

Welsh Support Empowerment Trust

England & Wales · Charity number 1173960

Details

Other names	CYMRU CHILDREN & YOUTH SPORTS FOUNDATION, LLEWELYN SUPPORT FOUNDATION
Status	Registered
Legal form	CIO
Registered	2017-07-26
Register	View on the Charity Commission register

Contact

Address	Allied & Nationwide Development Ltd 146-147 St. Helens Road Swansea West Glamorgan SA1 4DE
Phone	07849419759
Email	childrensportsfoundation@gmail.com

Activities

Objects: TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE THROUGH:(A)THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B)PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.”

Activities: To empower children to participate in sports, eliminate social exclusion, bullying, racism, gang violence, xenophobia and promoting children quality of healthier living. Promotion of children role model and mentors in sports in a view of inspiring the youth generation through social integration and cohesion. Building a safer, freer and prosperous communities for the youth and promoting well-being

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31		-	-	-
2024-05-31	£26,000	£24,000	-	-
2023-05-31	£22,000	£20,300	-	-
2022-03-31	£27,460	£23,700	-	-
2021-03-31	£15,100	£14,610	-	-
2020-03-31	£15,100	£14,370	-	-

Trustees

Name	Role	Appointed
PHILLIP MPUKUSA M.A	Chair	2017-10-17
Kimberly Mpukusa		2025-03-01
Mrs Tabitha Nota		2018-10-17
SHEILLA NYATHI M.A		2018-10-17

Welsh Support Empowerment Trust

England & Wales - Charity number 1173960

Accounts

Statements

Receipt	Notes	£	2024	2023
Donations	(2)		26,000	
Hire/ Rent			-----	
Total Receipts			26,000	

Payments

Charitable Activities		8,000	
Light & Heat		4,100	
Insurance		2,500	
Equipment		6,000	
Travelling Expenses		1,620	
Telephone & Internet		700	
Saundry Expenses		490	
Bank Charges & Interest		165	
Mentoring Activities		800	
Less Total Expenses			(24,370)
Net Receipts			1,630
Cash Funds from Last Year			<u>400</u>
Cash Funds this Year End			2030

Cymru Children & Youth Sports Foundation Statement of Financial Position as at 31 March 2025

Details	Notes	£	2024	2023
Fixed Assets				
Tangible Assets			300	
Current Assets				
Debtors			600	
Cash at bank & in hand			<u>4,500</u>	
			5,400	
Creditors				
Amounts Falling due within 1 Year			<u>(3,370)</u>	
Net Current Assets			<u>2,030</u>	
<u>Funds of Charity</u>				
Unrestricted Funds			<u>2030</u>	
Total Funds			<u>2030</u>	

Notes to Accounts

2) Incoming resources

All incoming resources are redeemed once the charity has legal entitlement to their resources, it is prudent that the resources will be received, and their monetary value realized. The following policy should be applied to the categories of income. Voluntary income is received by way of donations and grants and is fully disclosed in the Statement of Financial Activities. The value of services donated by volunteers has not been included in these accounts, except where the services provided are professional services where a fee would otherwise be charged, in which case the donated service is valued at their chargeable rate.

d) Costs of generating funds.

The costs of generating funds are those incurred in attracting voluntary income or in trading activities undertaken to raise funds.

Incoming Receipts

Details	Total Funds
Donations	16,000
Children's Chapter	10,000
Total Funds	26,000

These financial statements were approved and authorized for issue by the Board of trustees and signed on their behalf on 25/04/23 by

Chair of Trustees

Phillip Mpukusa

Basic financial liabilities Basic financial liabilities, including creditors and bank loans, are initially recognized at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortized. Debt instruments are subsequently carried at amortized cost, using the effective interest rate method. Basic financial assets Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Welsh Support Empowerment Trust

England & Wales - Charity number 1173960

Accounts

Financial Statements

Details	Notes	£	2023 £	2022 £
Receipts				
Donations/ Legacies	3		22,000	
Hire/ Rent Received			--	
Total Receipts			22,000	
Payments				
Charitable activities		6,000		
Light and heat		3,100		
Insurance		2,500		
Equipment		7,000		
Travelling Expenses		560		
Telephone and Internet		600		
Sundry Expenses		189		
Bank Charges and Interest		160		
Mentoring Activities		200		
Less Total Payments			(20,309)	
Net of Receipts			1,691	
Cash Funds from last year			200	
Cash Funds this year-end			1,891	
Cymru Children & Youth Sports Foundation Statement of Financial Position As at 29 February 2023				
Details	Notes	£	2023 £	2022 £
Fixed Assets				
Tangible assets			300	
Current assets				
Debtors			500	
Cash at the bank and in hand			<u>3,000</u>	
			3,500	
Creditors:				
Amounts falling due within 1year			(1609)	
Net current assets			<u>1,891</u>	
Funds of Charity				
Unrestricted Funds			<u>1,891</u>	
Total Funds			1,891	

Notes to the Accounts

2) Incoming resources

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d) Costs of generating funds

The costs of generating funds are those incurred in attracting voluntary income or in trading activities undertaken to raise funds.

▪ 3. Incoming Receipts

Details	Total Funds
	£
Donations	10,600
Children Chapter	11,400
Total	<u>22,000</u>

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Chair of Trustees

Phillip Mpukusa

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financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Welsh Support Empowerment Trust

England & Wales - Charity number 1173960

Accounts



Year Ending 31/03/2022

For the



CCYSF@

Cymru Children & Youth Sports Foundation
Trustees' Annual Report
And Financial Statements



Year Ending 31/03/2022

For the

For the Year Ending 31 March 2022

Charitable Incorporated Organisation

Charity Registration Number 1173960

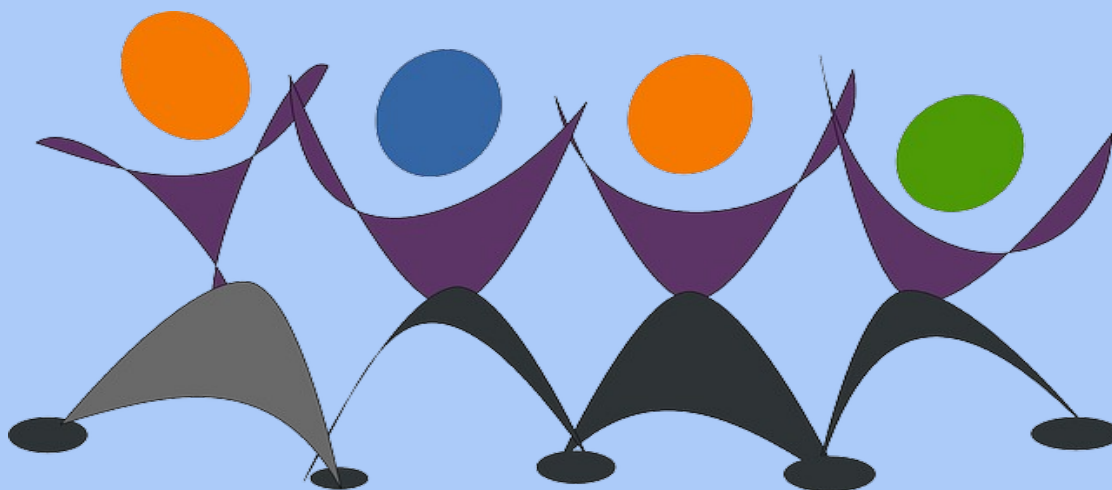
Contents

Message from the Chief Executive and Patron	3
Trustees' Annual Report for the period ended 31 March 2022	4
Strategic Report	5
Achievements and performance	5
Accounting Policy	6
Financial Review	7
Structure, governance, and management	9
Statement of responsibilities of the trustees	8
Independent Examiner's Report to the members of the Youth	10
Statement of Financial Activities (Income Statement)	11
Notes to Accounts	13



Year Ending 31/03/2022

For the



Message from the Patron

Welcome to Cymru Children & Youth Sports Foundation!

We are taking a strength-based approach in providing support to the varied and diverse youth communities of Wales. We are an experienced team of youth workers who are passionate about helping young people become confident, informed, and empowered to be proud of their individual uniqueness.

Cymru Children & Youth Sports Foundation aims to ensure that young people have access to unique structured youth activities and support, which is fun, stimulating, and young person centred that will help them to contribute positively to their community and the wider world.

The objective for this year was based on building on the success of the second year of the project and continuing to provide a good venue for Swansea County and its adjoining villages. Young people have taken part in many learning and developmental opportunities, such as various informal educational workshops on issues such as, respect, actions and reactions, drugs, alcohol, anti-social behaviour, knife crime, keeping active, what is a youth worker, social media and teens and sexual health. Such workshops are part of our Rewards for Actions Scheme where young people collect points for participating in community tasks and informal educational workshops. These points are then 'cashed in' for trips and activities of the young people's choice.

Based in communities up and down the Swansea County, our network of Youth Access members provides youth-led, "whole life" support to some of the most vulnerable young people that addresses the socioeconomic factors impacting their lives, as well as their



Year Ending 31/03/2022

For the

mental health and wellbeing. They have been at the forefront of innovating and ensuring their services continue to reach the young people who need them most. Some have witnessed unprecedented levels of demand into their services in the past year, for young people experiencing a complex range of mental health and advice needs.

Collaboration is essential to our approach and our achievements would not be possible without our funders, supporters and partnerships across the sector, for which we are immensely grateful. This also marked a transition for Young People Access, as our previous strategy ended, and we developed our new vision and theory of change.

Our Mission is to link to the enablement approach of young people by promoting their physical and mental well-being in the communities they live. Our agenda is based on inclusiveness that allows the rights of the young people to be promoted, development of abilities and treating others with respect.

A last word for the incredible young people of Wales, that this charity serves. You are the reason this charity exists. So please get in touch and see what Cymru Children & Youth Sports Foundation has in store for you.

Ken Williams

Patron

Trustees' Annual Report for the Period Ended 31 March 2022

The trustees present their report (which includes the strategic report) and the financial statements for the period from incorporation on 3 April 2022 and ending on 31st March 2023. The reference and administrative information are set out on page 8 of this report.

The aims and objectives of Cymru Children & Youth Sports Foundation

Objectives

To empower children to participate in sports, eliminate social exclusion, bullying, racism, gang violence, promoting children quality of life and well-being.

To empower children and youth to participate in sports, eliminate social exclusion,

To provide a platform that tackles social inequality of children in sports and under-representation that is caused by post code dynamics, class, religion, poverty of parents and other social inconsistencies.

The objective for this year is based on building on the success of the second year of the project and continuing to provide a good venue for Swansea County and its adjoining villages.



Year Ending 31/03/2022

For the

Young people have taken part in many learning and developmental opportunities, such as various informal educational workshops on issues such as, respect, actions and reactions, drugs, alcohol, anti-social behaviour, knife crime, keeping active, what is a youth worker, social media and teens and sexual health. Such workshops are part of our Rewards for Actions Scheme where young people collect points for participating in community tasks and informal educational workshops. These points are then 'cashed in' for trips and activities of the young people's choice.

Based in communities up and down the Swansea County, our network of Youth Access members provides youth-led, "whole life" support to some of the most vulnerable young people that addresses the socioeconomic factors impacting their lives, as well as their mental health and wellbeing. They have been at the forefront of innovating and ensuring their services continue to reach the young people who need them most. Some have witnessed unprecedented levels of demand into their services in the past year, for young people experiencing a complex range of mental health and advice needs.

Collaboration is essential to our approach and our achievements would not be possible without our funders, supporters and partnerships across the sector, for which we are immensely grateful. This also marked a transition for Young People Access, as our previous strategy ended, and we developed our new vision and theory of change. To ensure that our decisions are informed by a sound understanding of the risk universe in which the organisation operates and aligns with risk appetite, we have equipped ourselves with a risk management capability, the objective of which is threefold:

- a. **Information:** ensure that we have full visibility on risks resulting from challenges in context and from our response to the dynamics of the pandemic
- b. **Action:** identify and bridge gaps in mitigation: develop additional guidance/material, collect, and analyse information, draft recommendations to the management committee.
- c. **Build Resilience:** the ability to adapt to adversity, tragedy, managing stress and feelings of uncertainties and stresses.

Strategic report

Achievements and performance

Youth ambassadors programme

Our Youth Ambassadors Programme is our youth governance committee who represent all young people of Scotland to express their needs. Youth Ambassadors help make key decisions for the future of the charity, including developing existing and new services, which makes sure young people really are at the heart of everything we do.



Year Ending 31/03/2022

For the

Winter of Well-being for Young People

Various sporting and fun activities were held in conjunction with the Swansea Local Authority and the Welsh Government. These where events were the youth participated to improve their well-being. These programmes useful in helping the young generation to be able to manage stressful situations and emotions. On this project we worked with 173 young people in both a one to one and group settings. We addressed youth issues based around drugs, mental health, and community engagement. Additionally, we have held several events with a more social focus such as bowling and young people had lots of fun.

Communications, fundraising and governance

Governance

We carried out a skills audit to identify areas of expertise where we sought extra support and have run a rolling recruitment programme to ensure we had trustees and volunteers with the necessary skills. We are proud that we have developed a robust suite of policies and practices that focus on youth development and safeguarding, as well as all the other areas of governance that are required by a modern charitable organisation. But the work hasn't stopped there.

Communications

We have developed an impressive website to showcase the work we do. We have established our social media presence "Cymru Children & Youth Sports Foundation", as well as using more traditional methods to advertise our youth groups and mental health services.

Fundraising

We were delighted that the Garfield Weston Foundation has funded our programme of youth activities and we are pleased that we are through to the second round in our grant applications to develop our youth mental health service in the forthcoming year. We are pleased to have received some donations to our unrestricted funds and particularly wish to acknowledge all the 'in-kind' donations.

Accounting Policies

Accounting Convention

The Financial Statements have been prepared under the Historical Cost Convention and the Charities Act 2011 and in accordance with applicable UK Accounting Standards and Accounting and Reporting of Charities, Statement of Recommended Practice (revised 2005).



Year Ending 31/03/2022

For the

Incoming Resources.

All income receivable which relates to the year is credited to income within the Statement of Financial Activities with unspent balances being carried forward to subsequent years within the relevant fund. Specific debts are recognised where income is due but not received. Debt recognised in prior years, known at the balance sheet to be irrecoverable, are written off against the relevant funds.

Resources expended

Expenditure is recognised as soon as there is legal or constructive obligation committing the charity to pay out resources.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. The cost of minor additions is not capitalised.

Depreciation

Depreciation is calculated to write off the cost less estimated residual value, of all tangible fixed assets over their expected useful lives, as follows:

Fixtures and fittings: 15% p.a on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making, due allowance for obsolete and slow-moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund Accounting

Unrestricted funds comprise accumulated surpluses and deficits on general funds. They are available for use at the discretion of the Trustees in furtherance of the general charitable objectives.

Designated funds are unrestricted funds which have been allocated for a designated purpose at the discretion of the Trustees. Restricted funds are funds subject to specific conditions imposed by the donors.

Financial review

Our principal sources of funding during the year were a grant from the Garfield Weston Foundation and donations from individuals. The grant from the National Lottery is restricted.

The trustees present the approved annual financial statements for Cymru Children and Youth Sports Foundation. The trustees confirm that that the reports meet the legal requirements that are in accordance with the Charities Act 1983 as amended by the Charities Act 2008 and the Statement of Recommended Practice SORP 2005.



Year Ending 31/03/2022

For the

Public benefit

The trustees ensure that the activities of the charity are consistent with its charitable objectives and aims. In agreeing our annual plans, the trustees consider public benefit as set out in the Charity Commission's general guidance on public benefit in relation to the prevention and relief of poverty, the advancement of education and health and the relief of those in need. The trustees believe there is clear public benefit derived from the activities of the charity.

Promotion of children role model, counselling, and mentors in sports with a view of inspiring the youth generation to be good citizens of the future.

Priorities

Trustees propose to support the youth worker in further modification and improvements to the building subject to funds being available and developments in the programme offer to members. Trustees, together with the local youth service, continue to explore the potential for additional lettings, partnership activity with the nearby schools and providing support for activities and opportunities for young people within South Wales communities.

Review of financial Position

Additional external funding will be sought to support new activities as planned by the Centre's young people.

Reserves Policy

Trustees are mindful of this area of responsibility and accept that reserves need to be sufficient to meet annual programme and activity commitments in an increasingly difficult economic climate. Currently reserves accrued have been there to resource centre improvements and programme development.

Financial review 2022

The charity's accounts were examined independently and submitted to the Charity Commission.

Income: £27,460

Expenditure: £23,700



Year Ending 31/03/2022

For the

Cymru Children & Youth Sports Foundation Report of the Trustees for the fiscal year

Since commencing the Community Well-being project, we have learnt that mental health challenges do not discriminate, as stress, anxiety and uncertainties are affecting everyone even the youngest people. Our strategic operations continue to serve the young people in the surrounding area of South Wales by delivering a mixture of participatory youth sports activities and targeted intervention sessions to meet differing needs. The coronavirus pandemic has created unique challenges for young people as there has been a progressive decline in the level of physical activity in the daily lives of young people in Wales. We aim to deliver appropriate responses to personal crises, early intervention and management of challenging behaviours and self-harm and eating disorders etc. Where support and treatment is lacking, poor mental health can lead to increased risk of suicide. The running programs are as follows,

Monday Nights - Alternate weeks Boys group and Girls groups ages of 9 -15 age in two groups, juniors and seniors 15 – 24 years respectively. These groups address issues such as friendships, bullying, health, knife crime, vaping, exercise and sexuality ~ Music studio.

Friday Nights - 3 youth club's ages 8-11. 12-15 and 16-24 years of age. This runs from 5-7pm and draws well over 100 young people weekly.

Saturdays, a business and enterprise initiative ran in partnership with Waun Wen Primary School.

Sunday Independent living skills project. This draws over 20 of Swansea's most vulnerable young people every fortnight to help them with life-skills, such as cooking a healthy meal, washing their own clothes and talking about their own future, as well as chatting through present life issues.

In addition to the following activities, we were limited to reaching out to our more vulnerable young people. Physical activity-1hr of physical activity ~ Enrichment activities —Arts and crafts Nutritious food and nutritional education This winter project was a huge success, and we were one of the very few young people's services to offer face to face support for young people during this difficult time, we have re-opened our outdoor programs. Again, running 3 x 15 bubbles for each age group

Vision for the Future:

The organisation's vision for the future is to ensure that all young people can have access to free support as they transition into adulthood. This support should be provided by community-based advice and counselling services that respect their rights and cater to their individual needs.

We hope to secure enough funding to end the year in stable position with a similar bank balance to the previous year (£40 000) which would cover our



Year Ending 31/03/2022

For the

expenditure until the end of the financial year. We look forward to improving our financial position, and therefore improve programmes and reach out to more young people.

Phillip Mpukusa Chair of Trustees 25/04/2023

Organisational Structure

The trustees are responsible for the general functions and management of the Charity. The trustees give their time freely and they do not receive remuneration or other financial benefits.

Monthly meetings are held to plan and strategize the charity functions and responsibilities over the organisations activities that affect the charity. The organisational activities are optimally structured along functional and end user lines. The day-to-day management of the charity and projects are relegated to volunteering staff. A separate committee deals with the intervention programs and services.

Board of Trustees

Sheila Nyathi

Tabita Nota

Phillip Mpukusa

Recruitment and appointment of trustees.

The sitting trustees are involved in the recruitment process of new trustees but in doing so they make an informed choice through the recommendation of community elders and leaders. The trustees believe that this approach ensures a good working relationship with the community and other areas which improves the scope of the charity serves. In seeking to select new trustees, skills and values are considered on how they will be effective on developing the objectives of the charity. Potential trustees are invited to attend trustee's meetings as observers and are given more details on the objectives of charity and are given more information on the broader scope of their responsibilities under the Charities Act. If all agree, they are then proposed as new trustees at the subsequent trustees' meeting. This process allows due consideration of the persons eligibility, personal competence, and specialist knowledge. Appropriate Criminal Records Bureau (CRB) checks will be conducted.

Use of Volunteers



Year Ending 31/03/2022

For the

Volunteers are a valuable resource in our community work, and we have over 30 people regularly giving their time so willingly. We encourage all our volunteers to share their skills with others. We provide training and ensure that our volunteers are motivated in providing a good service. This ensures that their vocabulary tolerates plural solutions and positive outcomes for the young people. Appropriate Criminal Records Bureau (CRB) checks are conducted on our volunteers.

Community Activities

The lockdown has presented situations where young people are left in the community without support. Our charity provides valuable therapeutic solutions through recreational sporting activities in the community which match the perspective of social pressures that prevents mental illness. Our school support project has been running for two years. We provide recuperative, caring or therapeutic environment for children and young people.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE CYMRU CHILDREN & YOUTH SPORTS FOUNDATION CHARITY

I report to the Trustees on my examination of the accounts of Cymru Children & Youth Sports Foundation for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 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

Since the Charity's gross income did not exceed £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the Association of Chartered Certified Accountants, which is one of the listed bodies. I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports)



Year Ending 31/03/2022

For the

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 to enable a proper understanding of the accounts to be reached.

25/04/23

Rachael Christine Williamson Anstee ACCA

Hazlewoods LLP

Windsor House

Bayshill Road

Cheltenham

Gloucestershire

GL50 3AT

Statement of Financial Activities for the Year 31 March 2022

Details	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Year 2021
<u>Incoming From:</u>				
Donations & Legacies	11400	16060	27460	15500
<u>Expenditure on:</u>	(10850)	(12850)	23700	14610
Net incoming resources before transfers	550	3210	3760	890
Gross transfers between funds	-	-	-	-
Net Income for the Year	550	3210	3760	890



Year Ending 31/03/2022

For the

Total Funds b/d	-	-	24694	
Total funds carried forward	-	-	<u>28464</u>	<u>27450</u>

This statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

CYMRU Children and Youth Balance Sheet as, at 31 March 2022

Details	Notes	£	2022	£	2021
Fixed Assets:					
Tangible Assets	a		23900		23800
Current Assets					
Debtors		3450		3260	
<u>Cash and Cash Equivalents</u>		<u>1900</u>		<u>1050</u>	
Total Current Assets		5350		4310	



Year Ending 31/03/2022

For the

Liabilities:					
Creditors falling due within one year		(786)		(660)	
Net Current Assets			456 4		3650
Net Assets			<u>284 64</u>		<u>27450</u>
The Funds of the charity:					
Unrestricted Funds:					
Designated funds		201 50		169 30	
General funds		<u>451 4</u>	246 64	<u>370 0</u>	20630
	5		380 0		6820
Total Charity Funds			<u>284 64</u>		<u>27450</u>

Notes to the Accounts

2) Incoming resources

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Year Ending 31/03/2022

For the

donated by volunteers has not been included in these accounts, except where the services provided are in the nature of professional services where a fee would otherwise be charged, in which case the donated service is valued at their chargeable rate.

d) Costs of generating funds

Costs of generating funds are those costs incurred in attracting voluntary income or incurred in trading activities undertaken to raise funds.

▪ 4. Incoming Resources from voluntary services

Details	Unrestricted funds	Restricted Funds 2022	Total Funds
	£	£	£
Donations	1400	10000	11400
Children Chapter	-	16060	16060
Total	1400	26060	27460

▪ 5. Activities for generating funds

Details	Unrestricted Funds	Total Funds 2020
Activities for generating funds:	£	£
Rent and Hire Sports Equipment	6500	3800
Adverts	300	-
Total	6800	3800

Cost of charitable activities compromise all costs incurred in the pursuit of charity activities. These costs have been apportioned together with established activities.

▪ Investment income

These includes short term deposits and cash on deposits



Year Ending 31/03/2022

For the

- Debtors
- As the Charity which does not have long term debtor's policy, these will be measured on the basis of their recoverable value.
- Creditors

These will be valued at fair value and measured at the amount which the Charity is expected to settle the debt. Amounts which are further than one month.

Other Recognised Gains and Losses

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Loss on disposal assets	(708)	-	(708)	-
Covenanted income	<u>19,200</u>		<u>19,200</u>	
	<u>18,492</u>	-	<u>18,492</u>	--

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Chair of Trustees

Phillip Mpukusa

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Year Ending 31/03/2022

For the

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Welsh Support Empowerment Trust

England & Wales - Charity number 1173960

Accounts



Year Ending 31/03/2022

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Cymru Children & Youth Sports Foundation
Trustees' Annual Report
And Financial Statements
For the Year Ending 31 March 2022



Year Ending 31/03/2022

For the

Charitable Incorporated Organisation

Charity Registration Number 1173960

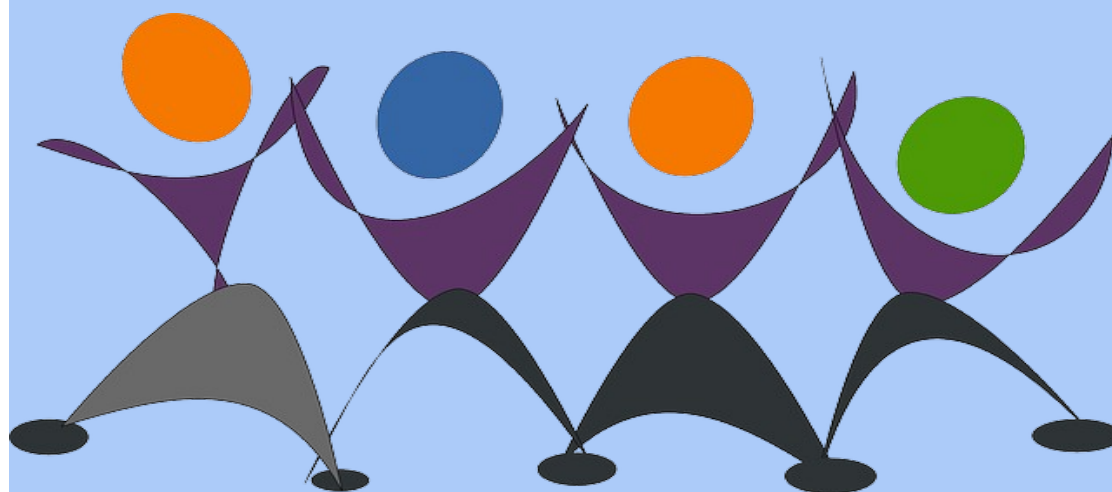
Contents

Message from the Chief Executive and Patron	3	
Trustees' Annual Report for the period ended 31 March 2022		4
Strategic Report	5	
Achievements and performance	5	
Accounting Policy	6	
Financial Review	7	
Structure, governance, and management		9
Statement of responsibilities of the trustees		8
Independent Examiner's Report to the members of the Youth		10
Statement of Financial Activities (Income Statement)		11
Notes to Accounts	13	



Year Ending 31/03/2022

For the



Message from the Patron

Welcome to Cymru Children & Youth Sports Foundation!

We are taking a strength-based approach in providing support to the varied and diverse youth communities of Wales. We are an experienced team of youth workers who are passionate about helping young people become confident, informed, and empowered to be proud of their individual uniqueness.

Cymru Children & Youth Sports Foundation aims to ensure that young people have access to unique structured youth activities and support, which is fun, stimulating, and young person centred that will help them to contribute positively to their community and the wider world.

Our Vision is to empower young people and enhance their resilience so that they can become enabled to manage and positively influence their surroundings.

Our Mission is to linked to the enablement approach of young people by promoting their physical and mental well-being in the communities they live. Our agenda is based on inclusiveness that allows the rights of the young people to be promoted, development of abilities and treating others with respect.

Our Values are to remain consistently young people centred, safe and inclusive, and to champion diversity while delivering youth equality work.

Volunteers are central to what Cymru Children & Youth Sports Foundation does and we are always on the lookout for new people to help us run sessions or do



Year Ending 31/03/2022

For the

some of the behind the scenes work that ensures that the organisation functions effectively. A big thank you to our trustees and volunteers and welcome to anyone who has a few hours to spare to our mission charity.

Our mission is to change young people's lives by creating a strong, responsive, and imaginative youth community that puts young people at the heart of what we do and giving them the tools and opportunities to contribute to their communities and the wider world.

Our values are centred on putting the young people at the centre of everything and help to build a community that has a place for the youth.

A last word for the incredible young people of Wales, that this charity serves. You are the reason this charity exists. So please get in touch and see what Cymru Children & Youth Sports Foundation has in store for you.

Ken Williams

Patron

Trustees' Annual Report for the Period Ended 31 March 2019

The trustees present their report (which includes the strategic report) and the financial statements for the period from incorporation on 3 April 2022 and ending on 31st March 2023. The reference and administrative information are set out on page 8 of this report.

The aims and objectives of Cymru Children & Youth Sports Foundation

Objectives

To empower children to participate in sports, eliminate social exclusion, bullying, racism, gang violence, promoting children quality of life and well-being.

To empower children and youth to participate in sports, eliminate social exclusion,

To provide a platform that tackles social inequality of children in sports and under-representation that is caused by post code dynamics, class, religion, poverty of parents and other social inconsistencies.



Year Ending 31/03/2022

For the

The disruption of schools caused by the dilemmas of the pandemic has set the communities back, and risking reversing 20 years of progress made towards good achievements. The most marginalized and deprived children will be among the hardest hit, making our work more critical than ever. We will need to adapt our work and be more innovative than ever, as our resources to deliver will be more limited. We are already working in creative ways to mitigate the impact of COVID-19 on children. We have a Strategic Response Plan that sets out our plan to ensure children are not left behind in the national COVID-19 response, highlighting the incredible work and adaptations happening across our communities.

To ensure that our decisions are informed by a sound understanding of the risk universe in which the organisation operates and aligns with risk appetite, we have equipped ourselves with a risk management capability, the objective of which is threefold:

- a. **Information:** ensure that we have full visibility on risks resulting from challenges in context and from our response to the dynamics of the pandemic
- b. **Action:** identify and bridge gaps in mitigation: develop additional guidance/material, collect, and analyse information, draft recommendations to the management committee.
- c. **Build Resilience:** the ability to adapt to adversity, tragedy, managing stress and feelings of uncertainties and stresses.

Strategic report

Achievements and performance

Youth ambassadors programme

Our Youth Ambassadors Programme is our youth governance committee who represent all young people of East London to express their needs. Youth Ambassadors help make key decisions for the future of the charity, including



Year Ending 31/03/2022

For the

developing existing and new services, which makes sure young people really are at the heart of everything we do.

Winter of Well-being for Young People

Various sporting and fun activities were held in conjunction with the Swansea Local Authority and the Welsh Government. These where events were the youth participated to improve their well-being. These programmes useful in helping the young generation to be able to manage stressful situations and emotions. On this project we worked with 133 young people in both a one to one and group settings. We addressed youth issues based around drugs, mental health, and community engagement. Additionally, we have held several events with a more social focus such as bowling and young people had lots of fun.

Communications, fundraising and governance

Governance

We carried out a skills audit to identify areas of expertise where we sought extra support and have run a rolling recruitment programme to ensure we had trustees and volunteers with the necessary skills. We are proud that we have developed a robust suite of policies and practices that focus on youth development and safeguarding, as well as all the other areas of governance that are required by a modern charitable organisation. But the work hasn't stopped there.

Communications

We have developed an impressive website to showcase the work we do. We have established our social media presence "Cymru Children & Youth Sports Foundation", as well as using more traditional methods to advertise our youth groups and mental health services.

Fundraising

We were delighted that the Garfield Weston Foundation has funded our programme of youth activities and we are pleased that we are through to the second round in our grant applications to develop our youth mental health service in the forthcoming year. We are pleased to have received some donations to our unrestricted funds and particularly wish to acknowledge all the 'in-kind' donations.

Accounting Policies



Year Ending 31/03/2022

For the

Accounting Convention

The Financial Statements have been prepared under the Historical Cost Convention and the Charities Act 2011 and in accordance with applicable UK Accounting Standards and Accounting and Reporting of Charities, Statement of Recommended Practice (revised 2005).

Incoming Resources.

All income receivable which relates to the year is credited to income within the Statement of Financial Activities with unspent balances being carried forward to subsequent years within the relevant fund. Specific debts are recognised where income is due but not received. Debt recognised in prior years, known at the balance sheet to be irrecoverable, are written off against the relevant funds.

Resources expended

Expenditure is recognised as soon as there is legal or constructive obligation committing the charity to pay out resources.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. The cost of minor additions are not capitalised.

Depreciation

Depreciation is calculated to write off the cost less estimated residual value, of all tangible fixed assets over their expected useful lives, as follows:

Fixtures and fittings: 15% p.a on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making, due allowance for obsolete and slow-moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund Accounting

Unrestricted funds comprise accumulated surpluses and deficits on general funds. They are available for use at the discretion of the Trustees in furtherance of the general charitable objectives.

Designated funds are unrestricted funds which have been allocated for a designated purpose at the discretion of the Trustees. Restricted funds are funds subject to specific conditions imposed by the donors.

Financial review



Year Ending 31/03/2022

For the

Our principal sources of funding during the year were a grant from the Garfield Weston Foundation and donations from individuals. The grant from the National Lottery is restricted.

The trustees present the approved annual financial statements for Cymru Children and Youth Sports Foundation. The trustees confirm that that the reports meets the legal requirements that are in accordance with the Charities Act 1983 as amended by the Charities Act 2008 and the Statement of Recommended Practice SORP 2005.

Public benefit

The trustees ensure that the activities of the charity are consistent with its charitable objectives and aims. In agreeing our annual plans, the trustees consider public benefit as set out in the Charity Commission's general guidance on public benefit in relation to the prevention and relief of poverty, the advancement of education and health and the relief of those in need. The trustees believe there is clear public benefit derived from the activities of the charity.

Promotion of children role model, counselling, and mentors in sports with a view of inspiring the youth generation to be good citizens of the future.

2022 Priorities

Trustees propose to support the youth worker in further modification and improvements to the building subject to funds being available and developments in the programme offer to members. Trustees, together with the local youth service, continue to explore the potential for additional lettings, partnership activity with the nearby schools and providing support for activities and opportunities for young people within South Wales communities.

Review of financial Position

Additional external funding will be sought to support new activities as planned by the Centre's young people.

Reserves Policy

Trustees are mindful of this area of responsibility and accept that reserves need to be sufficient to meet annual programme and activity commitments in an increasingly difficult economic climate. Currently reserves accrued have been there to resource centre improvements and programme development.



Year Ending 31/03/2022

For the

Cymru Children & Youth Sports Foundation Report of the Trustees for the fiscal year

Since commencing the Community Well-being project, we have learnt that mental health challenges do not discriminate, as stress, anxiety and uncertainties are affecting everyone even the youngest people. Our strategic operations continues to serve the young people in the surrounding area of South Wales by delivering a mixture of participatory youth sports activities and targeted intervention sessions to meet differing needs. The coronavirus pandemic has created unique challenges for young people as there has been a progressive decline in the level of physical activity in the daily lives of young people in Wales. We aim to deliver appropriate responses to personal crises, early intervention and management of challenging behaviours and self-harm and eating disorders etc. Where support and treatment is lacking, poor mental health can lead to increased risk of suicide. The running programs are as follows,

Monday Nights - Alternate weeks Boys group and Girls groups ages of 9 -15 age in two groups, juniors and seniors 15 - 24 years respectively. These groups address issues such as friendships, bullying, health, knife crime, vaping, exercise and sexuality ~ Music studio.

Friday Nights - 3 youth club's ages 8-11. 12-15 and 16-24 years of age. This runs from 5-7pm and draws well over 100 young people weekly. The main focus recently in Friday sessions has been we

Saturdays, a business and enterprise initiative ran in partnership with Waun Wen Primary School.

Sunday Independent living skills project. This draws over 20 of Swansea's most vulnerable young people every fortnight in order to help them with life-skills, such as cooking a healthy meal, washing their own clothes and talking about their own future plans, as well as chatting through present life issues.

In addition to the following activities, we were limited to reaching out to our more vulnerable young people. Physical activity-1hr of physical activity ~ Enrichment activities —Arts and crafts Nutritious food and nutritional education This winter project was a huge success, and we were one of the very few young people's services to offer face to face {Covid Safe) support for young people during this difficult time, we have re-opened our outdoor programs. Again, running 3 x 15 bubbles for each age group. Staff adapted well to Covid ways of working and young people were keen to return.

However, we have planned a series of outreach sessions to begin May 2022. This will consist of community well-being projects and reaching out to vulnerable young people who have been impacted by the pandemic and this will run on Friday nights and Sunday afternoon. We are hoping to run this project in conjunction with our local community police. This has been a difficult year, not



Year Ending 31/03/2022

For the

just in adapting to a new way of working but raising finance when many revenue streams of many donors have dried up. We are unable to hire our community hall for our usual sports and dance clubs or operate our fundraising activities.

We hope to secure enough funding to end the year in stable position with a similar bank balance to the previous year (£40 000) which would cover our expenditure until the end of the financial year. We look forward to improving our financial position, and therefore improve programmes and reach out to more young people.

Phillip Mpukusa Chair of Trustees 31/03/2022

Organisational Structure

The trustees are responsible for the general functions and management of the Charity. The trustees give their time freely and they do not receive remuneration or other financial benefits.

Monthly meetings are held to plan and strategize the charity functions and responsibilities over the organisations activities that affect the charity. The organisational activities are optimally structured along functional and end user lines. The day-to-day management of the charity and projects are relegated to volunteering staff. A separate committee deals with the intervention programs and services.

Board of Trustees

Sheila Nyathi

Tabita Nota

Phillip Mpukusa

Recruitment and appointment of trustees.

The sitting trustees are involved in the recruitment process of new trustees but in doing so they make an informed choice through the recommendation of community elders and leaders. The trustees believe that this approach ensures a good working relationship with the community and other areas which improves the scope of the charity serves. In seeking to select new trustees, skills and values are considered on how they will be effective on developing the objectives of the charity. Potential trustees are invited to attend trustee's meetings as observers and are given more details on the objectives of charity and are given more information on the broader scope of their responsibilities under the Charities Act. If all agree, they are then proposed as new trustees at the subsequent trustees' meeting. This process allows due consideration of the



Year Ending 31/03/2022

For the

persons eligibility, personal competence, and specialist knowledge. Appropriate Criminal Records Bureau (CRB) checks will be conducted.

Use of Volunteers

Volunteers are a valuable resource in our community work, and we have over 30 people regularly giving their time so willingly. We encourage all our volunteers to share their skills with others. We provide training and ensure that our volunteers are motivated in providing a good service. This ensures that their vocabulary tolerates plural solutions and positive outcomes for the young people. Appropriate Criminal Records Bureau (CRB) checks are conducted on our volunteers.

Community Activities

The lockdown has presented situations where young people are left in the community without support. Our charity provides valuable therapeutic solutions through recreational sporting activities in the community which match the perspective of social pressures that prevents mental illness. Our school support project has been running for two years. We provide recuperative, caring or therapeutic environment for children and young people.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE CYMRU CHILDREN & YOUTH SPORTS FOUNDATION CHARITY

I report to the Trustees on my examination of the accounts of Cymru Children & Youth Sports Foundation for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 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

Since the Charity's gross income did not exceed £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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



Year Ending 31/03/2022

For the

1) accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2) the accounts do not accord with those records; or

3) the accounts do 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.

31/03/22

Rachael Christine Williamson Anstee ACCA

Hazlewoods LLP

Windsor House

Bayshill Road

Cheltenham

Gloucestershire

GL50 3AT

Statement of Financial Activities for the Year 31 March 2022

Details	Notes	Unrestricted Funds	Restricted Funds 2021	Total Funds 2020
Incoming Resources	2			
Donations		10500	10500	15500
Charity Activities	4	1200	1200	6820
Investment Income		600	600	740
Voluntary Income		2800	2800	4400
Total Incoming Resource		15100	15100	27460
Resources Expended				
Raising Funds		(610)	(610)	1220
Community Projects		(7000)	(7000)	11400
Purchase of Equip		(3200)	(3200)	7100



Year Ending 31/03/2022

For the

Community Education		(2520)	(2520)	2320
Support Costs		(1280)	(1280)	1650
Total Net Incoming Resources	a	(14610)	(14610)	23690
Net Income for the Year		490	490	3770
Total Funds b/d	3	27734	24664	24694
Total funds carried forward		28234	27704	28464

CYMRU Children and Youth Balance Sheet as, at 31 March 2022

Details	Notes	£ 2022	£ 2021
Fixed Assets:			
Tangible Assets	a	23900	23800
Current Assets			
Debtors		3450	3260
Cash and Cash Equivalents		1900	1050
Total Current Assets		5350	4310
Liabilities:			
Creditors falling due within one year		(786)	(660)
Net Current Assets		4564	3650
Net Assets		28464	27450
The Funds of the charity:			
Unrestricted Funds:			
Designated funds		20150	16930
General funds		4514	3700
	5	380	6820



Year Ending 31/03/2022

For the

		0	
Total Charity Funds		<u>284</u>	<u>27450</u>
		<u>64</u>	

Notes to the Accounts

2) Incoming resources

All incoming resources are redeemed once the charity has legal entitlement to their resources, it is prudent that the resources will be received, and their monetary value realised. The following policy should be applied to the categories of income. Voluntary income is received by way of donations and grants and is fully disclosed in the Statement of Financial Activities. The value of services donated by volunteers has not been included in these accounts, except where the services provided are in the nature of professional services where a fee would otherwise be charged, in which case the donated service is valued at their chargeable rate.

d) Costs of generating funds

Costs of generating funds are those costs incurred in attracting voluntary income or incurred in trading activities undertaken to raise funds.

- 4. Incoming Resources from voluntary services

Details	Unrestricted funds	Restricted Funds 2021	Total Funds 2020
	£	£	£
Donations	10000	5200	7500
Children Chapter	-	1000	500
Total	<u>10000</u>	<u>6200</u>	<u>8000</u>



Year Ending 31/03/2022

For the

▪ 5. Activities for generating funds

Details	Unrestricted Funds	Total Funds 2020
Activities for generating funds:	£	£
Rent and Hire Sports Equipment	6500	3800
Adverts	300	-
Total	6800	3800

Cost of charitable activities comprise all costs incurred in the pursuit of charity activities. These costs have been apportioned together with established activities.

▪ Investment income

These includes short term deposits and cash on deposits

- Debtors
- As the Charity which does not have long term debtor's policy, these will be measured on the basis of their recoverable value.
- Creditors

These will be valued at fair value and measured at the amount which the Charity is expected to settle the debt. Amounts which are further than one month.

Other Recognised Gains and Losses

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
Loss on disposal assets	(708)	-	(708)	-
Covenanted income	<u>19,200</u>		<u>19,200</u>	
	<u>18,492</u>	-	<u>18,492</u>	--

These financial statements were approved and authorised for issue by the Board on 25/03/22

On behalf of the Board



Year Ending 31/03/2022

For the

Chair of Trustees

Phillip Mpukusa