

Charity registration number: 1174222
Company registration number: 8212122

AGE CYMRU POWYS

**ANNUAL REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

AGE CYMRU POWYS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2023

INDEX

Page

1 - 9	Report of the Trustees
10	Independent Examiner's Report
11	Statement of Financial Activities (including Income and Expenditure Account)
12	Balance Sheet
13 - 19	Notes to the Financial Statements

AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees are pleased to present their Annual Directors' Report together with the Financial Statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and 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 (FRS 102) (effective 1 January 2015).

Chair's Introduction

Last year was a challenge to everyone because of rising fuel prices and the cost of living crisis affecting especially the vulnerable elderly on a low income. Age Cymru Powys was able to help 2,205 older people, their carers and families in many ways, thanks to the hard work and dedication of a small group of staff and volunteers.

The launch of the latest project called the "Later Life MOT" enabled our staff to assess the needs of the individuals in all areas of health, home, isolation and loneliness, later life planning and financial needs. This new project already has benefited so many older people and has helped them put preventative strategies in place as they get older.

The ongoing services have continued to grow like the Mamwlad project, supporting older farmers often in crisis. Our befriending and community volunteers have had a massive impact into addressing loneliness and isolation for many who have no one. Our benefit check service and home energy check and energy advice has supported older people at risk of fuel poverty, enabling them to manage rising fuel costs and claim benefits they did not know they were entitled too. Simply Nails, our toenail service has continued to grow, to benefit so many older people. The clinics are a hub for all services across the county. Helping older people to live an active life without painful nails and the ability to access all our other services. All of our services continue to be greatly appreciated and very busy.

Our quality-accredited services are relied upon by statutory and non-statutory organisations to fill essential fundamental gaps in service provision for older people. We work with many third sector organisations, Adult Social Services, Safeguarding Teams and the NHS to deliver tailored packages of support.

None of this would be possible without funding. Our CEO Gail Colbridge and Operations Officer Sarah Bone who worked tirelessly and successfully throughout the year on funding applications that have impressed many of our supporters and funders, along with the Board of Trustees. I would like to thank the grant funders, clients, families and communities for their donations that support our vital work.

On behalf of my fellow Trustees, I must thank the team of staff and volunteers for their commitment and dedication.

I am sure that in the coming year many more people in Powys will feel the benefit we have undertaken in their lives.



Christopher Eatherton
Chair of Trustees

AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Age Cymru Powys will work to improve quality of life for older people* in Powys.

*All people can be in need of help at certain times of their lives. Older people in need will be those who are isolated geographically, socially or economically in Powys or who have health needs which impact upon their lives. This will be the group for whom our services will be focused.

The aim of Age Cymru Powys (ACP) is to provide excellent quality services tailored to the needs of older people in Powys. To raise the profile of age issues and enable the voices of older people to positively influence policy and provision.

Be the valued, effective, reputable and expert provider of services

We will:

- Involve older people in what we plan, deliver and evaluate, positively promote older age and deliver services that are relevant for older people in Powys
- Maximise the use of volunteers in supporting our organisation and our service delivery
- Achieve Age UK I&A Quality Programme, Standards for Health Services in Wales, Quality Performance Mark
- Monitor and evaluate all aspects of our work and of the organisation and measure the impact we have on older people
- Make the most effective and efficient use of our limited resources and seek to broaden our funding base to increase our sustainability
- Continue to promote and invest in learning and development opportunities for our staff
- Ensure good governance and legal compliance through investment in and support for trustees

We work to collaborate with other organisations across Powys and Wales enhancing services and avoiding duplication

We will:

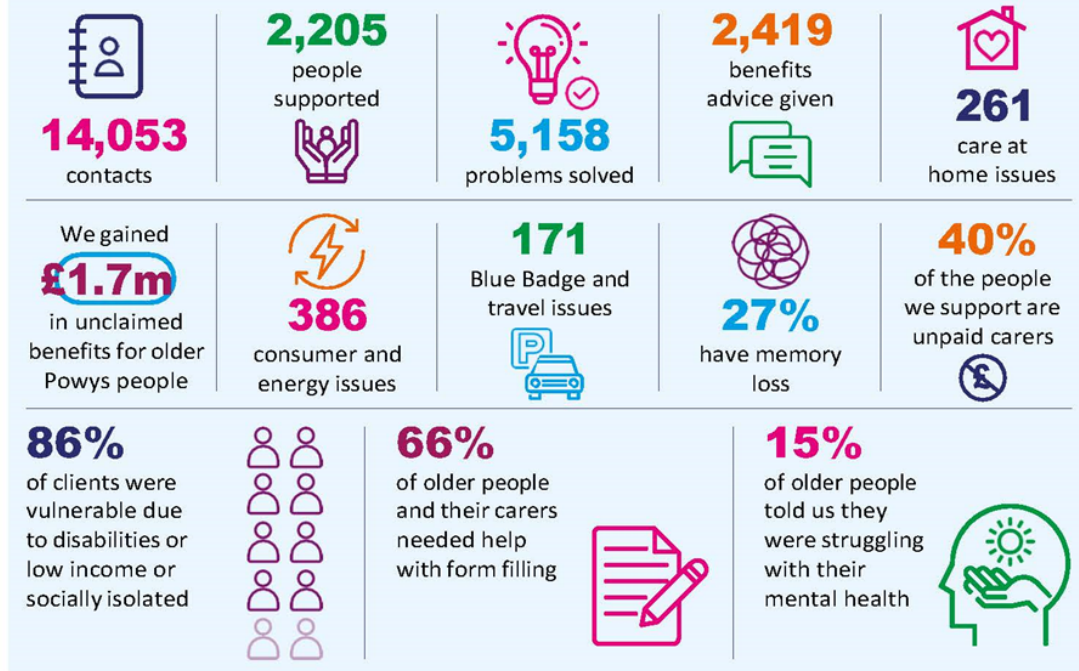
- Continue to develop our knowledge and awareness of services available to support older people and make links with these services to enable effective signposting and referrals
- Maintain our existing links with services we refer into
- Develop further effective partnerships to holistically meet the needs of vulnerable older people
- Attend and contribute positively to relevant networks within Powys and Wales
- Consider all service development proposals as potential partnerships

All Services Impact

2022-2023



Impact of Advice & Support including Later Life MOT, Befriending, Footcare, Home Energy Checks and services for Veterans and Farmers



How we provided support



Case Study:

Gwyneth, Retired Sheep Farmer



Fun, laughter and form-filling

A retired sheep farmer, Gwyneth, 84, contacted Mamwlad to help her maintain her independence due to a debilitating health condition and mobility issues that were restricting her quality of life.

Elin, Mamwlad Caseworker at Care & Repair Powys, carried out a Healthy Home Assessment for Gwyneth and advised she may also be entitled to financial support. Elin arranged for Gethin, Age Cymru Powys' Mamwlad Support Officer, to visit Gwyneth at home.



Gwyneth and Gethin spent some time discussing what help would make Gwyneth's life better and easier, and Gethin helped Gwyneth to apply for the support she was missing out on, including:

- Higher Rate Attendance Allowance
- Pension Credit
- Full Council Tax Reduction
- Free TV Licence
- Warm Homes Discount

The result has been a positive impact on Gwyneth's mental well-being, as the extra financial support helps her to live independently at home without the need to use her savings for everyday living costs.

In Gwyneth's words...

"My life is a lot easier now and I do not worry about having bills now, as I have this extra money coming in. I've enjoyed Gethin's company on home visits to complete the various forms and we had a lot of fun & laughter along the way – I would recommend Mamwlad to my friends and family in the farming community."

**We offer
immediate practical
support for older
Powys residents.**



Age Cymru Powys, Old Warehouse,
Parkers Lane, Newtown, Powys, SY16 2LT
Tel: 01686 623707
E-mail: enquiries@acpowys.org.uk
www.agecymru.org.uk/powys

Follow us on:

- facebook.com/agecymrupowys
- twitter.com/agecymrupowys
- instagram.com/agecymrupowys

Age Cymru Powys is a registered charity 1174222
and limited by guarantee 08212122
We are local, we are independent, just in Powys.



AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

Information, Advice, Assistance

Age Cymru Powys operates a free, confidential information and advice service for people aged 65+ but the focus of our work is for vulnerable older people who are marginalised. We also support their carers and families.

Age Cymru Powys can offer information and/or advice on the following:

Benefits and money

- Carry out a benefit check – covering pensions, means-tested benefits and disability related benefits.
- Consumer issues including support to save money on energy bills, switching supplier, accessing grants to combat fuel poverty.
- Provide support in claiming benefits or helping the older person access other financial help.
- Challenge benefit authorities if the decision is not in their favour – or refer on to an independent advice agency to do so.

Social care

- Advise users on statutory and non-statutory social care services available, on eligibility criteria (financial and non-financial) and whether they may be eligible and what other options are available.
- Provide support in gaining access to social care services and equipment.
- Challenge statutory authorities if user has difficulty gaining their rights – or refer on to Local Authority or Health Board funded Advocacy Service.

Housing options

- Use advice skills to help users assess their housing needs. Help users access other local independent advice agencies if available.
- Make available to client's details of local sheltered housing and residential care options, and other housing and maintenance options.
- Refer on to national level specialist support where appropriate.

Local Services and support

- Keep up to date and make available to users, details of local services and support, both statutory and non-statutory, which are appropriate and beneficial for older people.

Support is provided face to face, at home, over the telephone and in communities. Delivering holistically based on needs for older people with disabilities.

Age Cymru Powys has alternative office status granted by DWP and all of our Advice staff are pension service nominated officers and are able to verify documents and are able to help with filling out forms, avoiding the need for clients to send sensitive information through the post.

Mamwlad – Information, Advice, Advocacy service for older farmers and their families across Powys. Collaborative working with Care and Repair Powys, our work targets the farming community who are naturally independent and reluctant to seek help. Enabling them to plan for later life and to access support that is holistic to their needs. Supporting those on a low income and can be asset rich, providing benefits support and assistance to reduce poverty and social isolation.

Veterans – The aim of this project was to ensure that the most socially and physically isolated older Veterans in Powys access to support services to improve their quality of life. Through collaborative working with other partners in Powys it targeted the Veteran community who are naturally independent and reluctant to seek help. We provided Information, Advice, Advocacy service for older veterans across Powys, enabling them to access support to improve the quality of life, identify unclaimed benefits preventing poverty. In addition support tackling loneliness and isolation by providing wellbeing activities in communities across Powys.

AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

Warm Home Initiative Home Energy Checks

Age Cymru Powys was funded by Age UK and EON to support vulnerable older people check if they were staying warm and offering a home energy check. The home energy check was either delivered over the telephone or at the home address. The Home energy officer would holistically discuss home energy and would install small measures to save money of the vulnerable older persons energy bills. Items installed, were light bulbs, radiator foils, draft excluders, timers, boiler jackets. We also would refer them to providers if we identified they may benefit from a new boiler or other energy efficiency scheme.

The Home Energy Officer provided practical advice in the home on:

- General: electrical safety; health and cold, damp housing.
- Behaviour-change: energy use and energy saving practices.
- Systems, appliances and devices: safe, energy-efficient usage; temperature controls and timers.
- Money matters: income maximisation (benefits, winter fuel payments, warm home discount, cold weather payments) and budgeting; bills and smart metres; energy debts and solutions (supplier and hardship funds) ; access to loans and grants (Nest, Arbed, ECO schemes etc).
- Energy suppliers: legal rights/responsibilities; payment methods; tariffs, capping and priority services register; switching.
- Building/technical: energy efficiency improvements; water ingress, damp, condensation and air quality solutions.
- Private tenants: legal rights to supply, systems, appliances and energy efficiency improvements.
- 'Warm' referrals to relevant services.

During this period 70 Home Energy Checks were provided across Powys.

Simply Nails

Simply Nails delivering footcare and nail cutting since 2010. The service is mainly for people over the age of 50 with disabilities, who are no longer able to reach their feet due to several health reasons such as sight impairment, arthritis, hip operations or simply find it impossible cut their nails. Most of our clients are aged between 75+ to 94+. 8 trained volunteers supporting the service.

Active service in 9 communities every month.

The service provided a massive 1291 individual toenail-cutting appointments during April 2022 – March 2023. Delivering 104 community sessions. 252 new clients attended.

- Health and wellbeing checks at each appointment.
- Professionally delivered Qualified Foot Care Practitioner overseeing project.
- The service provides a critical and much-needed service for older people in Powys.
- The service reduces the likelihood of falls and the associated cost for health services.
- The service enables access to older people, who may not otherwise engage e.g., on vaccines, falls prevention, aid, and adaptations.
- The service undertakes 'early identification' of future potential issues e.g. physical and mental health, isolation, Protection of Vulnerable Adults, poor access to other required services, thereby preventing escalation of needs to critical levels.
- The Simply Nails service is provided as part of a holistic package to older people by Age Cymru Powys, including information and advice and advocacy
- The service reduces isolation, by giving people the opportunity to access telephone befriending calls and community volunteering.
- The service has established referral routes and partnerships with other key delivery agencies in the statutory and voluntary sector e.g., Care and Repair, social care, GP's.
- The service offers a range of opportunities for volunteers including developing new skills, knowledge and experience, increased employment prospects.
- Encourage older people to become more independent.
- Prevent falls and are therefore a huge cost saving to the NHS.
- Encourage cross networking; Simply Nails volunteers refer to the GP or POD if they see any suspicious marks on legs, which could become a lot worse.

AGE CYMRU POWYS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

Volunteering

Volunteers provided much valued help, time, and skills enabling older people to remain independent and to be less lonely and isolated. 37 volunteers give their time and support older people across Powys.

Our Wellbeing Support Volunteers to support vulnerable disabled people aged 65+ across Powys.

Our mission is to fight loneliness so no one is left coping alone and improve wellbeing. Creating community through volunteering. Our casework evidences the Cost-of-Living Crisis is causing the elderly disabled in Powys to cut back on heating, eating and paying for care at home, and is causing social isolation. Lack of community centres/health centres/social clubs/meeting opportunities, combined with the Cost-of-Living Crisis, is causing a vicious cycle of loneliness. People on low incomes are pushed into isolation as they've little money to socialise.

Those with disabilities/long-term health conditions (89% ACP clients) face mobility / lack of transport issues which can lead to them becoming housebound without community support.

Age Cymru Powys volunteering programmes are essential part to improving the lives of older people across Powys.

Organisation achievements

Age UK Organisational Quality Mark which is endorsed by the Charity Commission
Advice and Quality Mark
Living Wage Employer
Age Friendly Employer
Disability confident Employer
Achieved the Befriending Quality Mark
Signed up to the Armed Forces Covenant

PARTNERSHIP

Partnerships and networks

Employees and trustees of Age Cymru Powys attend the following partnership and network meetings:

- Older Peoples Partnership Board
- Farming Network
- Powys Advocacy Network
- Dementia Friendly Communities Group
- Age Cymru Information and Advice Network
- Age Cymru Chief Officer's Network
- Age Cymru Advocacy Network

Wider networks

Age Cymru Powys is committed to working in partnership across the County of Powys, within Wales, the UK, and with the wider Age Cymru movement. We are a member of voluntary sector umbrella organisations; Powys Association of Voluntary Organisations (PAVO) and Wales Council for Voluntary Action (WCVA). Employees and trustees are members of a wide variety of networks, partnerships and working groups covering a range of topics from advocacy, adult protection, I&A and public affairs.

FINANCIAL REVIEW

Total Incoming Resources in the year were £228,741 (2022 - £232,895). Expenditure was £286,795 compared to £283,655 for the previous year. Net expenditure for the year was £58,054 compared to £50,760 for the previous year. The net movement in funds were net expenditure for Restricted Funds of £28,038 (2022 - Net expenditure £42,585) and net expenditure for Unrestricted Funds of £30,016 (2022 - Net expenditure £8,175) details of which are provided in the notes to the Financial Statements.

Principal Funding Sources

Details of principal funding sources for the year ended 31 March 2023 are provided in note 2 of the Financial Statements.

Reserves Policy

The Trustees will establish a policy whereby the unrestricted funds not committed or invested in tangible fixed assets, or held in designated funds, ('the free reserves') held by the Charity should be between three and six months of budgeted expenditure which is estimated currently would be £150,000. At this level the Trustees feel they would be able to continue the current activities of the Charity in the event of a significant drop in funding. The actual free reserves at 31 March 2023 were £106,970 (2022 - £133,313). which falls below the target level at this date. However, the trustees are aware of this and have a strategy to build reserves through planned operating surpluses in future years.

AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Age Cymru Powys is a registered charity, number 1174222 (formerly number 1149048) and is a private company limited by guarantee and not having a share capital, number 8212122, which was registered with Companies House on 12 September 2012.

Key Management Personnel

The trustees and the Chief Officer are the key management personnel. During the year, all trustees gave their time freely and no trustee received any remuneration.

The Chief Officer's salary is benchmarked against senior staff in other similar voluntary organisations, including other equivalent sized local Age Cymru partners. Our policy is to review the pay of all staff on an annual basis. Where funding allows, we will seek to increase salary in accordance with the living wage.

Major risks

Age Cymru Powys undertook a comprehensive strategic planning in January 2023. This identified possible risks and opportunities for the organisation. The subsequent risk register is reported to Board meetings. Actions have been taken to reduce risks and develop possible opportunities. For example, dependency on certain funding streams has been addressed by seeking funding from a wider variety of sources and undertaking fundraising for unrestricted funds.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name:	Age Cymru Powys	
Registered Charity Number:	1174222	
Registered Company Number:	8212122	
Registered Office:	Old Warehouse Parker Lane Newtown Powys SY16 2LT	
Trustees:	Christopher Eatherton Michael Harris Gwyneth Bird Adrian Foulkes Howard Russon Alan Hill	Chair Appointed 5 September 2023 Appointed 11 November 2023
Secretary:	Gail Colbridge	
Bankers:	HSBC plc The Cross 1 Broad Street Newtown Powys SY16 2LX	
Independent Examiner:	A C Jones BSc (Econ), FCA Andrew Jones & Co Chartered Accountants The Old Surgery Spa Road Llandrindod Wells Powys LD1 5EY	

AGE CYMRU POWYS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

ACKNOWLEDGEMENTS

Thank you

Thanks must be given to the following for the support we have received over the year. We are grateful for funding from all our funders. Thanks also to all those individuals who have kindly donated money and their time to support the work of Age Cymru Powys throughout the year

RESPONSIBILITIES OF THE BOARD OF TRUSTEES

The trustees (who are also directors of Age Cymru Powys for the purposes of company law) are responsible for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these Financial Statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The Report of the Trustees has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (SORP 2015) and in accordance with special provisions of Part 15 to the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees on 8 December 2023 and signed on its behalf by:



Christopher Eatherton
Chair

AGE CYMRU POWYS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF AGE CYMRU POWYS

I report on the accounts of the Charitable Company for the year ended 31 March 2023, which are set out on pages 10 to 18.

Respective Responsibilities of Trustees and Examiner

The Charity's Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements
 - (a) to keep accounting records in accordance with section 386 of the Companies Act 2006 and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and have not been met; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts be reached.



A C Jones BSc (Econ) FCA
Andrew Jones & Co
Chartered Accountants
The Old surgery
Spa Road
Llandrindod Wells
Powys
LD1 5EY

8 December 2023

AGE CYMRU POWYS

**STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31/3/2023	Total Funds Year Ended 31/3/2022
INCOME	Note	£	£	£	£
Donations and Legacies		616	-	616	1,981
Charitable Activities		43,794	158,641	202,435	204,812
Other Trading Activities		25,514	-	25,514	26,097
Investment Income		176	-	176	5
TOTAL INCOME	2	70,100	158,641	228,741	232,895
EXPENDITURE					
Costs of Raising Funds		80	-	80	1,320
Charitable Activities		100,036	186,679	286,715	282,335
TOTAL EXPENDITURE	3	100,116	186,679	286,795	283,655
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		(30,016)	(28,038)	(58,054)	(50,760)
Transfers Between Funds	5	-	-	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		(30,016)	(28,038)	(58,054)	(50,760)
Total Funds Brought Forward		138,752	109,874	248,626	299,386
Total Funds Carried Forward		108,736	81,836	190,572	248,626

The statement of financial activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

The notes on pages 12 to 18 form an integral part of these Financial Statements.

AGE CYMRU POWYS

BALANCE SHEET
AT 31 MARCH 2023

		2023	2022
	Note	£	£
FIXED ASSETS			
Tangible Assets	6	2,176	6,223
		<u>2,176</u>	<u>6,223</u>
CURRENT ASSETS			
Debtors	7	55,478	84,245
Cash at Bank and In Hand		143,853	171,861
		<u>199,331</u>	<u>256,106</u>
CURRENT LIABILITIES			
Creditors falling due within one year	8	(10,935)	(13,703)
NET CURRENT ASSETS		<u>188,396</u>	<u>242,403</u>
NET ASSETS	11	<u>190,572</u>	<u>248,626</u>
THE FUNDS OF THE CHARITY			
Unrestricted Income Funds:			
General Funds		108,736	138,752
Unrestricted Funds	9	108,736	138,752
Restricted Funds	10	81,836	109,874
TOTAL FUNDS	11	<u>190,572</u>	<u>248,626</u>

For the year in question, the charitable company was entitled to exemption from an audit under section 477 of the Companies Act 2006.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

Approved by the Trustees on 8 December 2023 and signed on their behalf by:



Christopher Eatherton
Chair

Company registration No. 8212122

The notes on pages 12 to 18 form an integral part of these Financial Statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023****1 ACCOUNTING POLICIES****Basis of Preparation**

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 (FRS 102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Companies Act 2006. The charity is not required to prepare a Statement of Cash Flows.

The charity constitutes a public benefit entity as defined by FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Preparation of Accounts on a Going Concern Basis

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Exemption from Preparing a Cash Flow Statement

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

General Funds

These funds are available for the general purpose of the charity, to be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for a particular restricted purpose within the objects of the charity. Restrictions arise when a specific donor or when the funds are raised for a particular purpose.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable.

The charity is fortunate in the level of support it receives from volunteers, without which considerable expense would be incurred. It is not thought meaningful or practicable to put a monetary value on this support, but the trustees are extremely grateful to those who provide it.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Charitable activities

This includes all expenditure directly related to the aims of the charity.

Governance costs

These costs include the costs of governance arrangements, which relate to the general running of the charity as opposed to the direct management functions inherent in generating funds, service delivery and programme of project work. These include such items as external Independent Examination, legal advice for trustees and 10% of the salary cost of the Chief Officer for time spent on dealing with constitutional and statutory requirements.

Expenditure by the charity in the year has been split between Unrestricted Funds and Restricted Funds and analysed between charitable activities, governance costs and the cost of generating funds.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

ACCOUNTING POLICIES (CONTINUED)

Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided so as to write off the cost of an asset over its useful economic life, which is considered to be between 3 and 5 years at 33.33% and 20% straight line.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Basic financial liabilities

Liabilities are recognised in the Statement of Financial Activities as they become payable.

Retirements benefits

The charity operates a defined contribution scheme for the benefit of its employees. The assets of the scheme are held separately from those of the charity. Contributions payable are charged to the profit and loss account in the year they are payable and are charged against unrestricted funds.

Leases

Rental costs under operating leases are charged to the statement of financial activities in equal amounts over the period of the lease

Taxation

As a registered charity, Age Cymru Powys is entitled to the exemption from taxation in respect to income and capital gains received with sections 478-489 of the corporation tax Act 2010 and section 256 of the Taxation Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects purposes only.

Debtor

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discount due.

Creditor and provisions

Creditor and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party at the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discount due.

AGE CYMRU POWYS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2 INCOME	Unrestricted Funds	Restricted Funds	Total Funds Year Ended 31/3/2023	Total Funds Year Ended 31/3/2022
	£	£	£	£
Donations and Legacies:				
Donations and Gifts	616	-	616	1,981
	616	-	616	1,981
Income from Charitable Activities:				
Grants Receivable	10,000	158,641	168,641	173,395
Service Contracts	33,794	-	33,794	31,417
	43,794	158,641	202,435	204,812
Other Trading Activities:				
Fundraising Income	44	-	44	604
Session Income	24,157	-	24,157	25,012
Other Income	1,313	-	1,313	481
	25,514	-	25,514	26,097
Investment Income:				
Interest Received	176	-	176	5
	176	-	176	5
TOTAL INCOME	70,100	158,641	228,741	232,895

GRANTS	Unrestricted Funds	Restricted Funds	Year Ended 31/3/2023	Year Ended 31/3/2022
	£	£	£	£
Grants received in the year were as under:				
Powys Training Health Board	-	11,500	11,500	23,319
Age Cymru / UK	10,000	18,406	28,406	51,842
Mamwlad	-	73,562	73,562	61,888
Citizens Advice Ceredigion	-	-	-	17,500
EngAge	-	7,695	7,695	12,300
Western Power	-	7,064	7,064	6,546
Moondance	-	38,664	38,664	-
Veterans Project	-	1,750	1,750	-
	10,000	158,641	168,641	173,395

AGE CYMRU POWYS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

3 EXPENDITURE			Total Funds Year Ended 31/3/2023	(Restated) Total Funds Year Ended 31/3/2022
Costs of Raising Funds:	Unrestricted Funds £	Restricted Funds £	£	£
Fund Raising	80	-	80	1,320
	80	-	80	1,320
Charitable Activities				
Costs Directly Allocated to Activities:				
Staff Costs	59,769	152,069	211,838	210,592
Building Costs	2,543	11,332	13,875	17,122
Staff Travel and Subsistence	7,064	10,931	17,995	16,082
Office Costs	11,823	5,573	17,396	14,654
Direct Project Costs	4,623	3,980	8,603	6,937
Professional and Legal Fees	4,640	1,800	6,440	4,795
Sundry Costs	-	-	-	-
Depreciation of Owned Fixed Assets	3,053	994	4,047	4,244
Governance Costs (See below)	6,521	-	6,521	7,909
	100,036	186,679	286,715	282,335
Analysis of Governance Costs				
Staff Costs	3,919	-	3,919	4,109
Independent Examination	600	-	600	600
Accountancy	1,500	-	1,500	1,500
Legal Fees	128	-	128	1,333
Trustee Meeting Expenses	167	-	167	130
Bank Charges	207	-	207	237
	6,521	-	6,521	7,909

4 STAFF COSTS

There was an average of 11 employees including part-time (2022 - 11) during the year, whose costs were as under:

	2023 £	2022 £
Salaries	200,009	199,101
Employers National Insurance	10,555	10,224
Staff Pension Costs	5,193	5,376
	215,757	214,701

AGE CYMRU POWYS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

5 TRANSFER BETWEEN FUNDS

There were no transfers between funds in the year.

6 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost or Revaluation	£	£
At 1 April 2022	24,835	24,835
Additions	-	-
Disposals	-	-
At 31 March 2023	24,835	24,835
Depreciation		
At 1 April 2022	18,612	18,612
Charge for year	4,047	4,047
At 31 March 2023	22,659	22,659
Carrying Amount		
At 31 March 2023	2,176	2,176
At 31 March 2022	6,223	6,223

7 DEBTORS

	2023	2022
	£	£
Grants Receivable	33,934	27,068
Prepayments and Accrued Income	21,544	57,177
	55,478	84,245

8 CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Creditors	4,502	6,482
Accruals and Deferred Income	2,100	2,884
Tax and Social Security	4,333	4,337
	10,935	13,703

AGE CYMRU POWYS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

9 UNRESTRICTED FUNDS	At 1/4/2022	Income	Expenditure	Transfers	At 31/3/2023
Unrestricted Funds:	£	£	£	£	£
General Funds	138,752	70,100	(100,116)	-	108,736
Total Unrestricted Funds	138,752	70,100	(100,116)	-	108,736

10 RESTRICTED FUNDS	At 1/4/2022	Income	Expenditure	Transfers	At 31/3/2023
Restricted Income Funds:	£	£	£	£	£
EngAGE	-	7,695	(7,695)	-	-
Simply Nails	-	11,500	(11,500)	-	-
Tesco Bags of Help	253	-	(253)	-	-
Ageing Well Mature Movers	2,207	-	-	-	2,207
Age UK Isolation and Loneliness	1,000	-	-	-	1,000
Veterans Project	38,156	1,750	(33,320)	-	6,586
Age Cymru / UK - Emergency	11,512	-	(11,512)	-	-
Hope Project 1 and 2	7,526	2,400	(4,204)	-	5,722
WCVA - Emergency	1,811	-	(1,811)	-	-
Community Fund	620	-	-	(620)	-
Advicelink	4,372	-	(4,372)	-	-
Dementia Advocacy Hosting	7,500	5,000	(4,179)	-	8,321
Moondance	31,571	38,664	(31,570)	-	38,665
Mamwlad	-	73,562	(73,562)	-	-
Western Power	1,556	-	(1,556)	-	-
Age UK Volunteering	1,006	1,006	(151)	-	1,861
Age UK - Cost of Living	-	10,000	-	-	10,000
PAVO - Welfare Collaboration	-	7,064	-	-	7,064
	109,090	158,641	(185,685)	(620)	81,426

Restricted Capital Funds:

ICF I & A	236	-	(236)	-	-
Veterans Project	548	-	(486)	-	62
Community Fund	-	-	(272)	620	348
	784	-	(994)	620	410
Total Restricted Funds	109,874	158,641	(186,679)	-	81,836

AGE CYMRU POWYS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

The purposes of Restricted Income Funds are:

EngAGE - grant supports over 50 forum and represents members' views at strategic level.

Simply Nails - grant is provided for a Toe Nail cutting service for people aged 50 plus. The project is run by a volunteer coordinator who trains under the guidance of the NHS Podiatry Service local volunteers. We currently operate clinics at Llandrindod Wells, Builth Wells, Brecon, Crickhowell, Llanidloes, Newtown, Llangantffraid, Welshpool, Knighton and Ystradgynlais.

Tesco Bags of Help - is funding received for the Happy Feet project to purchase specialised equipment for Simply Nails.

Aging Well Mature Movers - funding for Aging Well Mature Movers.

Age UK Isolation and Loneliness - funding an Isolation and Loneliness project.

Veterans Project - identifying older veterans who may need support providing low level advocacy.

Age Cymru / UK Emergency - rapid response and scale up work in response to covid 19.

Hope Project 1 and 2 - working together to deliver low level advocacy provision across Wales through partnership working with brand partners and Age Connects across Wales.

WCVA Emergency - to support older vulnerable people in Powys in response to covid 19 pandemic.

Community Fund - to support older vulnerable people in Powys in response to covid 19 pandemic.

ICF Powys D2RA - to support older vulnerable people in Powys in response to covid 19 pandemic and to scale up offering home from hospital support and I&A advice.

Advicelink - delivering I&A provision in collaboration with Citizens Advice in West Wales and Age Cymru Dyfed.

Dementia Advocacy Hosting - Working together as a network to deliver dementia advocacy provision across Wales through partnership working with brand partners across Wales.

Moondance Foundation - to support vulnerable older people at home and in their communities by providing information, Advice and Assistance

Mamwlad - funded by Welsh Government to support older farmers and their families in Powys.

Western Power - to support energy advocacy across North Powys to vulnerable older people at risk of fuel poverty

Age UK Volunteering - to support a Wales-wide strategic volunteering approach to enable better support, processes and training for volunteers.

Age UK Cost of Living - to support older people through the cost of living with Information and Advice triage, Wellbeing Community Sessions and befriending.

PAVO Welfare Collaboration - to support older people waiting for care and support packages through providing I&A and advocacy working in collaboration with Powys County Council and PAVO Community Connectors.

11 ANALYSIS OF NET ASSETS BETWEEN FUNDS	Tangible Fixed Assets £	Net current Assets £	Total £
Unrestricted Funds	1,766	106,970	108,736
Restricted Funds	410	81,426	81,836
	2,176	188,396	190,572

12 TRUSTEES REMUNERATION AND EXPENSES

No remuneration directly or indirectly out of the funds of the Charity was paid or payable in the year to any Trustee or to any person or persons known to be connected with any of them (2022 - £Nil).

No expenses were paid to Trustees in the year ended 31 March 2023 (2022 – £Nil).

13 TAXATION

The company is registered as a charity and is therefore not liable to Corporation Tax.