

# ADENYDD

England & Wales · Charity number 1182052

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-02-15

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 20 Highpool Lane  
Newton  
Swansea  
SA3 4TX

**Phone** 07897211216

**Email** [ceo@adenydd.org](mailto:ceo@adenydd.org)

**Website** [www.adenydd.org](http://www.adenydd.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO RELIEVE PERSONS IN NEED, IN PARTICULAR BUT NOT EXCLUSIVELY CHILDREN, WHO HAVE HAD ADVERSE CHILDHOOD EXPERIENCES (ACES) AND THEIR CARERS AND/OR FAMILIES BY THE PROVISION OF THERAPEUTIC INTERVENTIONS, IN PARTICULAR BUT NOT EXCLUSIVELY COUNSELLING, PSYCHOTHERAPY AND OCCUPATIONAL THERAPY AND SUCH OTHER ACTIVITIES THAT ARE EXCLUSIVELY CHARITABLE AS THE TRUSTEES SHALL SEE FIT.

**Activities:** Support children through small group and whole class interventions in school to enable access to learning despite developmental trauma. Helping schools through working alongside school staff in developing provision; building capacity to better deal with the emotional needs of children with developmental trauma. Providing training to parents and carers to support them in helping their children.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£81,595	£52,171	-	-
2024-03-31	£28,148	£31,123	-	-
2023-03-31	£17,820	£22,951	-	-
2022-03-31	£43,377	£25,881	-	-
2021-03-31	£19,155	£19,462	-	-

## Trustees

Name	Role	Appointed
Dr Adam Southan		2023-04-27
JOANNE SOUTHAN		2018-06-11
Philippa Webb		2022-07-21
Sam Lewis Downer		2024-09-16
Yee Leung Hon		2022-07-21

**ADENYDD**

England & Wales - Charity number 1182052

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# Accounts

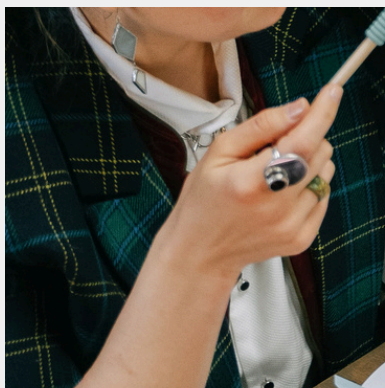
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Adenydd's

# Trustees' Annual Report

Welcome to our Trustees' Annual Report for the year 2024-25. Read on to find out what has been happening at Adenydd this past year.



Explore More  
→





# Table of Contents

Page 01 – Key Information

Page 02 – Charitable Aims & Objectives

Page 03 – What do we do?

Page 04 – Selection of Trustees

Page 05 – Our Funders

Page 06 – Projects and Activities

Page 07 – Projects and Activities cont...

Page 08 – Financial Review



# Key Information

Who are we?

**Adenydd**

Website

**<https://adenydd.org/>**

Registered Charity number

**1182052**

Contact email

**[ceo@adenydd.org](mailto:ceo@adenydd.org)**

Date of registration

**15 February 2019**

Phone number

**+447897211216**

Registered as

**Charitable Incorporated Organisation (CIO)**

Address

**20 Highpool Lane,  
Newton, Swansea SA3 4TX**

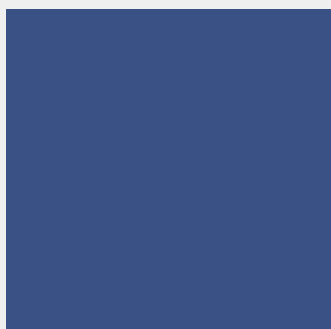
Founder & CEO



**Gela Griffiths**



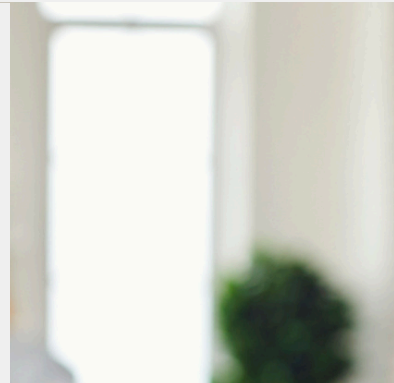
Trustee	Office (if any)	Appointed/resigned	TAR Signed and dated
Jo Southan	Founding Trustee	Appointed 11 June 2018	 10.07.2025
Francis Hon	Vice Chair	Appointed 21 July 2022	
Philippa Webb	Chair	Appointed 21 July 2022	 10.07.2025
Adam Southan	Finance Link Trustee	Appointed 27 April 2023	
Matthew Donovan	Digital Trustee	Appointed 27 April 2023 Resigned 06 June 2024	
Sam Downer	Marketing Trustee	Appointed 16 Sept 2024	



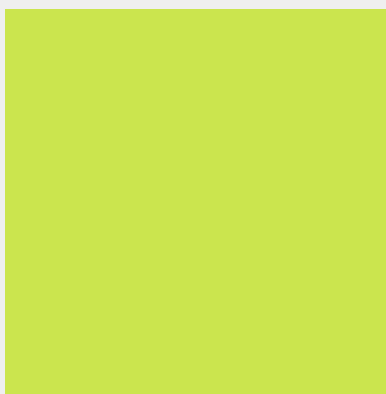
# Charitable Aims & Objectives

Our objective is to benefit the public by relieving persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the trustees shall see fit.

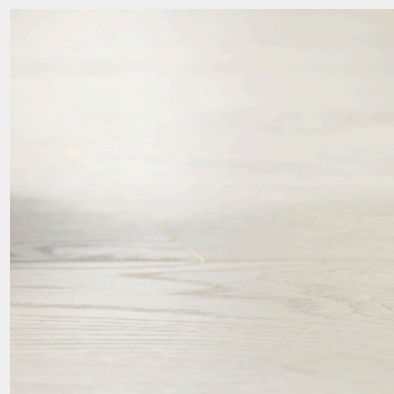
“Feel safe and thrive”



Positivity  
Courage  
Empowerment



Equality  
Empathy  
Connection



# What do we do?

In order to achieve our aim of supporting children impacted by adverse childhood experiences (ACEs) and their families and network around them we offer a variety of different services and projects.

One of the main services we offer is a training course in developing knowledge and understanding of sensory regulation in children.

Throughout the year we also run, need-specific projects in local schools and community groups in the Swansea area. These projects are mostly funded by grants and give us an opportunity to work with the children and their support system directly. Our children often require extra support in school and at home therefore, our aim is to provide practical advice and examples for their teachers, carers or parents to use in order to help them to regulate their sensory system and emotions.

We continue to offer one-to-one consultations for families or schools/services in order to provide tailored advice.

In addition, we now offer families support and advice with claiming benefits, eg Disability Living Allowance (DLA). Many families are unaware that they can claim the DLA or experience difficulty in completing the necessary paperwork.



# Selection of Trustees

## Recruitment

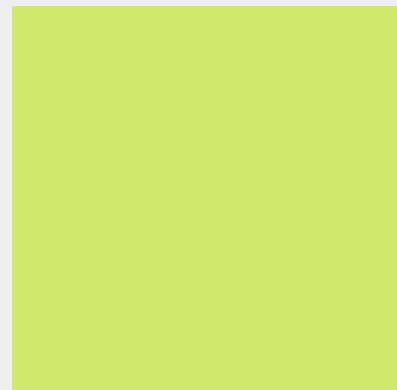
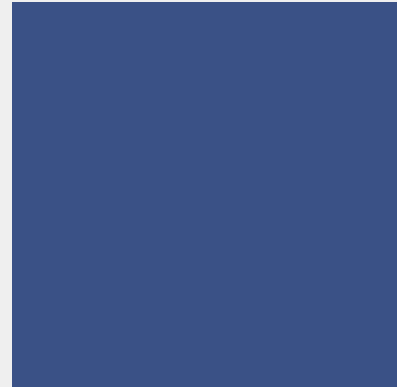
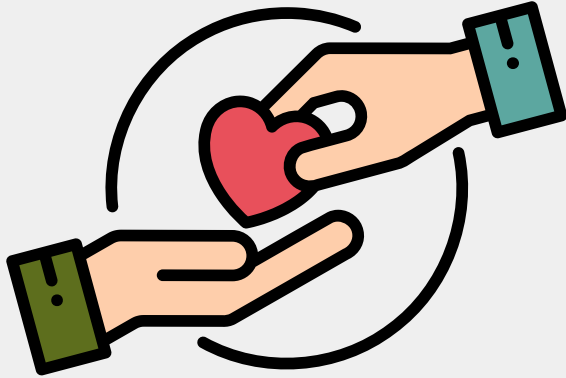
When we have a trustee role available and a candidate applies for the role, they are interviewed by our CEO, Gela Griffiths or our Chair of Trustees and another trustee. If there are any potential conflicts of interest, a different trustee will interview. Their appointment is ratified by the entire Board of Trustees as a next step. All trustees go through checks as laid out by the Charity Commission to ensure their suitability for the role.

## Onboarding

The onboarding process for trustees at Adenydd is a comprehensive and personalised journey facilitated by the CEO and Chair of Trustees. New trustees are inducted into their roles through a series of sessions that provide insights into the organisation's mission, values, and strategic goals. The CEO takes a hands-on approach to address any knowledge gaps, ensuring that trustees are well-equipped to contribute meaningfully to their roles.

The onboarding process includes valuable interactions with the Chair of trustees, fostering a deeper understanding of the board's dynamics and responsibilities. Additionally, trustees benefit from a bespoke program tailored to their individual needs, emphasizing a collaborative approach to knowledge enhancement. Specialised initiatives, such as trustee away days, offer a platform for team building, knowledge-sharing, and strategic discussions. This holistic onboarding approach reflects Adenydd's commitment to empowering trustees with the tools and knowledge needed for effective governance and meaningful contributions to the organisation's mission.





# Our Funders

Adenydd's projects are made possible by the generous support of the foundations and organisations that choose to fund them. We are deeply grateful to each of our funders for their commitment, which enables us to assist the local families who need our help the most.



# Projects and Activities

## Ffrindiau Annwyl

Informed by Theraplay Sunshine Circles, Ffrindiau Annwyl is an adult-directed, structured play therapy-based group that incorporates playful, cooperative, and nurturing activities that enhance the emotional well-being of children. We help to build and enhance the child's attachment, self-esteem, trust in others, and joyful engagement.

This project was funded by the Wesleyan Foundation who awarded us with £9,993 to run this project in Waun Wen Primary School in Swansea. The project was very helpful to the school team and the parents and children, and our Project Workers visited the school weekly over the course of several months to embed the newly learned practices/activities with the staff and children.



## All Aboard the BUSS

This pioneering project in Wales focused on enhancing sensorimotor system development using knowledge gained from trialling the BUSS model. Children attending primary schools in areas of high deprivation had the opportunity to take part in a range of activities. Led by our volunteer CEO and supported by a BUSS-trained practitioner, the project adapted classroom environments and practices to promote core strength and stability through simple activities like crawling. The activities were integrated into daily routines, and training was provided for early years staff.

This project was funded by the Swansea Bay Foundation and saw many amazing improvements in understanding and skill development amongst the staff, parents and children that we worked with.

# Projects and Activities

## A Flying Chance in Flying Start

Funded by the National Lottery Community Fund, this project took place in Craighelen Primary school, Swansea. The team used the BUSS model (Building Underdeveloped Sensorimotor Systems) as the foundation for the project.

Staff, parents, and children developed a deeper understanding of sensorimotor system development and sensory regulation, both of which impact children physically but also their ability to access education, relationships, and life skills. Parents were engaged through workshops, enabling them to support their child's development at home. By working with both staff and families, a strong support system was created for children's physical and mental well-being.

We showed staff and parents how to use existing equipment to support sensory regulation and sensorimotor development, offering structured opportunities for children to engage more constructively. Additionally, we helped staff understand trauma responses, often misinterpreted as 'challenging behaviours,' and provided strategies to support and regulate children in school.



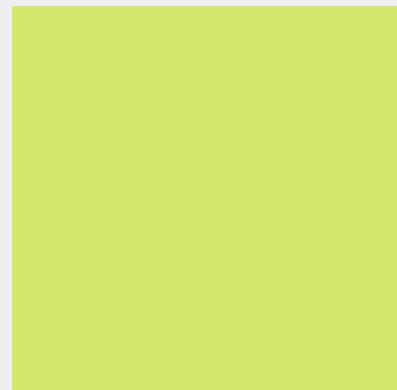
## Sensory Regulation Courses

We run training courses in developing knowledge and understanding of sensory regulation along with useful practical activities and resources. The training runs as two 3-hour sessions online or one full day face-to-face and is based on both evidence based research and our experience of what has been effective when working with individuals or small groups of children.

We ran six courses over the year. Five of the courses were taught to staff from the local Swansea and Neath-Port Talbot Social Services departments and the teaching staff and related professionals from Partneriaeth and Pembrokeshire. We ran one 'open' course which is offered to the public and had psychologists, children's care home staff, parents in attendance, among others.



# Financial Review



## **Our Reserves Policy**

It is the opinion of the trustees that the charity's financial position remains very strong and is able to deliver its objectives for the forthcoming year and beyond.

The trustees have set aside a reserves policy of £3,000 to cover any expenses that might be outstanding at any time without specific income to cover them. Our reserves represent those resources which can be made available to spend once all other commitments and planned expenditure has been met. Reserves are spent at the discretion of the trustees and in the furtherance of the charity's aims and objectives. The charity currently has no funds materially in deficit.

One of the trustees receives remuneration as a practitioner for specialist, professional services provided on behalf of the charity, as does the CEO. Other work they do for the charity is pro bono.

The trustees have regard to the Charity Commission guidance on Public Benefit and the charity remains solvent with unrestricted reserves sufficient to fulfill ethically any debts arising should the charity be wound up, the amount of funds is subject to constant review.



# Thank You

A heartfelt thank you to all our supporters and volunteers—your contributions make it possible for Adenydd to create a meaningful impact. We couldn't do it without you!



+447897211216



ceo@adenydd.org



<https://adenydd.org/>



Receipts and payments accounts

CC16a

For the period from	01/04/2024	To	31/03/25
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**Section A Receipts and payments**

Unrestricted funds    Restricted funds    Endowment funds    Total funds    Last year  
to the nearest £    to the nearest £    to the nearest £    to the nearest £    to the nearest £

**A1 Receipts**

Donations, Legacies and Grants	18138	50051	0	68189	14936
Fundraising	9640		0	9640	799
Bank interest	27		0	27	14
Fees for charitable services	3738		0	3738	11871
Other			0	0	528
			0	0	
			0	0	
			0	0	
			0	0	
			0	0	
			0	0	
	31544	50051	0	81595	28148

**A2 Asset and investment sales, (see table).**

	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0

**Total receipts**    31544    50051    0    81595    28148

**A3 Payments**

Costs of fundraising	189			189	971
Overheads	8022			8022	5342
Insurance	564			564	539
Printing and Postage	845			845	1108
Other overheads				0	0
Cost of charitable activities	9360	33191		42551	23163
				0	
				0	
<b>Sub total</b>	18980	33191	0	52171	31123

**A4 Asset and investment purchases, (see table)**

	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0

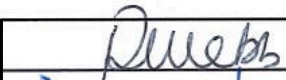
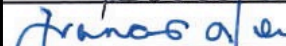
**Total payments**    18980    33191    0    52171    31123

<b>Net of receipts/(payments)</b>	12563	16860	0	29423	-2975
<b>A5 Transfers between funds</b>	0	0	0	0	0
<b>A6 Cash funds last year end</b>	17472	8190	0	25662	28637
<b>Cash funds this year end</b>	30035	25050	0	55085	25662

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current account	52031		0
	Drop and Go card	21		0
	Savings account	3033		0
	<b>Total cash funds</b>	<b>55085</b>	<b>0</b>	<b>0</b>
		<b>Total funds</b>	<b>55085</b>	

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

	Signature	Print Name	Date of approval
Chair of Trustees		Philippa Webb	10.07.2025
Vice Chair of Trustees		Francis Hon	10.07.2025

2024/25 Movements in Funds					
	Opening Balance	In	Transfers	Out	Closing Balance
<b>Unrestricted Funds</b>	17472	31544	0	18980	30036
<b>Restricted funds</b>					
National Lottery	475	19687	0	19614	548
Mynydd y Gwair Wind Farm	0	25373	0	143	25230
Swansea Bay Foundation	0	4991	0	4992	-1
Waterloo	-1435	0	0	0	-1435
SCVS	-15	0	0	0	-15
Postcode Comm	723	0	0	0	723
Big Give	-4	0	0	0	-4
Comm Foundation	5	0	0	0	5
Wesleyan Foundation	8441	0	0	8442	-1
	8190	50051	0	33191	25050
<b>Total Funds</b>	<b>25662</b>	<b>81595</b>	<b>0</b>	<b>52171</b>	<b>55086</b>

Notes:

- 1) CEO donated £4540 in year with no conflict of interest issues arising in a transparent and documented transaction.
- 2) Gift Aid of £1135 was claimed in year



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Adenydd

**On accounts for the year  
ended**

31/03/2025

**Charity no  
(if any)**

1182052

**Set out on pages**

Section A and B in the following 2 pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025

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

**Independent  
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:**

*Andy Moore*

**Date:**

30/6/25

**Name:**

Andrew Moore

**Relevant professional  
qualification(s) or body  
(if any):**

**Address:**

Blaenpentre, Swyddffynn, Ystrad Meurig, SY25 6AW

**ADENYDD**

England & Wales - Charity number 1182052

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# Accounts

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# TRUSTEES ANNUAL REPORT - 2023-2024



## Contents

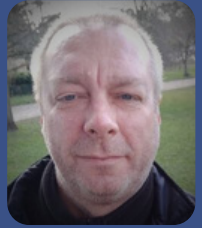
Charity Details.....	page 2
Our Trustees.....	page 2
Selection of Trustees.....	page 3
Aims and Objectives.....	page 4
What do we do?.....	page 4
Activities and Projects.....	page 5
Activities and Projects cont.....	page 6
Financial Review.....	page 7



# Key Information

## Our Trustees

**Our name:** Adenydd  
**Registered Charity number:** 1182052  
**Founder & CEO:** Gela Griffiths  
**Address:** 20 Highpool Lane, Newton,  
 Swansea SA3 4TX  
**Phone number:** 07897211216  
**Email:** ceo@adenydd.org  
**Website:** <https://adenydd.org/>



Trustee Name	Office (if any)	Appointed/resigned	TAR Signed and dated
Jo Southan	Founding Trustee	Appointed 11 June 2018	 9 July 2024
Francis Hon	Vice Chair	Appointed 21 July 2022	
Philippa Webb	Chair	Appointed 21 July 2022	
Adam Southan	Finance Link Trustee	Appointed 27 April 2023	 9 July 2024
Matthew Donovan	Digital Trustee	Appointed 27 April 2023	

- Adenydd was first registered on 15 February 2019.
- Adenydd is registered as a Charitable Incorporated Organisation (CIO).
- Adenydd is recognised by HMRC for Gift Aid.

## Our Funders 2023/24



# Selection of Trustees

## Recruitment

When we have a trustee role available and a candidate applies for the role, they are interviewed by our CEO, Gela Griffiths and our Chair of Trustees, Philippa Webb. If there are any conflicts of interest, the next appropriate trustee will interview. Their appointment is ratified by the entire Board of Trustees as a next step.

All trustees go through checks as laid out by the Charity Commission to ensure their suitability for the role.

## Onboarding

The onboarding process for trustees at Adenydd is a comprehensive and personalised journey facilitated by the CEO. New trustees are inducted into their roles through a series of sessions that provide insights into the organisation's mission, values, and strategic goals. The CEO takes a hands-on approach to address any knowledge gaps, ensuring that trustees are well-equipped to contribute meaningfully to their roles.

The onboarding process includes valuable interactions with the chair of trustees, fostering a deeper understanding of the board's dynamics and responsibilities. Additionally, trustees benefit from a bespoke program tailored to their individual needs, emphasizing a collaborative approach to knowledge enhancement. Specialised initiatives, such as trustee away days, offer a unique platform for team building, knowledge-sharing, and strategic discussions. This holistic onboarding approach reflects Adenydd's commitment to empowering trustees with the tools and knowledge needed for effective governance and meaningful contributions to the organisation's mission.



# Charitable Aims and Objectives from our Constitution



Our objective is to benefit the public by relieving persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the trustees shall see fit.

## What do we do?

In order to achieve our aim of supporting children, families and carers impacted by adverse childhood experiences we offer a variety of different services and projects.

One of the main services we offer is a training course in developing knowledge and understanding of sensory regulation in children.

Throughout the year we also run, need-specific projects in local schools and community groups in the Swansea area. These projects are mostly funded by grants and give us an opportunity to work with the children and their support system

directly. These children often require extra support in school and at home therefore, our aim is to provide practical advice and examples for their teachers, carers or parents to use in order to help them to regulate their emotions and behaviours.

We continue to offer one-to-one consultations for families or schools in order to provide tailored advice.

In addition, we now offer families support and advice with claiming their Disability Living Allowance. Many families are unaware they are unaware they can claim a DLA or experience difficulty in completing the necessary paperwork.

# Activities and Projects

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## Sensory Regulation Training

We run training courses in developing knowledge and understanding of sensory regulation along with useful practical activities and resources. The training runs as two 3-hour sessions online or one full day face-to-face and is based on both evidence based research and our experience of what has been effective when working with individuals or small groups of children.

We ran twelve courses over the year. Nine of the courses were taught to staff from the local Swansea and Neath-Port Talbot Social Services departments and the teaching staff and related professionals from the Partneriaeth region. We ran three 'open' courses which were offered to the public and had psychologists, children's care home staff, parents among others in attendance.

## Sensory Regulation: Incorporating Ecosensory

This project was based around using the outdoor sensory environment to help children to regulate. We took two children with regulation needs requiring additional support from five different classes, with staff from each class. We helped staff to use existing outdoor equipment to support sensory regulation and providing structured opportunities for children to use this more constructively.

This project was funded by the Postcode Community Trust who awarded us with a grant of £19,990 with the project concluding in July, 2023.



## Ffrindiau Annwyl

Based on Sunshine Circles, developed by Theraplay is an adult-directed, structured play therapy-based group that incorporates playful, cooperative, and nurturing activities that enhance the emotional well-being of children. We help to build and enhance the child's attachment, self-esteem, trust in others, and joyful engagement.

This project is funded by the Wesleyan Foundation who have awarded us with £9,993 to run this project in Waun Wen Primary school in Swansea. This project is set to continue into the summer as our Associates will return to the school weekly over the course of two months to cement the new practices with the staff and children.



## Supporting Sticky Starts

In May, 2023 we ran a one day project providing knowledge and practical advice to parents, carers and guardians who are a part of the Red Community Project of Mumbles and West Cross.

This project focused on supporting these families who are caring children who are experiencing regulatory and behavioural problems due to a "sticky start" in life. This course involved looking at sensory regulation and how it can be influenced by all the senses and food choices for example.

This project provided us with insight into the additional support these families require. In turn initiating the development and commencement of our BIASS project. The Benefits Information and Support Service is a new free service that we offer families who require support in applying for their Disability Living Allowance.

# Financial Review

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## Our Reserves Policy

It is the opinion of the trustees that the charity's financial position remains very strong and is able to deliver its objectives for the forthcoming year and beyond.

The trustees have set aside a reserves policy of £3,000 to cover any expenses that might be outstanding at any time without specific income to cover them. Our reserves represent those resources which can be made available to spend once all other commitments and planned expenditure has been met. Reserves are spent at the discretion of the trustees and in the furtherance of the charity's aims and objectives. The charity currently has no funds materially in deficit.

One of the trustees receives remuneration as a practitioner for specialist, professional services provided on behalf of the charity, as does the CEO. Other work they do for the charity is pro bono.

The trustees have regard to the Charity Commission guidance on Public Benefit and the charity remains solvent with unrestricted reserves sufficient to fulfill ethically any debts arising should the charity be wound up, the amount of funds subject to constant review.

Huge thank you to all of our  
supporters





**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Adenydd

**On accounts for the year  
ended**

31/03/2024

**Charity no  
(if any)**

1182052

**Set out on pages**

Section A and B in the following 2 pages

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

**Independent  
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:** Andy Moore

**Date:** 10/7/24

**Name:** Andrew Moore

**Relevant professional  
qualification(s) or body  
(if any):**

**Address:** Blaenpentre, Swyddffynn, Ystrad Meurig, SY25 6AW



<b>Adenydd</b>				<b>CC16a</b>
<b>Receipts and payments accounts</b>				
For the period from	01/04/2023	To	31/03/24	



## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations, Legacies and Grants	4943	9993	0	14936	
Fundraising	799		0		2605
Bank interest	14		0	14	
Fees for charitable services	11871			11871	15215
Other	528		0	528	
			0	0	
			0	0	
			0	0	
			0	0	
			0	0	
	18155	9993	0	28148	17820
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	
	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0
<b>Total receipts</b>	18155	9993	0	28148	17820
<b>A3 Payments</b>					
Costs of fundraising	971			971	171
Overheads	5342			5342	3388
Insurance	539			539	479
Printing and Postage	1108			1108	1530
Other overheads	0			0	0
Cost of charitable activities	8941	14222		23163	17654
				0	
				0	
<b>Sub total</b>	16901	14222	0	31123	23222
<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	0
<b>Sub total</b>	0	0	0	0	0
<b>Total payments</b>	16901	14222	0	31123	23222
<b>Net of receipts/(payments)</b>	1254	-4229	0	-2975	-5402
<b>A5 Transfers between funds</b>	0	0	0	0	0
<b>A6 Cash funds last year end</b>	16218	12418	0	28637	34039
<b>Cash funds this year end</b>	17472	8189	0	25662	28637

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current account	16031	8189	0
	Drop and Go card	28	0	0
	Savings account	1414	0	0
	<b>Total cash funds</b>	<b>17473</b>	<b>8189</b>	<b>0</b>
		<b>Total funds</b>		<b>25662</b>

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

	Signature	Print Name	Date of approval
		Jo Southan, Trustee	9 July 2024
		Adam Southan, Finance Link Trustee	9 July 2024

2023/24 Movements in Funds					
	Opening Balance	In	Transfers	Out	Closing Balance
<b>Unrestricted Funds</b>	16218	18155	0	16901	17472
<b>Restricted funds</b>					
National Lottery	581	0	0	106	475
Waterloo	-1435	0	0	0	-1435
SCVS	-15	0	0	0	-15
Postcode Comm	13287	0	0	12564	723
Big Give	-4	0	0	0	-4
Comm Foundation	5	0	0	0	5
Wesleyan Foundation	0	9993	0	1552	8441
	12419	9993	0	14222	8190
<b>Total Funds</b>	<b>28637</b>	<b>28148</b>	<b>0</b>	<b>31123</b>	<b>25662</b>

**ADENYDD**

England & Wales - Charity number 1182052

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# Accounts

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# Adenydd Trustees Annual Report 2022-23

## Contents

Reference and Administrative Details.....	1
Trustees .....	2
Structure, Governance and Management.....	2
Policies .....	2
Land and property.....	2
Trustee Selection Methods .....	2
Charitable Objects.....	3
Objectives and Activities .....	3
Vision.....	3
Mission statement .....	3
Adenydd’s Objectives .....	<b>Error! Bookmark not defined.</b>
Activities and Projects .....	4
Achievements and Performance .....	4
Sensory Regulation.....	4
Sunshine Circles .....	<b>Error! Bookmark not defined.</b>
Financial Review .....	5
Annual Accounts.....	5
Declaration.....	5

## Reference and Administrative Details

Name of the charity	Adenydd
Any other names it uses	N/A
Charity registration number	1182052
Address	20 Highpool Lane, Newton, Swansea SA3 4TX
Phone	07897211216
Email	<a href="mailto:ceo@adenydd.org">ceo@adenydd.org</a>
Website	<a href="http://www.adenydd.org">www.adenydd.org</a>
Charity Commission entry for Adenydd	<a href="https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5118696/charity-overview">https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5118696/charity-overview</a>

## Trustees

Name	Role	Date of appointment	Other trusteeships	Reporting status of other trusteeships
Philippa Webb (Chair)	Trustee	21 July 2022	None on record	N/A
Yee Leung Hon (Francis)(Vice Chair)	Trustee	21 July 2022	None on record	N/A
Joanne Southan	Trustee	11 June 2018	None on record	N/A
Dr Adam Southan	Trustee	27 April 2023	None on record	N/A
Matthew Donovan	Trustee	27 April 2023	None on record	N/A

For further information visit our website: <https://www.adenydd.org/aboutus/trustees>

## Structure, Governance and Management

Source: [Governance, ADENYDD - 1182052, Register of Charities - The Charity Commission](#)

Adenydd was first registered on 15 February 2019. Adenydd is registered as a Charitable Incorporated Organisation (CIO). Adenydd is recognised by HMRC for gift aid.

### Policies

- Complaints handling
- Conflict of interests
- Safeguarding
- Volunteer management
- We have numerous other policies available on request.

### Land and property

The charity does not own and/or lease land or property.

### Trustee Selection Methods

Potential trustees apply when there is a vacancy (which is advertised on the Reach Volunteering website) and are shortlisted and interviewed by the CEO and the Chair of Trustees, or another person where there may be a conflict of interest. Their appointment is ratified by the Board of Trustees as a whole.

The onboarding process for trustees at Adenydd is a comprehensive and personalised journey facilitated by the CEO. New trustees are inducted into their roles through a series of sessions that provide insights into the organisation's mission, values, and strategic goals. The CEO takes a hands-on approach to address any knowledge gaps, ensuring that trustees are well-equipped to contribute meaningfully to their roles.

The onboarding process includes valuable interactions with the chair of trustees, fostering a deeper understanding of the board's dynamics and responsibilities. Additionally, trustees benefit from a bespoke program tailored to their individual needs, emphasizing a collaborative approach to knowledge enhancement. Specialised initiatives, such as trustee

away days, offer a unique platform for team building, knowledge-sharing, and strategic discussions. This holistic onboarding approach reflects Adenydd's commitment to empowering trustees with the tools and knowledge needed for effective governance and meaningful contributions to the organisation's mission.

## Charitable Objects

The trustees have had regard to the Charity Commission's guidance on public benefit.

Our charitable objects are:

For the public benefit to relieve persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the trustees shall see fit.

## Objectives and Activities

### Vision

A safe world

### Mission statement

Helping the world feel a safer place for children with developmental trauma

### How we do this

Contributing to a safer world for all children by fostering a profound understanding of the impact of adverse childhood experiences and developmental trauma among those involved in the lives of children.

We provide information, guidance and support to children, families and practitioners focussing on the impact of adverse childhood experiences and developmental trauma.

We seek to:

- Enable children to feel safe and listened to by empowering the adults in the child's world to understand what may be happening behind the behaviours.
- Enable the adults in the child's world to understand and use regulating and relational approaches to help children learn healthier ways to manage their emotional and physical responses.
- Empower the adults in a child's world to develop reflective skills and adopt approaches that enable the child to feel safe and well regulated.
- Develop and facilitate therapeutic, sensory and developmentally informed approaches appropriate for the child's context.

Through collaborative working we enable, empower and equip those who support children. We work together for sustained positive change; reducing barriers to reaching potential. This will be achieved by providing high quality, focussed learning and bespoke projects.

We offer the opportunity to rethink the way children with complex trauma needs can be supported, taught and cared for.

## Activities and Projects

One of the main services we offer is a training course in developing knowledge and understanding of sensory regulation in addition to useful practical activities and resources. The training runs as two 3-hour sessions online or one full day face-to-face and is based on our experience of what has been effective when working with individuals or small groups of children.

We ran eight courses over the year for the local Social Services departments of Swansea and Neath-Port Talbot local authorities, the teaching staff and related professionals from the Partneriaeth region, and one 'open' course offered to the public.

## Achievements and Performance

In its unwavering commitment to making a lasting impact, Adenydd has achieved significant milestones in the last year, showcasing its dedication to positive change and community empowerment. As of the latest update, Adenydd proudly reports the following accomplishments:

**Training and Development:** Adenydd has successfully trained a total of 508 staff members, equipping them with the necessary skills and knowledge to contribute effectively to the organization's mission.

**Education and Community Projects:** Courses and Projects Completed: Adenydd has completed an impressive total of 17 courses and projects, each designed to address specific community needs and foster sustainable development.

**Direct Impact on Children:** Adenydd has engaged with and positively impacted the lives of 24 children, providing them with essential support and resources for a brighter future.

**Volunteer Engagement:** Adenydd has established 5 volunteer teams, each dedicated to specific projects and initiatives. These teams work collaboratively to maximise the impact of Adenydd's efforts. Volunteer teams are organised into hubs, facilitating efficient coordination and project implementation in specific areas. Each hub is supported by a linked trustee, fostering communication and accountability within the organisation. Adenydd is also in the process of recruiting additional volunteers to strengthen this.

**Ongoing Development:** Adenydd is actively in the process of developing these volunteer teams, with a focus on recruiting dedicated Team Leads for each team. This expansion aims to broaden our reach and capacity. Additionally, we are working on developing our infrastructure to enhance organisational efficiency and effectiveness. This includes exploring new technology, resources, and systems to streamline our internal processes.

Adenydd extends our heartfelt gratitude to the exceptional individuals whose unwavering dedication and invaluable contributions have fuelled the success of our initiatives. Their commitment not only plays a valuable role but serves as the very heartbeat that makes Adenydd's transformative work possible. We extend our deepest appreciation for the impact their time and skills have had on our mission, shaping a brighter future for our children.

## Feeling Just Right in school: Project funded by the Big Give

This project has had a significant positive impact on both the intended beneficiaries of the intervention and the staff involved. Feedback shows that children who participated in the project have learned valuable strategies to regulate their emotions, with many expressing their feelings more openly and staff feeling much more able to support children in this area. The project has created a calm and supportive learning environment where children eagerly

anticipate each session, utilising freshly acquired sensory support tools such as sensory activities to regulate them and calm their distress.

The project has expanded staff knowledge on sensory regulation and empathy towards children's behaviours, both personally and professionally. It has encouraged staff to adopt new approaches and strategies for children with additional needs, resulting in fewer emotional issues in the classroom. Moreover, the school community as a whole has gained a greater awareness of sensory needs and the importance of understanding and effectively supporting the underlying cause of children's behaviours. Even children who were not directly involved in the project increased their confidence and understanding of emotions, leading to a more harmonious and calm learning environment for all.

Looking ahead, the project participants plan to continue implementing sensory regulation activities and strategies, creating designated areas within the school for such activities and having resources readily available to the children for them to access whenever needed.

Families of the children have expressed interest in workshops on trauma and ACEs, practical and low-cost ideas for helping at home, obtaining funding for resources, managing behaviour issues, expressing feelings, and anger management which we hope to support them with. Overall, this project has made a positive impact on the school community, fostering a more supportive and empathetic learning environment.

## Financial Review

- Review of the charity's financial position at the end of the reporting period
- The charity's policy for holding reserves is £1400 as this is sufficient funds to cease our work effectively and ethically.

## Annual Accounts

As the income of the charity was below the £25,000 threshold this year an Independent Examination of the accounts was not required. Our accounts were prepared for us by our volunteer Finance Team, which includes a qualified accountant. They were approved by the trustees on 30 September 2023 and signed on their behalf by the Chair of Trustees, Philippa Webb.

## Declaration

The Trustees declare that they have approved the Trustees' Annual Report above.

Signed on behalf of the Charity's Trustees:



Signature

Full Name: Philippa Webb

Position: Chair of Trustees

Date: 30/12/2023



Charity Name Adenydd	UIC (if any) 1182052	<b>Receipts and payments accounts</b>		<b>CC16a</b>
For the period from 01/04/2022	To 31/03/2023			

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
<b>GENERAL</b>					
Gifts, donations, fundraising, etc.	2,605	-	-	2,605	153
<b>PROJECT ACTIVITIES</b>					
SCVF VSEF	-	-	-	-	1,993
Postcode Community Trust - EcoSensory Project	-	-	-	-	19,990
The Big Give - Feeling Just Right in School	-	-	-	-	3,992
Community Foundation for Wales	-	-	-	-	1,993
Professional development courses and sessions	15,215	-	-	15,215	15,255
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>17,820</b>	<b>-</b>	<b>-</b>	<b>17,820</b>	<b>43,377</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>17,820</b>	<b>-</b>	<b>-</b>	<b>17,820</b>	<b>43,377</b>
<b>A3 Payments</b>					
<b>GENERAL</b>					
Insurance	479	-	-	479	
Equipment	-	-	-	-	265
Marketing	-	-	-	-	152
Admin not directly related to projects	-	-	-	-	274
Subcontractors - development	800	-	-	800	400
Sundry	1,108	-	-	1,108	568
Accounts	287	-	-	287	100
<b>PROJECT ACTIVITIES</b>					
The Waterloo Foundation - grant - BRR Project (formerly Foundations for Attachment Course) and Sunshine Circles	-	-	-	-	6,480
SCVS VSEF grant	-	-	-	-	134
Community Foundation for Wales	-	-	-	-	122
Postcode Community Trust - EcoSensory Project	-	5,058	-	5,058	1,645
The Big Give - Feeling Just Right in School	-	4,000	-	4,000	-
Professional development courses and sessions	10,350	-	-	10,350	12,001
	-	-	-	-	-
<b>Sub total</b>	<b>13,024</b>	<b>9,058</b>	<b>-</b>	<b>22,082</b>	<b>22,141</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Community Foundation for Wales - MacBook Pro laptop + accessories	-	-	-	-	1,866
SCVS VSEF grant - MacBook Pro laptop + accessories	-	-	-	-	1,874
iPad	-	869	-	869	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>869</b>	<b>-</b>	<b>869</b>	<b>3,740</b>
<b>Total payments</b>	<b>13,024</b>	<b>9,927</b>	<b>-</b>	<b>22,951</b>	<b>25,881</b>
<b>Net of receipts/(payments)</b>	<b>4,796</b>	<b>- 9,927</b>	<b>-</b>	<b>- 5,131</b>	<b>17,496</b>
<b>A5 Transfers between funds</b>	2	2	-	-	-
<b>A6 Cash funds last year end</b>	11,725	22,343	-	34,068	16,572
<b>Cash funds this year end</b>	<b>16,518</b>	<b>12,418</b>	<b>-</b>	<b>28,937</b>	<b>34,068</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank account	16,502	12,418	-
	Drop and Go card	16	-	-
		-	-	-
	<b>Total cash funds</b>	<b>16,518</b>	<b>12,418</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

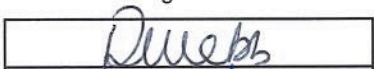
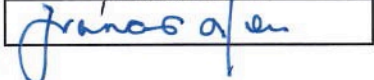
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	MacBook Pro		-	-
	MacBook Pro		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Philippa Webb, Chair	30/09/2023
	Francis Hon, Vice Chair	30/09/2023

**ADENYDD**

England & Wales - Charity number 1182052

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# Accounts

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Charity Name <b>Adenydd</b>	No (if any) <b>1182052</b>
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**Receipts and payments accounts**

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
<b>GENERAL</b>					
Gifts, donations, fundraising, etc.	153	-	-	153	1,464
<b>PROJECT ACTIVITIES</b>					
The Waterloo Foundation - grant - Foundations for Attachment Course/Building Regulation and Relationship project and Sunshine Circles project	-	-	-	-	3,746
SCVS VSEF grant	-	1,993	-	1,993	-
Postcode Community Trust - EcoSensory Project	-	19,990	-	19,990	-
The Big Give - Feeling Just Right in School	-	3,992	-	3,992	-
Community Foundation for Wales	-	1,993	-	1,993	-
Training courses in Sensory Regulation	15,255	-	-	15,255	13,945
<b>Sub total (Gross income for AR)</b>	<b>15,408</b>	<b>27,968</b>	<b>-</b>	<b>43,377</b>	<b>19,155</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,408</b>	<b>27,968</b>	<b>-</b>	<b>43,377</b>	<b>19,155</b>
<b>A3 Payments</b>					
<b>GENERAL</b>					
Equipment	265	-	-	265	166
Marketing	152	-	-	152	116
Admin	274	-	-	274	30
Subcontractors	400	-	-	400	12
Sundry	568	-	-	568	-
Accounts	100	-	-	100	-
<b>PROJECT ACTIVITIES</b>					
The Waterloo Foundation - grant - BRR Project (formerly Foundations for Attachment Course) and Sunshine Circles	-	6,480	-	6,480	5,925
National Lottery Community Fund - Awards for All Wales - grant - Just Right State programme	-	-	-	-	4,783
SCVS VSEF grant	-	134	-	134	-
Postcode Community Trust - EcoSensory Project	-	1,645	-	1,645	-
The Big Give - Feeling Just Right in School	-	-	-	-	-
Community Foundation for Wales	-	122	-	122	-
Training courses in Sensory Regulation	12,001	-	-	12,001	8,430
<b>Sub total</b>	<b>13,760</b>	<b>8,381</b>	<b>-</b>	<b>22,141</b>	<b>19,462</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Community Foundation for Wales - MacBook Pro laptop + accessories	-	1,866	-	1,866	-
SCVS VSEF grant - MacBook Pro laptop + accessories	-	1,874	-	1,874	-
<b>Sub total</b>	<b>-</b>	<b>3,740</b>	<b>-</b>	<b>3,740</b>	<b>-</b>
<b>Total payments</b>	<b>13,760</b>	<b>12,121</b>	<b>-</b>	<b>25,881</b>	<b>19,462</b>
<b>Net of receipts/(payments)</b>	<b>1,648</b>	<b>15,848</b>	<b>-</b>	<b>17,496</b>	<b>307</b>
<b>A5 Transfers between funds</b>	<b>95</b>	<b>95</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>10,172</b>	<b>6,400</b>	<b>-</b>	<b>16,572</b>	<b>16,879</b>
<b>Cash funds this year end</b>	<b>11,725</b>	<b>22,343</b>	<b>-</b>	<b>34,068</b>	<b>16,572</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank account	11,692	22,343	-
	Post Office drop & go card	33	-	-
		-	-	-
	<b>Total cash funds</b>	<b>11,725</b>	<b>22,343</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

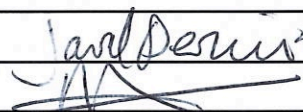
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	2x MacBook Pro laptop + accessories	Restricted	3,740	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Jared Percival, Chair	26/04/2022
	Rachelle Bright, Treasurer	26/04/2022



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Adenydd

**On accounts for the year  
ended**

31/03/2022

**Charity no  
(if any)**

1182052

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

**Responsibilities and  
basis of report**

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

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


**Independent  
examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

**Signed:**



**Date:**

22/08/2022

**Name:**

Tracy Ingham

**Relevant professional  
qualification(s) or body  
(if any):**

N/A

**Address:**

37 Knoll Avenue  
Swansea  
SA3 0JE

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

# Trustees' Annual Report for the period

Period start date				Period end date			
<b>From</b>	1	April	2021	<b>To</b>	31	March	2022

## Section A Reference and administration details

**Charity name** Adenydd

**Other names charity is known by** N/A

**Registered charity number (if any)** 1182052

**Charity's principal address**

20 Highpool Lane	
Newton	
Swansea	
<b>Postcode</b>	SA3 4TX

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jared Percival	Chair		
2	Rachelle Bright	Treasurer Vice Chair		
3	Jo Southan			
4	Pauline Lewis	Secretary		
5	Simon Groves		Until 14 March 2022	
6				
7				

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

Angela (Gela) Griffiths, Chief Executive Officer
Sue Pilcher, Development Officer

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees appointed by existing trustees in line with Constitution

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

For the public benefit to relieve persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the Trustees shall see fit.

### Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Training has been provided to a range of professionals and practitioners including school staff, social workers and care workers as well as foster carers schools and training provided to practitioners to support them in meeting the needs of children who have had adverse childhood experiences (ACEs) and have experienced developmental trauma.

Peer support networks facilitated for practitioners (pro bono) to support them in maintaining and developing their skills and knowledge in developmental trauma-specific therapeutic modalities, ie Theraplay®, Dyadic Developmental Practice and Sensory Regulation.

Support provided to Foster Carers through Sensory Regulation training modified specifically for them.

Support provided to schools and children through delivering targeted interventions such as Theraplay® Sunshine Circles and 'Feeling "Just Right" in School' (a Sensory Attachment Intervention).

The work of the charity has been positively supported by the recruitment of a number of volunteers to support the 'back office' functions of the charity to enable the best use of skills and competencies of the CEO to further the charitable aims. The charity has successfully used fair and equitable recruitment processes to recruit a number of volunteers to provide support for functions including financial management, administrative support, and IT support. The charity has already seen the benefit of freeing up the time of the CEO enabling them to provide frontline activities.

I confirm that the trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

The charity has continued with its positive performance. We have extended our reach and achieved the aims and objectives in our 2021-22 Development Plan. We continue to get positive feedback and evidence of the positive impact of the training and support we have provided.

Peer Support groups delivered online due to the coronavirus pandemic.

Sensory Regulation training for schools, services, and practitioners – more courses than ever were delivered online due to the coronavirus pandemic.

In addition to our 'open' courses for practitioners from a range of services and settings, several courses have been commissioned by the Social Services Departments of two Local Authorities, and other not for-profit or charitable organisations.

The 'Feeling "Just Right" in School' Pilot Project in a primary school is funded by donations received through The Big Give. The training and support sessions have been mainly completed online, with one face-to-face staff experiential session. The final support sessions will take place after Easter and then the project will be available for other schools or services to commission.

Funding received from The Waterloo Foundation to deliver Theraplay® Sunshine Circles in a primary school but delivered entirely online with very positive results. This project is now available for other schools or services to commission.

Two of our long-standing associates have begun the training for 'EcoSensory Therapy' so that we will be able to extend our offer.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

Reserves are being built up through General Funds from projects that have generated income and/or have a Project Fee included in their costings.

The Trustees have set a reserves policy of £1000 to cover any expenses that might be outstanding at any time without specific income to cover them.

### Details of any funds materially in deficit

N/A

### Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);

We are grateful for the support of the following generous funders:

- The Waterloo Foundation
- All of our donors through The Big Give Christmas Challenge 2021 including our Charity Champion, The Four Acre Trust
- The Postcode Community Trust
- The Community Foundation for Wales
- Swansea Council for Voluntary Services



- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Jared Percival	Rachelle Bright
<b>Position (eg Secretary, Chair, etc)</b>	Chair	Treasurer and Vice Chair
<b>Date</b>	26/4/22	

**ADENYDD**

England & Wales - Charity number 1182052

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# Accounts

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Section A

Independent Examiner's Report

Report to the trustees/  
members of

Adenydd

On accounts for the year  
ended

31/03/2021

Charity no  
(if any)

1182052

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2021.

Responsibilities and  
basis of report

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

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

Independent  
examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

Signed:

Date: 27/08/2021

Name:

Tracy Ingham

Relevant professional  
qualification(s) or body  
(if any):

N/A

Address:

37 Knoll Avenue  
Swansea  
SA3 0JE



Receipts and payments accounts

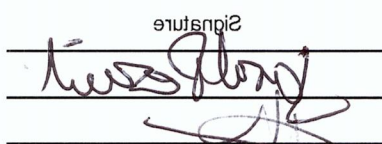
CC16a

For the period from	01/04/2020	To	31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
<b>GENERAL</b>					
Donations in memory of Derrick Griffiths > allocated to BRR project	1,449	-	-	1,449	-
Gifts, donations, fundraising, etc.	15	-	-	15	-
<b>PROJECT ACTIVITIES</b>					
National Lottery Community Fund - Awards for All Wales - grant - Just Right State programme	-	-	-	-	9,999
Just Right State Programme - self-funded parent pilot	-	-	-	-	1,005
Just Right State programme - schools	-	-	-	-	659
Peer Support Groups	-	-	-	-	230
The Waterloo Foundation - BRR and SC	-	3,746	-	3,746	7,129
Training courses in Sensory Regulation	13,945	-	-	13,945	6,625
<b>Sub total (Gross income for AR)</b>	<b>15,409</b>	<b>3,746</b>	<b>-</b>	<b>19,155</b>	<b>25,647</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,409</b>	<b>3,746</b>	<b>-</b>	<b>19,155</b>	<b>25,647</b>
<b>A3 Payments</b>					
<b>GENERAL</b>					
Equipment	166	-	-	166	756
Marketing	116	-	-	116	36
Admin	30	-	-	30	-
Sundry	12	-	-	12	-
<b>PROJECT ACTIVITIES</b>					
Just Right State Programme - self-funded parent pilot	-	-	-	-	1,048
Peer Support Groups	-	-	-	-	225
The Waterloo Foundation - grant - BRR Project formerly Foundations for Attachment Course	-	5,925	-	5,925	-
Just Right State - schools	-	-	-	-	-
National Lottery Community Fund - Awards for All Wales - grant - Just Right State programme	-	4,783	-	4,783	5,215
Training courses in Sensory Regulation	8,430	-	-	8,430	1,488
<b>Sub total</b>	<b>8,755</b>	<b>10,708</b>	<b>-</b>	<b>19,462</b>	<b>8,768</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,755</b>	<b>10,708</b>	<b>-</b>	<b>19,462</b>	<b>8,768</b>
<b>Net of receipts/(payments)</b>	<b>6,654</b>	<b>- 6,962</b>	<b>-</b>	<b>- 307</b>	<b>16,879</b>
<b>A5 Transfers between funds</b>	<b>- 1,449</b>	<b>1,449</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>4,966</b>	<b>11,913</b>	<b>-</b>	<b>16,879</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>10,172</b>	<b>6,400</b>	<b>-</b>	<b>16,572</b>	<b>16,879</b>

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

Signature  


Print Name  
 Rachelle Bright, Treasurer  
 Jared Perival, Chair

Date of approval  
 1/7/21  
 1/7/21

**B2 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	
		-	
		-	
		-	
		-	
		-	

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

(agree balances with receipts and payments account(s))

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Bank account	10,172	6,400	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
<b>Total cash funds</b>	<b>10,172</b>	<b>6,400</b>	<b>-</b>

**Section B Statement of assets and liabilities at the end of the period**

**B1 Cash funds**

# Trustees' Annual Report for the period

Period start date

Period end date

From

1 April 2020

To

31 March 2021

## Section A

## Reference and administration details

Charity name

Adenydd

Other names charity is known by

N/A

Registered charity number (if any)

1182052

Charity's principal address

20 Highpool Lane

Newton

Swansea

Postcode

SA3 4TX

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Catherine Groves	Chair	Until 17 March 2021	
2	Simon Groves			
3	Jared Percival	Vice Chair Chair	Until 17 March 2021 From 1 April 2021	
4	Jo Southan			
5	Rachelle Bright	Treasurer		
6	Pauline Lewis	Secretary	3 December 2020 onwards	

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
General charity experience, especially as CEO	Andy Pilcher	

### Name of chief executive or names of senior staff members (Optional information)

Angela (Gela) Griffiths, Chief Executive Officer

Sue Pilcher, Development Officer

## Section B

## Structure, governance and management

### Description of the charity's trusts

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation

Trustees appointed by existing trustees in line with Constitution

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

For the public benefit to relieve persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the Trustees shall see fit.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

charity should undertake. Commission's guidance on public benefit in deciding what activities the charity should undertake. I confirm that the trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the charity should undertake.

Intervention). interventions such as the Just Right Programme (a Sensory Attachment support provided to schools and children through delivering targeted Relationship course involving Sensory Regulation training and Dyadic Developmental Practice. them in maintaining and developing their skills and knowledge in Peer support networks facilitated for practitioners (pro bono) to support childood experiences (ACEs) and have experienced developmental trauma.

Training provided to schools and training provided to practitioners to support them in meeting the needs of children who have had adverse childhood experiences (ACEs) and have experienced developmental trauma.

**Section D Achievements and performance**

**Summary of the main achievements of the charity during the year**

and restrictions in schools. 2021 due to the ongoing impact of the coronavirus pandemic, lockdowns and restrictions in schools. Funding received from The Waterloo Foundation to deliver Therapy@Sunshine Circles in a primary school but delivery postponed until Autumn 2021 due to the ongoing impact of the coronavirus pandemic, lockdowns and restrictions in schools.

coronavirus pandemic but support completed via online support sessions. Just Right State - Pilot Project in a primary school – cut short due to the Adoption Agency and other not-for-profit or charitable organisations. the Child and Family Services Department of a Local Authority, an of services and settings, a further 6 courses have been commissioned by after being redesigned for online delivery due to the coronavirus pandemic. Sensory Regulation training for practitioners – courses were delivered being redesigned for online delivery due to the coronavirus pandemic. Sensory Regulation training for schools – courses were delivered after Peer support groups delivered online due to the coronavirus pandemic.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The charity trustees do not currently have a reserves policy as the only work undertaken is funded with specific grants/funding allocations. No work is planned or undertaken unless there is sufficient funding already in place to pay for it.

Reserves are being built up through General Funds from projects that have generated income and/or have a Project Fee included in their costings.

### Details of any funds materially in deficit

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We are grateful for the support of the following generous funders:

- Donations in lieu of flowers in memory of Derrick Griffiths
- National Lottery Community Fund - Awards for All Wales
- The Waterloo Foundation

## Section F

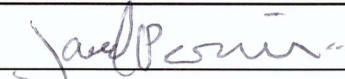

## Other optional information

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jared Percival	Rachelle Bright
Position (eg Secretary, Chair, etc)	Chair	Treasurer and Vice Chair
Date	1/7/21	