



Year Ending 31/03/2022

For the



CCYSF®

**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

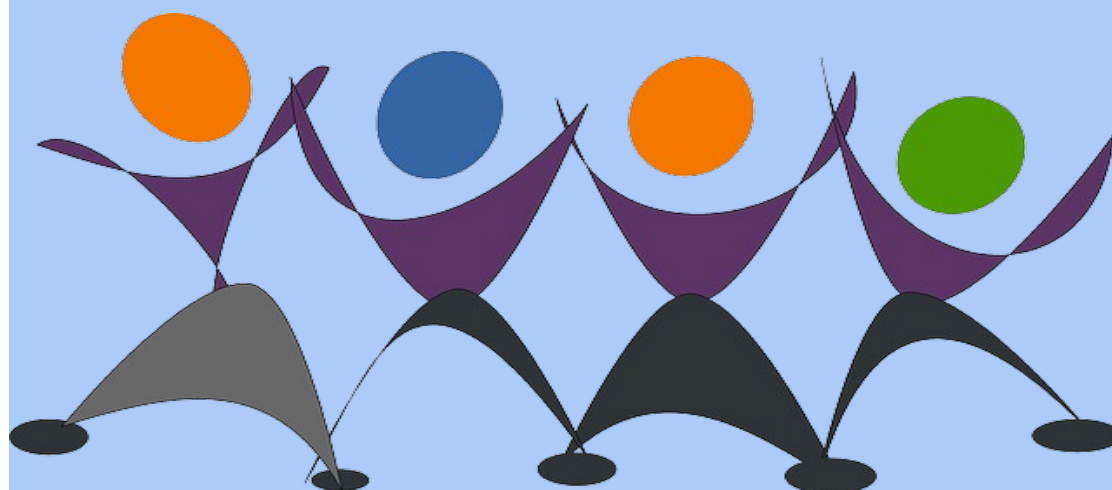
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## **Message from the Patron**

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 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



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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.



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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



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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**



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## **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**



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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 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.





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## **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



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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



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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:



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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 |
|--------------------------------|-------|--------------------|-----------------------|------------------|
| <b>Incoming Resources</b>      | 2     |                    |                       |                  |
| <b>Donations</b>               |       | 10500              | 10500                 | 15500            |
| <b>Charity Activities</b>      | 4     | 1200               | 1200                  | 6820             |
| <b>Investment Income</b>       |       | 600                | 600                   | 740              |
| <b>Voluntary Income</b>        |       | 2800               | 2800                  | 4400             |
| <b>Total Incoming Resource</b> |       | <b>15100</b>       | <b>15100</b>          | <b>27460</b>     |
| <b>Resources Expended</b>      |       |                    |                       |                  |
| <b>Raising Funds</b>           |       | (610)              | (610)                 | 1220             |
| <b>Community Projects</b>      |       | (7000)             | (7000)                | 11400            |
| <b>Purchase of Equip</b>       |       | (3200)             | (3200)                | 7100             |



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

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

| Details                                      | Notes | £           | 2022         | £           | 2021         |
|--|-------|-------------|--------------|-------------|--------------|
| <b>Fixed Assets:</b>                         |       |             |              |             |              |
| <b>Tangible Assets</b>                       | a     |             | 23900        |             | 23800        |
| <b>Current Assets</b>                        |       |             |              |             |              |
| <b>Debtors</b>                               |       | 3450        |              | 3260        |              |
| <b>Cash and Cash Equivalents</b>             |       | <u>1900</u> |              | <u>1050</u> |              |
| <b>Total Current Assets</b>                  |       | 5350        |              | 4310        |              |
| <b>Liabilities:</b>                          |       |             |              |             |              |
| <b>Creditors falling due within one year</b> |       | (786)       |              | (660)       |              |
| <b>Net Current Assets</b>                    |       |             | 4564         |             | 3650         |
| <b>Net Assets</b>                            |       |             | <b>28464</b> |             | <b>27450</b> |
| <b>The Funds of the charity:</b>             |       |             |              |             |              |
| <b>Unrestricted Funds:</b>                   |       |             |              |             |              |
| <b>Designated funds</b>                      |       | 20150       |              | 16930       |              |
| <b>General funds</b>                         |       | <u>4514</u> | 24664        | <u>3700</u> | 20630        |
|  | 5     |             | 380          |             | 6820         |



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|                            |  |  |                   |  |                     |
|----------------------------|--|--|-------------------|--|---------------------|
|                            |  |  | 0                 |  |                     |
| <b>Total Charity Funds</b> |  |  | <b><u>284</u></b> |  | <b><u>27450</u></b> |
|                            |  |  | <b><u>64</u></b>  |  |                     |

## 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                |  |
| <b>Total</b>     | <b><u>10000</u></b> | <b><u>6200</u></b>    | <b><u>8000</u></b> |  |



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▪ 5. Activities for generating funds

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

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

▪ 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>        |            |
|                         | <b><u>18,492</u></b> | -          | <b><u>18,492</u></b> | --         |

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

On behalf of the Board



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Chair of Trustees

Phillip Mpukusa