

# TRUSTEES ANNUAL REPORT - 2023-2024



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# Key Information

## Our Trustees

**Our name:** Adenydd

**Registered Charity number:** 1182052

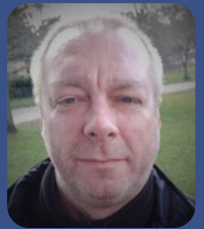
**Founder & CEO:** Gela Griffiths

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

**Phone number:** 07897211216

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

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024

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





Adenydd				CC16a
Receipts and payments accounts				
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 £
B1 Cash funds	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>