



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

Registered Charity number
1182052

Date of registration
15 February 2019

Registered as
Charitable Incorporated Organisation (CIO)

Website

<https://adenydd.org/>

Contact email

ceo@adenydd.org

Phone number

+447897211216

Address

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

Founder & CEO



Gela Griffiths



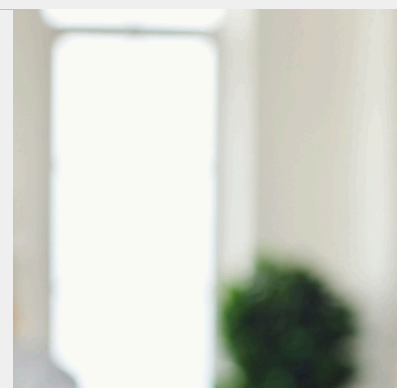
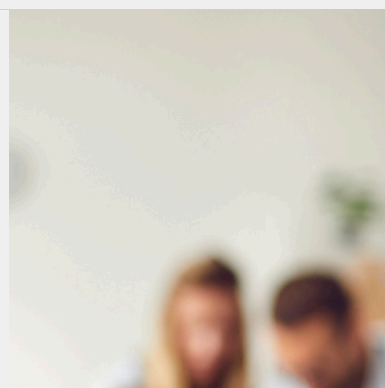
Trustee	Office (if any)	Appointed/resigned	TAR Signed and dated
Jo Southan	Founding Trustee	Appointed 11 June 2018	 10.07.2025
Francis Hon	Vice Chair	Appointed 21 July 2022	
Philippa Webb	Chair	Appointed 21 July 2022	 10.07.2025
Adam Southan	Finance Link Trustee	Appointed 27 April 2023	
Matthew Donovan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



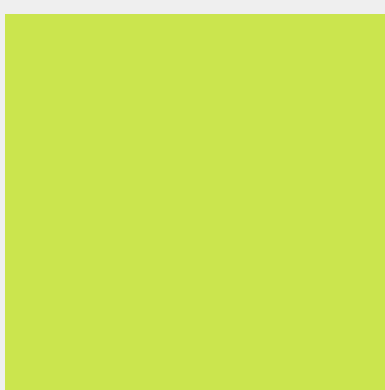
Charitable Aims & Objectives

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.

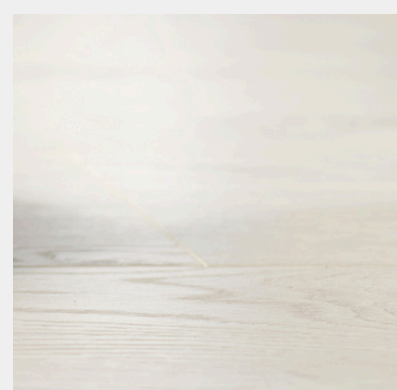
"Feel safe and thrive"



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

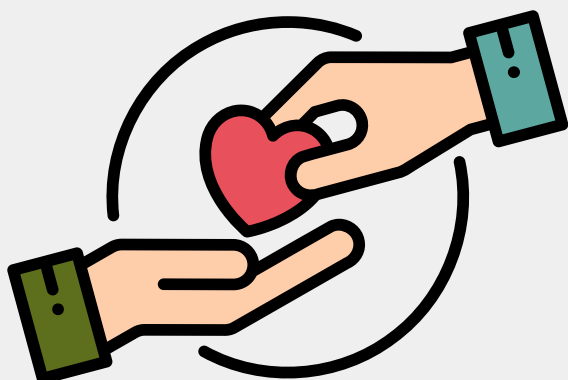
When we have a trustee role available and a candidate applies for the role, they are interviewed by our CEO, Gela Griffiths or our Chair of Trustees and another trustee. If there are any potential conflicts of interest, a different trustee will interview. Their appointment is ratified by the entire Board 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 Craigfelen 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.

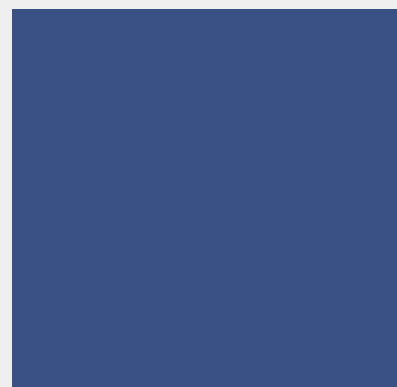
We showed staff and parents how to use existing equipment to support sensory regulation and sensorimotor development, offering structured opportunities for children to engage more constructively. Additionally, we helped staff understand trauma responses, often misinterpreted as 'challenging behaviours,'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



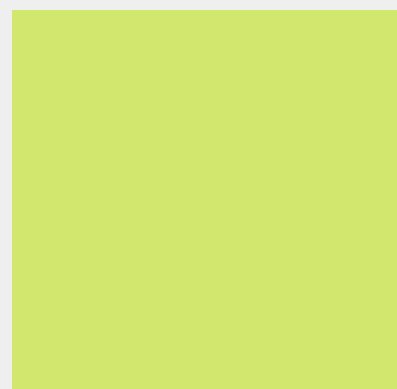
Sensory Regulation Courses

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



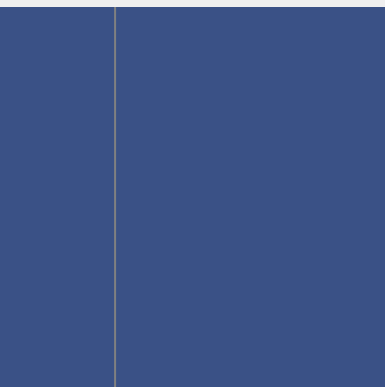
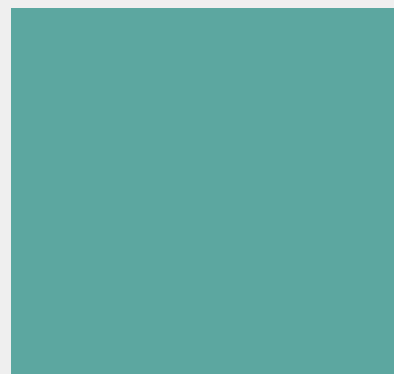
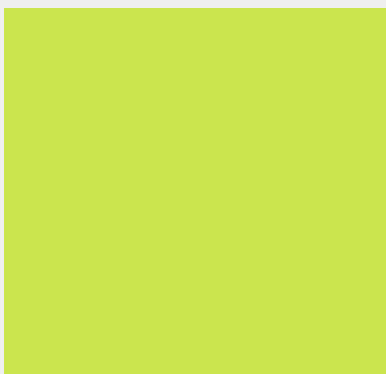
Our Reserves Policy

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/>



CHARITY COMMISSION
FOR ENGLAND AND WALES

Adenydd

Receipts and payments accounts

CC16a

For the period from	01/04/2024	To	31/03/25
------------------------	------------	----	----------

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
Sub total	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	
Sub total	18980	33191	0	52171	31123

A4 Asset and investment purchases, (see table)

	0	0	0	0	0
Sub total	0	0	0	0	0

Total payments 18980 33191 0 52171 31123

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

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

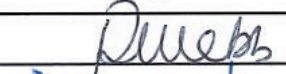
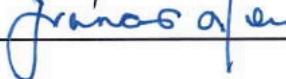
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	52031		0
	Drop and Go card	21		0
	Savings account	3033		0
	Total cash funds	55085	0	0
			Total funds	55085

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
Unrestricted Funds	17472	31544	0	18980	30036
Restricted funds					
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
Total Funds	25662	81595	0	52171	55086

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