481</u>		<u>84,372</u>
Creditors: amounts falling due within one year			-		-
Net Assets			<u>87,481</u>		<u>84,372</u>
Funds					
Restricted funds	9		21,262		61,639
Unrestricted funds	8		<u>66,219</u>		<u>22,733</u>
Total funds			<u>87,481</u>		<u>84,372</u>

The financial statements were approved by the trustees and signed on their behalf by:



Paul Francis
Chair of Trustees

Date: 18th January 2023

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Notes to financial statements
for the year ending 31 March 2023

1 Charity status

Hope Trust Cardiff is a charitable incorporated organisation registered in England and Wales, number 1161235. The registered office is Glenwood Church, Circle Way West, Llanedeyrn, Cardiff CF23 6UW.

Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Basis of preparation

Hope Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

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Notes to financial statements
for the year ending 31 March 2023

3 Voluntary Income

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Tavs				
Gift Aid donations	3,736	-	3,736	2,486
Other donations	15,663	-	15,663	8,273
Tax recovered	-	-	-	-
Hire income	360	-	360	823
Grant Income	20,000	5,000	25,000	5,000
	39,759	5,000	44,759	16,582
Junction				
Gift Aid donations	713	-	713	771
Other donations	3,403	-	3,403	7,703
Tax recovered	-	-	-	-
Grant income	-	-	-	-
	4,116	-	4,116	8,474
St Mellons – Step Out				
Gift Aid donations	4,413	-	4,413	4,478
Other donations	550	-	550	645
Tax recovered	-	-	-	-
	4,963	-	4,963	5,123
St Mellons – Families Worker				
Gift Aid donations	460	-	460	480
Other donations	2,880	-	2,880	3,093
Tax recovered	-	-	-	-
Grant income	-	-	-	500
	3,340	-	3,340	4,073
St Mellons – General & Other				
Gift Aid donations	3,775	-	3,775	3,807
Other donations	13,703	-	13,703	3,044
Tax recovered	-	-	-	-
Grant income	-	28,392	28,392	74,702
	17,478	28,392	45,870	81,553
Shared Income				
Gift Aid donations	-	-	-	-
Other donations	1,403	-	1,403	1,919
Tax recovered	-	-	-	-
	1,403	-	1,403	1,919
Total	71,059	33,392	104,451	117,724

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Notes to financial statements
for the year ending 31 March 2023

4 Charitable activities	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
a. Direct Charitable Costs				
Tavs				
Salaries	5,356	-	5,356	5,356
Homeless & Night Shelter	2,424	-	2,424	1,838
Covid 19 Support	1,147	-	1,147	328
Co-op	7,562	3,765	11,327	8,452
	16,489	3,765	20,254	15,974
Junction				
Salaries & Training	9,133	-	9,133	8,233
Total	9,133	-	9,133	8,233
St Mellons – Step Out				
Intern Support & Emergency Fund	3,983	-	3,983	4,433
	3,983	-	3,983	4,433
St Mellons – Families Worker				
Salaries	3,917	-	3,917	3,917
General expenses	14	-	14	239
Anchor Foundation grant	-	-	-	1,650
	3,931	-	3,931	5,806
St Mellons – Food Pantry				
Set up costs	-	8,632	8,632	26,399
General expenses	762	22,250	23,012	13,258
	762	30,882	31,644	39,657
b. Support and Administration				
Tavs				
Equipment & Repairs	716	-	716	4,654
Administration and general expenses	2,827	-	2,827	5,156
Insurance	364	-	364	357
	3,907	-	3,907	10,167
Junction				
Rent	-	-	-	1,620
Insurance	364	-	364	357
Administration and general expenses	1,187	-	1,187	3,086
	1,551	-	1,551	5,063
St Mellons – General & Other				
Salaries	2,419	13,649	16,068	16,068
Administration and general expenses	3,857	2,674	6,531	4,544
Insurance	364	-	364	7,514
Mutual Aid Fund grants	3,085	-	3,085	
	9,725	16,323	26,048	28,126

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Notes to financial statements
for the year ending 31 March 2023

Shared Expenses

Shared general expenses	891	-	891	1,077
	891	-	891	1,077
Total	50,372	50,970	101,342	118,643

5 Trustees' remuneration and expenses

As allowed by the Charity Trust Deed, no trustees (2022:none) were reimbursed expenses of £nil (2022: £nil).

6 Employees

Employment costs	Year ending 31/3/23 £	Year ending 31/3/22 £
Wages & salaries	44,219	37,961
Social security & Pension costs	1,327	1,139
	<u>45,546</u>	<u>39,100</u>

No employee received emoluments of more than £60,000 during the year.

The charity is managed on a day to day basis by the trustees who are unpaid and therefore the total employment benefits, including employer pension contributions, of the key management personnel of the charity were £nil (2022: £nil).

Number of employees

The average monthly number of employees during the period, calculated on the basis of full time equivalents were as follows:

	Year ending 31/3/23	Year ending 31/3/22
Charity staff	<u>2.0</u>	<u>1.7</u>

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Notes to financial statements
for the year ending 31 March 2023

7 Creditors: Amounts falling due within one year

	Year ending 31/3/23 £	Year ending 31/3/22 £
Trade creditors	2,519	371
Taxes and social security	(685)	261
	<u>1,834</u>	<u>632</u>

8 Unrestricted Funds

	Balance at 1 April 2022 £	Incoming Resources £	Resources expended £	Transfer	Balance at 31 March 2023 £
General fund	22,733	71,059	(50,372)	22,799	66,219
Total	<u>22,733</u>	<u>71,059</u>	<u>(50,372)</u>	<u>22,799</u>	<u>66,219</u>

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9 Restricted Funds

	Balance at 1 April 2022 £	Incoming Resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Funds previously listed as Restricted	22,799	-	-	(22,799)	-
Tavs Food Co-op					
Tavs – Co-op YMCA grant	1,822	5,000	3,765	-	3,057
	1,822	5,000	3,765	-	3,057
Hope St Mellons – general funding					
St Mellons – C3SC Warm Spaces	-	2,674	2,674	-	-
St Mellons – T4TSM	-	14,261	13,649	-	612
	-	16,935	16,323	-	612
Hope St Mellons – Food Pantry					
St Mellons – Food Pantry – C3SC	923	1,203	1,270	(856)	-
St Mellons – Food Pantry – T4TSM	21,817	-	11,836	-	9,981
St Mellons – Food Pantry – Community Mural	-	10,254	2,803	-	7,451
St Mellons – Food Pantry – Welsh Gov	14,278	-	14,973	856	161
	37,018	11,457	30,882	-	17,593
Total	61,639	33,392	50,970	(22,799)	21,262

The grants and donations received for various restricted funds are for the following purposes:

Funds previously listed as Restricted: These funds are actually designated rather than Restricted and so have been transferred out to accurately reflect the Restricted Fund position

Tavs Co-op: monies to help fund our Food Co-operative

Hope St Mellons – general funding: To be used for the general running costs for the projects working in the St Mellons area

Hope St Mellons – Food Pantry: The charity has set up a Food Pantry during the year and funds were received to be used toward its setting up costs and salary of a Food Pantry manager

**10 Analysis of net assets between
funds**

	Unrestricted Funds £	Restricted Funds £	2023 Total funds £	2022 Total funds £
	36,432	52,883	89,315	85,004
	(1,834)	-	(1,834)	(632)
Current assets	34,598	52,883	87,481	84,372

Current liabilities

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Notes to financial statements for the year ending 31 March 20223

11 Related parties

Glenwood Church is related as Paul Francis, a trustee of the charity, also served as a trustee of Glenwood Church during the financial year. During the year invoices were raised by Glenwood Church to Hope Trust Cardiff of £528 (2022: £1,778) and by Hope Trust Cardiff to Glenwood Church of £Nil (2022: £Nil). Further, during the year Glenwood made donations to Hope Trust Cardiff of £2,160 (2022: £2,160). At the end of the financial year the charity owed Glenwood £195 (2022: £Nil).

12 Controlling parties

In the opinion of the trustees there is no single ultimate controlling party of the charity

13 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

Hope Trust Cardiff**(A Charitable Incorporated Organisation)****Notes to financial statements
for the year ending 31 March 2023****14 Statement of financial activities for the year ended 31 March 2022**

	Note	Unrestricted funds £	Restricted funds £	Year ended 31/03/22 £	Year ended 31/03/21 £
Income					
Income from generating funds:					
Voluntary income	3	26,910	90,814	117,724	133,199
Total income		<u>26,910</u>	<u>90,814</u>	<u>117,724</u>	<u>133,199</u>
Expenditure					
Charitable activities	4	28,144	90,499	118,643	86,930
Total expenditure		<u>28,144</u>	<u>90,499</u>	<u>118,643</u>	<u>86,930</u>
Net movement in funds for the year		(1,234)	315	(919)	46,269
Total funds brought forward		23,967	61,324	85,291	39,022
Total funds carried forward		<u>22,733</u>	<u>61,639</u>	<u>84,372</u>	<u>85,291</u>