

# TRUSTEES' ANNUAL REPORT and UNAUDITED FINANCIAL ACCOUNTS FOR YEAR ENDED 31st MARCH 2022

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FOOTHOLD CYMRU

Foothold Cymru

THE LORD ARTHUR RANK CENTRE, TROSTRE ROAD, LLANELLI, SA14 9RA

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## OPENING STATEMENT

We are pleased to present Foothold Cymru's Impact Report for 2021/22. During the year individuals, communities and society have continued to navigate the effects of the COVID-19 pandemic. While the worst may in many respects be over, the pandemic continues to create challenges for families in particular those living on low incomes. There has been a horrific rise in the cost of living in the last twelve months due to many factors and this has hit households who were already struggling hard. Many of these households are now expected to pay hundreds of pounds more per year in bills - money they simply don't have. We stand together, and alongside other charities and people experiencing poverty, to say it's simply not right that in the sixth largest economy, globally, there are so many people, who cannot afford to put food on the table and come the winter will struggle to heat their homes. Poverty should never be normalised; accepted as a fact of life.

In the face of the growing demands for our services and diminishing resources for the sector, we are sincerely grateful to the board of trustees for their continued wisdom, insight and contributions. The board remain committed to its governance role and will continue to support the relief of immediate need as well as creating just solutions to tackle the root causes of poverty. We are also delighted to report that during the year we were able to welcome four new trustees to the board, increasing numbers and diversity and giving us access to an increased range of skills, experience and knowledge.

As always, on behalf of all the Trustees and the Executive Team, our thanks go out to the amazing staff and volunteers who go that extra mile to make a real difference to lives and livelihoods. We'd also like to extend our sincere thanks to our lived experience working groups, local people whose ideas and strengths drive everything we do. We never forget that local people know their community the best and that everyone has something valued and unique to contribute.

To our funders we hope that this report demonstrates how we have used the generous resources that you have entrusted to us to not only respond to the cost-of-living crisis but also to continue in collaboration with local people to drive forward long-term sustainable change.

We end our message on a sad note. This year we saw the death at the age of 67 of Gerald Davies our New Business Director. Gerald joined Foothold Cymru nearly 20 years ago. A valuable member of Foothold's Senior team, he was also a friend and mentor to those that worked with him. A man of principle with a strong sense of social justice, the pain of his loss was, and still is, palpable amongst those who considered him a colleague and a friend. Gerald will be remembered by a memorial fund that is being set up in his name to carry on the philanthropic work he started in the Philippines, a place that he had hoped, on his retirement, would be his new home.

**Foothold Cymru**

**2022**

## TRUSTEES' ANNUAL REPORT FOR YEAR ENDED 31st MARCH 2022

The Trustees are pleased to present their annual Directors' Report together with the financial statements of the Charity for the year ending 31st March 2022.

They are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes. The Charity Commission entered the Company onto the Register of Charities with the Registered Charity Number 1188696 in March 2020.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) as amended for accounting periods from 1 January 2016.

### A.1 Introduction

Foothold Cymru is a social justice organisation. Established 30 years ago, our vision is to create strong, cohesive communities where individuals have the power to thrive and not just survive. To do this we support people to address both the causes and symptoms of poverty and inequality by designing our services with, not for, individuals and communities most affected by these issues, so they have the skills to overcome challenges and develop resilience. Our work is broken down into three areas of activity as outlined below:



We run services and deliver projects which provide the support needed to promote our strategic objectives, i.e. we help people to 'live well', 'learn well' and 'work well'.

Similar themes underpin all of our projects and we work across four key areas:

- **Food Resilience and Growing** - we aim to build food resilience in the community, tackling the immediate needs of families who are struggling to put food on the table and helping them to develop the skills that will enable them to have a more sustainable and secure access to food in the future.
- **Zero Waste Hub** - we aim to help people to tackle the rising costs of living by encouraging recycling, upcycling, sharing and exchanging, giving members ways to reduce household costs and maximise hard-pressed family incomes. This also helps to reduce waste, having a positive environmental impact too.
- **Education, Training and Employability** - we aim to provide socially and economically disadvantaged people with the opportunities to develop the knowledge, skills and competencies required for independent living and for the labour market, by providing education, training and work experience opportunities.

- **Community Capacity Building** - we aim to bring the community together to share with and support each other through our volunteering and befriending projects. We also aim to develop the capacity of individuals to contribute and empower them to put their skills, experience and knowledge to good use for the benefit of the community.

This work is underpinned by our recognition that the solutions, and the skills to put them in place, are often to be found in the lived experiences and understanding of the people and communities affected. Our recognition finds expression in projects that develop the capacity of individuals to contribute and our determination to put co-production at the heart of all our work. The above objectives and activities reflect the Charity's values, which are:

- **Community:** strong communities as loci for mutual support and the realisation of individual potential.
- **Education:** both formal and informal, as a means by which individual potential can be realised.
- **Human enterprise and endeavour:** as the drivers for individuals and communities to address the challenges they face.
- **Sustainable development:** through which the security and wellbeing of future generations are protected by the responsible practices and use of resources of the current generation.
- **Justice:** driven by tackling entrenched social inequalities and ensuring that those who are traditionally under-represented in society have a strong voice in how our society is run.

## A.2 Structure, Governance and Management

Foothold Cymru is a Registered Charity (number: 1188696). The liability of Trustees is limited to a sum not exceeding £10. As set out in the Articles of Association, all Trustees and designated officers, including the Chair, are appointed at the AGM. The term of office for Trustees is initially three years, with the possibility of ongoing renewal. In appointing new Trustees, attention is paid to the need to have a balance of representation and diversity, including gender, age, ethnicity, disability, and sexuality. The Trustee Board meets no less than four times in each financial year. We are extremely proud of the progress we have made during the last year to expand and diversify the composition of the board.

### A.2.1. Functions of the Board

The Board of Trustees fulfils the following functions:

- To have control of the Charity and its property and funds.
- To have responsibility for the Charity's overall governance and strategic direction.
- To develop the aims, objectives and organisational goals in accordance with the legal and regulatory framework of the sector and in line with the Charity's governing document, continually striving for best practice in governance.
- To uphold the fiduciary duty invested in the position, undertaking such duties in a way that adds to public confidence and trust.
- To interview, appoint and monitor the work and activities of senior paid staff. All members of the Board of Trustees are required to sign a Code of Conduct Declaration and Register of Interest.

### A.2.2. Main Responsibilities of the Board

- Managing organisational performance and risk - developing and reviewing the organisation's strategy, objectives, performance, statutory compliance and risk, continuously, ensuring the measurement of our impact.
- Leadership and strategy - leading the development of the organisation's vision, mission, values and strategic direction.
- Strategic planning and implementation - agreeing coherent, strategic plans and timetables, monitoring performance and reviewing outcomes and impact.
- Communication - promoting the work of the organisation to a variety of external partners, stakeholders and audiences.
- Equality and diversity - championing equality and diversity in everything that the organisation does, particularly in the context of making people matter and working with some of the most disadvantaged people in society.
- Safeguarding - monitoring the organisation's conduct to ensure that safeguarding standards are maintained.

### A.2.3. Induction and Training of New Trustees

New Trustees receive an induction pack containing the following:

- Declaration to act as a Trustee.
- Terms of Reference.
- Code of Conduct.
- Equal Opportunities monitoring form.
- Declaration of Interest Form.
- Skills and Knowledge Audit.
- Charity Commission CC3 document.
- Responsibilities of Trustees.
- Memorandum and Articles of Association.
- Annual Report and Accounts.
- Information regarding Trustee Board meetings

### A.2.4. Related Parties

All interests are required to be declared and signed in the Trustee's Declaration of Interests pro-forma as required under the Charity's Articles of Association and Conflict of Interests Policy. A conflict-of-interest register is kept and updated annually or when appropriate. In addition, all Trustees are required to declare any interest pertinent to the agenda at all Board Meetings.

### A.2.5. Organisational Structure

The Board of Trustees administers the Charity. In so doing, it meets quarterly, with two committees reporting to it: namely The Finance, Risk, Audit and HR Committee and the Governance & Operational Performance Committee. Both committees have the authority to form task and finish groups and sub groups in furtherance of its work.

A Chief Executive Officer (CEO) is appointed by the Trustees to oversee the Charity's day-to-day operations. To facilitate effective operations, the CEO has delegated authority, within terms of delegation approved by the Board, for operational matters including finance, employment and performance related activities within the core services.

The Board of Trustees has oversight of financial matters through reports to each meeting. The Board of Trustees may amend these powers from time to time. The CEO is supported

by a Deputy Chief Executive, with Project Co-ordinators taking operational responsibility for the successful delivery of the Charity's various projects and services.

A Finance Manager is responsible for administering the Charity's accounts. Business development is undertaken by a New Business Manager, who combines this role with overseeing and quality assuring the Charity's training and education provision.

During the year the Charity has employed an average of 22 members of staff. As Trustees we are committed to transparency in our work and include staff in our decisions and as such we operate an 'open door' policy where staff are encouraged to ask questions about our activities, strategy, performance and current initiatives. We continuously interact and communicate with staff through committees, meetings, working groups and day to day management. We also convey information regularly via internal publication of our meeting papers, minutes and actions. The charity is fortunate to have a number of committed and inspirational volunteers. Over the course of 2021/22 we have had the support of 52 volunteers. The skills and knowledge of our volunteers is a huge asset to the charity, and we have over the recent past used their experience to improve our volunteer management programme to make it as impactful as possible.

#### **A.2.6. Policies and Procedures**

The conduct of the Charity and our range of activities are guided by a comprehensive set of policies and procedures to ensure that its governance, financial management, security, management and operation are in keeping with best practice. All staff are aware of their responsibilities in relation to these policies, together with the expectation that they adhere to them in their day-to-day working. All policies and procedures are reviewed by the Board of Trustees on an annual basis, unless legislative change dictates otherwise, or in the event of an incident that gives rise to a need for review of the provisions, interpretation and implementation of a policy.

#### **A.2.7. Safeguarding**

As a Charity working with vulnerable people of all ages, we take our responsibilities with regards safeguarding very seriously. This includes having well-established systems and processes to ensure that the safety and interests of those concerned are protected at all times. These include, but are not limited to, a Child Protection and Safeguarding Policy and a Safeguarding Adults at Risk Policy.

All Trustees and staff undergo the appropriate level of Disclosure and Barring Scheme checks upon appointment. All staff undergo comprehensive safeguarding training on an annual basis and are aware of the various forms of abuse that might occur and how these might manifest themselves, as well as the procedures to be adopted where these are suspected. We publish an annual safeguarding report which reviews our work over the previous year and sets out our action plan for the coming year.

Policies set out clear systems for reporting suspected /actual cases of abuse, and their investigation and reporting in an appropriate manner.

#### **A.2.8. Risk Management**

The Trustees believe that they have identified the major risks to which the charity is exposed and how these risks can be mitigated. This has been aided by a robust risk management process. The process identifies the types of risks the Charity faces, prioritises them in terms of likelihood of occurrence and potential impact, identifies the means of managing these risks and monitors how they are managed. The risk register is reviewed quarterly, with relevant exemption reports presented to the Board. Trustees review the

adequacy of protection against these risks and, where this appears insufficient, put in place appropriate procedures to mitigate them.

The biggest risk for the Charity continues to be our over-reliance on short-term and limited funding at a time when the demand for our services grows. Therefore, an important strand of the Board's strategy is to continue to demonstrate the Charity's ability to provide added value as an organisation, whilst simultaneously demonstrating excellent outcomes and impact. At the same time, the organisation looks to expand its income streams and look for new sources of growth.

### A.3. Public Benefit

As required by the Charities Act 2011, the Charity Commission for England and Wales issued its general guidance on the criteria it will use to determine whether a charity provides public benefit. The Board of Trustees has considered the relevant guidance and is satisfied that the organisation provides considerable public benefit, as demonstrated in this report. We have referred to the guidance when reviewing our purpose and mission and in planning future activities. In particular, consideration is given to how planned future activities will contribute to the delivery of public benefit. Thus, development activities and proposals for funding applications are presented to Trustees for approval based on their ability meet this requirement. In making their decisions, Trustees assure themselves that all proposals target members of the community who are experiencing social exclusion on the basis of one or more of the factors identified or are at risk of doing so. At the same time, Trustees ensure that the outcomes of the Charity's work, and the public benefits that derive from it are demonstrable through qualitative, as well as quantitative research methodologies. Furthermore, Trustees assure themselves that no potential barriers to participation by the target groups exist, and that issues of equality and diversity are adhered to.

### A.4. Objects and Aims

The Charity's objects are to develop the capacity and skills of members of socially and economically disadvantaged communities of Wales in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society, in particular but not exclusively by:

- a) equipping disadvantaged or otherwise excluded people with the skills and competencies required to take responsibility for identifying and meeting their needs and those of the community;
- b) the delivery of formal, informal and community education programmes that provide socially and economically disadvantaged people opportunities to gain nationally recognised qualifications and / or develop the knowledge, skills and competencies required for independent living and the labour market;
- c) the promotion, provision and facilitation of volunteering, training and work experience opportunities to unemployed or underemployed people who are disadvantaged in the labour market.

In addition to any other powers it may have, the Charity has the following powers in order to further the Objects (but not for any other purpose):

- a) to raise funds. In doing so, the Charity must not undertake any taxable permanent trading activity and must comply with any relevant statutory regulations;



- b) to buy, take on lease or in exchange, hire or otherwise acquire any property and to maintain and equip it for use;
- c) to sell, lease or otherwise dispose of all or any part of the property belonging to the Charity. In exercising this power, the Charity must comply as appropriate with sections 117 and 122 of the Charities Act 2011;
- d) to borrow money and to charge the whole or any part of the property belonging to the Charity as security for repayment of the money borrowed. The Charity must comply as appropriate with sections 124 - 126 of the Charities Act 2011 if it wishes to mortgage land;
- e) to co-operate with other charities, voluntary bodies and statutory authorities and to exchange information and advice with them;
- f) to establish or support any charitable trusts, associations or institutions formed for any of the charitable purposes included in the Objects;
- g) to acquire, merge with or to enter into any partnership or joint venture arrangement with any other charity;
- h) to set aside income as a reserve against future expenditure but only in accordance with a written policy about reserves;
- i) to employ and remunerate such staff as are necessary for carrying out the work of the Charity. The Charity may employ or remunerate a Director only to the extent it is permitted to do so by article 10 and provided it complies with the conditions in that clause;
- j) to:
  - i) deposit or invest funds;
  - ii) employ a professional fund-manager; and
  - iii) arrange for the investments or other property of the Charity to be held in the name of a nominee; in the same manner and subject to the same conditions as the trustees of a trust are permitted to do by the Trustee Act 2000;
- k) to provide indemnity insurance for the Directors in accordance with, and subject to the conditions in, section 189 of the Charities Act 2011;
- l) to pay out of the funds of the Charity the costs of forming and registering the Charity both as a company and as a charity;
- m) to do all such other lawful things as are necessary for the achievement of the Objects.

## A.5. Strategic Objectives, Activities and Achievements

This year saw the second year of our three-year strategy 2020-2023 with the following strategic aims identified by the Trustees:

- Continue to put people in the lead; designing our services with, not for, individuals and communities most affected by poverty, so together we create sustainable solutions.
- Deliver social, economic and environmental impacts that last; empowering individuals and communities to challenge poverty and social injustice. Our Theory of Change sets out the change we want to see.
- Ensuring a fit for purpose organisation that allows us to function effectively and efficiently in order to deliver on our mission and strategic aims.
- Maintaining the financial health of the organisation.

### A.5.1. Putting People in the Lead

We recognise that the solutions to the challenges faced by communities, and the skills to put them in place, are often found in the lived experiences and understanding of the people and communities affected. We therefore place co-production at the heart of our approach, by giving equal sharing of power, agency and decision making with all those affected by a project, and with the local people, organisations and systems which support them. During 2021/22 this work has continued as we have collaborated with participants, volunteers and other stakeholders co-designing, co-delivering and co-evaluating our projects and services.

We also recognise that building capacity within communities makes them more able to adapt and deal with future challenges, creating a more sustained and long-lasting positive impact. Our projects aim to develop the capacity of individuals to contribute and empower them to put their skills, experience and knowledge to good use for the benefit of the community. This will help communities to develop and manage their own solutions to the challenges they face.

### A.5.2. Delivering Economic, Social and Environmental Impact

During the year we have supported 2497 people across our various services.

Specifically:

- Food Resilience: 2116
- Food Growing: 177
- Zero Waste Hub: 432
- Volunteering: 43
- Befriending: 44
- Youth Social Action: 79
- Education and Training: 493
- Employability: 61

To understand our impact, we conducted surveys with a sample of 20% of the people supported across our services this year and used the data to inform the writing of our 2021/22 Impact Report. This work was supported by focus groups and project specific monitoring and evaluation.

Foothold Cymru's impact is in five key areas: (1) Reduced Household Expenses; (2) Reduced Waste; (3) Developed Skills and Experience; (4) Improved Health and Wellbeing; (5) Developed Community Cohesion, Capacity and Resilience.

#### A.5.2.1. Reduced Household Expenses

Key achievements:

- £550,160 in household savings across all members.

- £27.41 saved an average per week on members' weekly shop
- 96% of food store users said the store helped them to budget.
- 72% of Zero Waste Hub members found the support had helped their money to go further; saving an average £461 per household during the year.

The rising cost of living is making it difficult for people to meet their basic needs. Many of our members were already struggling to make ends meet before the soaring energy and food prices put further pressure on family incomes. Across our services we support people to make their money go further and to reduce their household expenses to relieve the pressure on their hard-pressed family incomes. 57% of members across all services found the support had helped their money to go further.

Our Community Food Store provides members with the opportunity to buy a variety of food at a reduced rate from the retail price, helping family budgets to stretch further and ensuring they can access enough food to get by. On average, families saved £27.41 per week on their weekly shop and the majority of food store users also found the shop beneficial in helping them to budget.

The services within the Zero Waste Hub help people to reduce waste but also to reduce household expenditure, by encouraging people, and giving them the opportunity, to fix, recycle, re-use, upcycle and share household items. Services such as our repair café, clothes exchange and Library of Things all provide the opportunity to reduce waste, share with others and reduce household expenditure. Members were grateful for the opportunity to share with others and were pleased to gain the knowledge and skills that would enable them to make their money go further.

An important part of our education, training and employability support is in helping people to develop essential skills that will not only prepare them for the labour market, but also for independent living. One component of this is providing them with money management and teaching them how to budget. Many members referenced the importance of these new budgeting skills on helping them to keep on top of their household finances.

Combined, our services helped members across the community to save £500,160.

#### **A.5.2.2. Reduced Waste**

Key achievements:

- 85% of food store users made changes to reduce their food waste
- 89% of members who used the Zero Waste Hub said they had learnt new ways to reduce waste.
- 41 tonnes of waste was saved from landfill.

At Foothold Cymru, we recognise that the that continued disregard for our environment is not sustainable. Across our projects and services, we support people to reduce their household waste, not only to reduce their household expenditure but also to reduce the waste sent to landfill and have a positive impact on the environment. In total, 41 tonnes of waste was saved from landfill as a result of our services.

The education, training and advice provided around waste minimisation, including the food minimisation workshops, has helped families to embed habits to reduce waste, having a positive impact on their finances and on the environment. 56% of members across all services said the support had helped them to reduce waste and 85% of food store users reported making changes to reduce their food waste.

Members have also developed their knowledge on how to recycle household items, they have had the opportunity to fix and upcycle them, and they have been encouraged to share and donate items that they no longer need, helping the community as a whole to reduce waste. The emphasis on waste reduction in a positive light also helps to reduce the stigma of acquiring ‘pre-loved’ items as a negative result of low household income.

#### A.5.2.3. Developed Skills and Experience

Key achievements:

- 84% of members said they learnt new skills and had new experiences
- 55 people moved into work

Across our projects and services, people across the community have had the opportunity to develop their skills and gain experiences which not only prepare them for the labour market, but also develop their essential skills for life, such as money management. 84% of members said they have learnt new skills and had new experiences.

Crucially, we have provided people with the opportunity to get out of their comfort zone, whilst also feeling supported and valued. Many of the people we work with suffer from a lack of opportunity and this can hold them back. By providing people with the opportunity to develop skills, gain work experience and grow their confidence, they are in a much stronger position to go on to work and live a more fulfilled life. 55 people were successful in gaining employment following the education and employability training.

#### A.5.2.4. Improved Health and Wellbeing

Key achievements:

- 67% of people said the support provided helped to bring about changes in their mental wellbeing
- 73% of people who attended the cookery course said they were eating more healthily as a result of the course
- 98% of Food Store users said there were health benefits to having the opportunity to choose a varied food basket.

The support provided to help people to reduce their household expenditure had an overwhelmingly positive impact on members’ mental wellbeing; 67% of people said the support provided had helped to positively change their mental wellbeing. There is a clear link between reduced food insecurity and improvements in mental wellbeing, due to the reduced financial pressures and stress associated with food insecurity.

Importantly, the Food Store moves away from emergency food boxes and the crisis support offered by Food banks. Feedback from families highlights how they value the choice offered by the stores so that it feels like shopping in a normal grocery shop. They value the fact that they can make a small financial contribution to the food baskets. This restoration of dignity also helps to promote positive mental health.

It is clear by bringing the community together, our support has helped people to feel more connected, valued, understood and accepted. Many members talked about how the increased connection with the community had given them a motivation to leave the house and get involved. All of these improvements in community connectedness bring about positive changes in mental wellbeing, especially for individuals who otherwise feel socially isolated.

#### A.5.2.5. Developed Community Cohesion, Capacity and Resilience

- 59% said they feel more connected to their community
- 87% connected with new people and made new friends
- 88% feel there are more people they can go to if you if they need help

Communities are becoming increasingly disconnected, and people are often battling with their challenges in isolation. But there is power in community cohesion, bringing people together to provide support to one another and address collective challenges. By bringing people together, developing community cohesion and capacity, communities become more resilient - they feel better connected, more together, stronger, able to weather storms through collective action and support. This leaves a legacy beyond the project support and makes communities more resilient.

Members overwhelmingly reported positive changes in community connectedness as a result of Foothold Cymru's work; 59% said they feel more connected to their community, 87% connected with new people and made new friends and 88% said they feel there are more people they can go to if they need help. All of these are clear indicators that the communities we are working with are becoming more connected.

Our members described the benefits of Foothold Cymru in bringing people together, giving them the opportunity to meet people they wouldn't usually get to meet, such as the inter-generational connections between pensioners and young people, make new friends, learn from others, share with and help other people. Many members talked about how the support they had received gave them the opportunity to help others and that they now feel part of the community. The feeling of being part of something, belonging to a community, feeling valued, understood and accepted all have a positive impact on mental wellbeing and can translate into wider benefits, such as greater economic security.

### A.6. Ensuring a Fit for Purpose Infrastructure

Last year we made significant progress in developing our organisational infrastructure, including in the areas of: Partnership and Collaborative Working, Staff Development and Health and Safety. We have continued to build on these developments this year.

We have also made significant progress on our Monitoring and Evaluation practices:

This year we reviewed our data collection practices and created a new Evaluation Framework, ensuring that our data collection tools are consistent with the outcomes we want to measure on our Theory of Change. In addition to an organisation-wide framework, we have also developed project-specific Theory of Change with relevant evaluation plan, in line with the overarching evaluation framework, which will further enhance our data-collection practices moving forwards.

Adopting this new framework will enable us to:

Consistently measure and report on impact across all projects, by following a consistent and robust approach, which is aligned to our organisational objectives.

Make informed changes to existing projects and design new projects that meet the changing needs of the community.

Share our learning with key stakeholders, including funders, partners and those organisations that are equally passionate about making a real difference to the lives and livelihoods of people and communities.

## A.7. Our Finances

<b>Our Income 2021/22</b>	
<b>Income - £904,795</b>	
Projects (Grant Funding)/Contracts	86%
Donations	3%
Investment Income	12%

<b>How we spent the money we received in 2021/22 - £828,883</b>	
<b>Expenditure</b>	
Project Service Delivery	88%
General Administration/Governance	10%
Fundraising	2%

<b>Our Reserves</b>	
Unrestricted	592,745
Restricted	357,210
Total Reserves	949,955

### A.7.1. Reserves and Reserves Policy

In formulating this policy Foothold Cymru has followed the Charity Commission guidelines to developing a reserves policy. Namely, it has:

- Defined the nature of charitable reserves held.
- Identified functional assets.
- Understood the financial impact of risk.
- Reviewed its sources of income.
- Looked at future plans and commitments.

#### ***Restricted Funds***

Foothold Cymru delivers upward of a dozen charitable or grant funded projects. These projects are funded via restricted funds and are for the sole use of designated projects.

#### ***Unrestricted Funds***

Typically, these funds are expendable at the discretion of the Trustees in furtherance of the charity's objects and may be designated for a particular project or purpose. The majority of Foothold Cymru's unrestricted funds are held in the form of fixed assets which earn an income for the charity to use for its charitable activities.

On becoming a Charity in 2020, the Board of Trustees reviewed the charity's need for free reserves in line with the guidance issued by the Charity Commission.

The Reserves Policy, approved in March 2020, and reviewed in 2021 thus targets free reserves to be maintained within a range of three to six months' unrestricted operational expenditure. The trustees aim to work towards achieving this goal over the next five years.

## A.8 Challenges and Future Priorities

Each year, within the remit of our Strategic Plan 2020-2023, we set key strategic priorities for the new financial year to further strengthen our ability to withstand pressures and maximise opportunities.

In late 2021 our Board of Trustees scrutinised our Strategic Business Plan and considered the lessons of the past year. The review highlighted a number of challenges:

- The impact of the cost-of-living crisis on the mental wellbeing of our beneficiaries
- The increase in demand for our services in contrast to the diminishing funding that is available
- The need to address climate change at a local level so we remain within our environmental limits.

Our strategic objectives remain unchanged - specifically:

- Continue to put people in the lead; designing our services with, not for, individuals and communities most affected by poverty, so together we create lasting solutions.
- Deliver social, economic and environmental impacts that last; empowering individuals and communities to challenge poverty. Our Theory of Change sets out the journey.
- Ensuring a fit for purpose organisation that allows us to function effectively and efficiently in order to deliver on our mission and strategic aims.
- Maintaining the financial health of the organisation.

Activities to deliver these objectives during 2022/23 include:

- **Impact:** developing and delivering services that put people and their futures at the heart of what we do enabling people to thrive and not simply survive.
- **Co-production:** continuing to work closely with communities to identify their perceived needs and co-designing and co-delivering projects that address these priorities.
- **Financial Stability:** continuing to diversify income streams to include corporate sponsorship, social investment and community giving in addition to grants and contracts.
- **Measuring Change:** ensuring that our monitoring and evaluation systems and procedures continue to be sufficiently robust to demonstrate the effectiveness of our work and to evidence their longer-term impacts and additionality.
- **Partnerships:** developing mutually beneficial partnerships to develop innovative services that meet the needs of individuals and communities.
- **People:** continuing to develop staff to ensure that they are best able to serve the communities with which they work.

REGISTERED COMPANY NUMBER: 02633128 (England and Wales)  
REGISTERED CHARITY NUMBER: 1188696

**TRUSTEES' REPORT AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**  
**FOR**  
**FOOTHOLD CYMRU**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
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**FOOTHOLD CYMRU**

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**FOR THE YEAR ENDED 31 MARCH 2022**

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## **FOOTHOLD CYMRU**

### **TRUSTEES' REPORT** **FOR THE YEAR ENDED 31 MARCH 2022**

The Trustees are pleased to present their annual Directors' Report together with the financial statements of the Charity for the year ending 31st March 2022. They are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes. The Charity Commission entered the Company onto the Register of Charities with the Registered Charity Number 1188696 in March 2020.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) as amended for accounting periods from 1 January 2016.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

02633128 (England and Wales)

##### **Registered Charity number**

1188696

##### **Registered office**

The Lord Arthur Rank Centre  
Trostre Road  
Llanelli  
Carmarthenshire  
SA149RA

##### **Trustees**

F S Roberts  
J Lewis  
G Davies (resigned 14.9.21)  
D J Powell  
P Freeman  
Reverend J E Phillips  
Mrs K L Owen (appointed 16.3.22)  
P R Piana (appointed 15.11.21)  
Ms B Wiffen (appointed 22.4.22)  
Mrs S Kays (appointed 29.5.22)

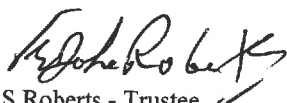
##### **Company Secretary**

Mrs J Morgan

##### **Independent Examiner**

Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

Approved by order of the board of trustees on 27 October 2022 and signed on its behalf by:



F S Roberts - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**FOOTHOLD CYMRU**

**Independent examiner's report to the trustees of Foothold Cymru ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of A.C.C.A. which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



R. A. Williams  
A.C.C.A.  
Charles & Co  
Chartered Certified Accountants  
3 Murray Street  
Llanelli  
Carmarthenshire  
SA15 1AQ

27 October 2022

**FOOTHOLD CYMRU**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	224,446	576,020	800,466	739,153
Investment income	3	104,329	-	104,329	118,604
<b>Total</b>		<b>328,775</b>	<b>576,020</b>	<b>904,795</b>	<b>857,757</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	4				
Beneficiary Support		257,814	571,069	828,883	835,560
<b>NET INCOME</b>		<b>70,961</b>	<b>4,951</b>	<b>75,912</b>	<b>22,197</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		521,784	352,259	874,043	851,846
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>592,745</b>	<b>357,210</b>	<b>949,955</b>	<b>874,043</b>

The notes form part of these financial statements

**FOOTHOLD CYMRU****BALANCE SHEET**  
**31 MARCH 2022**

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>FIXED ASSETS</b>					
Intangible assets	10	50,916	-	50,916	76,374
Tangible assets	11	619,920	207,000	826,920	880,669
Investments	12	2	-	2	-
		<u>670,838</u>	<u>207,000</u>	<u>877,838</u>	<u>957,043</u>
<b>CURRENT ASSETS</b>					
Debtors	13	58,737	-	58,737	10,615
Cash at bank		<u>2,898</u>	<u>150,210</u>	<u>153,108</u>	<u>103,500</u>
		61,635	150,210	211,845	114,115
<b>CREDITORS</b>					
Amounts falling due within one year	14	(59,422)	-	(59,422)	(7,568)
<b>NET CURRENT ASSETS</b>		<u>2,213</u>	<u>150,210</u>	<u>152,423</u>	<u>106,547</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		673,051	357,210	1,030,261	1,063,590
<b>CREDITORS</b>					
Amounts falling due after more than one year	15	(80,306)	-	(80,306)	(189,547)
<b>NET ASSETS</b>		<u>592,745</u>	<u>357,210</u>	<u>949,955</u>	<u>874,043</u>
<b>FUNDS</b>	18				
Unrestricted funds				592,745	521,784
Restricted funds				<u>357,210</u>	<u>352,259</u>
<b>TOTAL FUNDS</b>				<u>949,955</u>	<u>874,043</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

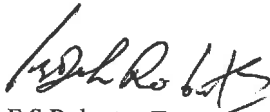
The notes form part of these financial statements

**FOOTHOLD CYMRU**

**BALANCE SHEET - continued**  
**31 MARCH 2022**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 27 October 2022 and were signed on its behalf by:



F S Roberts - Trustee

The notes form part of these financial statements

**FOOTHOLD CYMRU**

**CASH FLOW STATEMENT**

**FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	20	119,307	213,721
Interest paid		(4,220)	(4,004)
Net cash provided by operating activities		<u>115,087</u>	<u>209,717</u>
<b>Cash flows from investing activities</b>			
Purchase of fixed asset investments		(2)	-
Net cash (used in)/provided by investing activities		<u>(2)</u>	<u>-</u>
<b>Cash flows from financing activities</b>			
Loan repayments in year		(107,652)	(12,334)
Capital repayments in year		(1,589)	(1,579)
Net cash used in financing activities		<u>(109,241)</u>	<u>(13,913)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>5,844</u>	<u>195,804</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>	21	<u>103,500</u>	<u>(92,304)</u>
<b>Cash and cash equivalents at the end of the reporting period</b>	21	<u><u>109,344</u></u>	<u><u>103,500</u></u>

The notes form part of these financial statements

## **FOOTHOLD CYMRU**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 MARCH 2022**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. This is not consistent with prior years. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of paragraph 33.7.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Intangible assets/ intellectual property**

Intellectual property represents costs incurred in Research and development time and resources spent on generating knowledge and information on new projects that Foothold Cymru will tender for from ESF and The big Lottery, the economic benefit of which is expected to flow to the corporation in future periods, usually the next three financial years. As such each year's capitalised cost is written off over three years commencing in the following financial year.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Foothold Enterprise Village	- not provided
The Business Centre	- at varying rates on cost
The Lord Arthur Rank Centre	- not provided
Plant and machinery	- 20% on cost
Fixtures and fittings	- 20% on cost
Motor vehicles	- 20% on cost
Computer equipment	- 20% on cost

Fixed Assets purchased with restricted funds are expensed in the year of purchase.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities.



**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**1. ACCOUNTING POLICIES - continued**

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

The interest element of these obligations is charged to the Statement of Financial Activities over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2022	2021
	£	£
Donations	23,621	6,633
Grants	776,845	660,806
Overhead Recovery	-	71,714
	<u>800,466</u>	<u>739,153</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Other grants	<u>776,845</u>	<u>660,806</u>

**3. INVESTMENT INCOME**

	2022	2021
	£	£
Rents received	<u>104,329</u>	<u>118,604</u>

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 5) £	Totals £
Beneficiary Support	817,041	11,842	828,883

**5. SUPPORT COSTS**

	Finance £	Governance costs £	Totals £
Beneficiary Support	6,842	5,000	11,842

**6. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2022 £	2021 £
Depreciation - owned assets	53,749	62,000
Hire of plant and machinery	22,331	14,991
Development costs amortisation	25,458	25,458

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**8. STAFF COSTS**

	2022 £	2021 £
Wages and salaries	395,717	331,481
Social security costs	28,583	28,257
Other pension costs	12,542	10,550
	436,842	370,288

The average monthly number of employees during the year was as follows:

	2022	2021
Management	4	4
Administration	2	2
Beneficiary Support	12	9
Other	1	2
	19	17

No employees received emoluments in excess of £60,000.

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	105,523	633,630	739,153
Investment income	118,604	-	118,604
<b>Total</b>	224,127	633,630	857,757
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Beneficiary Support	228,553	607,007	835,560
 <b>NET INCOME/(EXPENDITURE)</b>	(4,426)	26,623	22,197
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	526,210	325,636	851,846
 <b>TOTAL FUNDS CARRIED FORWARD</b>	521,784	352,259	874,043

**10. INTANGIBLE FIXED ASSETS**

The Research and Development work undertaken by the organization during the financial year is developmental work. In line with the mission of the organization our developmental work focuses on tackling social and economic exclusion. It does this through developing innovative projects which support individuals to make a positive social and economic contribution to society whilst increasing resilience and restoring self-belief. Once the project is developed, investment to bring that project to market is sought through philanthropic sources including various funding bodies.

Developmental expenditure as it relates to each project, is clearly defined and there is a reasonable expectation, based on historic work and knowledge of the market that it will lead to philanthropic investment over and above the developmental expenditure.

Amortization is on a straight-line basis for each project over a three-year period, reflecting Foothold Cymru's developmental cycle.

Reviews of development expenditure will take place at the end of each accounting period and is written off, project by project, prior to the 3 years if at any time expenditure is deemed irrecoverable.

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**11. TANGIBLE FIXED ASSETS**

	Foothold Enterprise Village £	The Business Centre £	The Lord Arthur Rank Centre £	Plant and machinery £
<b>COST</b>				
At 1 April 2021 and 31 March 2022	314,290	358,750	305,630	234,821
<b>DEPRECIATION</b>				
At 1 April 2021	-	100,000	-	234,821
Charge for year	-	51,750	-	-
At 31 March 2022	-	151,750	-	234,821
<b>NET BOOK VALUE</b>				
At 31 March 2022	314,290	207,000	305,630	-
At 31 March 2021	314,290	258,750	305,630	-
	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
<b>COST</b>				
At 1 April 2021 and 31 March 2022	15,041	18,699	14,819	1,262,050
<b>DEPRECIATION</b>				
At 1 April 2021	15,041	16,700	14,819	381,381
Charge for year	-	1,999	-	53,749
At 31 March 2022	15,041	18,699	14,819	435,130
<b>NET BOOK VALUE</b>				
At 31 March 2022	-	-	-	826,920
At 31 March 2021	-	1,999	-	880,669

**12. FIXED ASSET INVESTMENTS**

	Unlisted investments £
<b>MARKET VALUE</b>	
Additions	2
<b>NET BOOK VALUE</b>	
At 31 March 2022	2
At 31 March 2021	-

There were no investment assets outside the UK.

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

<b>13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade debtors	<u>58,737</u>	<u>10,615</u>
<b>14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts (see note 16)	43,764	-
Trade creditors	3,595	7,504
Social security and other taxes	8,979	-
Accrued expenses	<u>3,084</u>	<u>64</u>
	<u>59,422</u>	<u>7,568</u>
<b>15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Bank loans (see note 16)	47,069	152,528
Other loans (see note 16)	31,221	30,347
Hire purchase (see note 17)	-	1,589
Property Bonds	<u>2,016</u>	<u>5,083</u>
	<u>80,306</u>	<u>189,547</u>
<b>16. LOANS</b>		
An analysis of the maturity of loans is given below:		
	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Amounts falling due within one year on demand:		
Bank overdrafts	<u>43,764</u>	<u>-</u>
Amounts falling due between two and five years:		
HSBC Loan 2	-	55,000
HSBC Flexible Business Loan	-	47,528
WCVA Resilience Fund Loan	<u>31,221</u>	<u>30,347</u>
	<u>31,221</u>	<u>132,875</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
HSBC BBL	47,069	50,000

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**17. LEASING AGREEMENTS**

Minimum lease payments under hire purchase fall due as follows:

	2022 £	2021 £
Net obligations repayable: Between one and five years	-	1,589

**18. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	521,784	70,961	592,745
<b>Restricted funds</b>			
ST	8,043	12,218	20,261
B2B	3,979	(888)	3,091
BTC	7,278	3,033	10,311
STEBO	258,750	(51,750)	207,000
YFS	21,739	10,672	32,411
WUTW	8,504	(8,504)	-
FF2			
RES2	9,173	(9,173)	-
PCL	34,793	(23,844)	10,949
WGFH	-	15,005	15,005
TZWH	-	1,944	1,944
SVP	-	27,957	27,957
	-	28,281	28,281
	352,259	4,951	357,210
<b>TOTAL FUNDS</b>	874,043	75,912	949,955

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**18. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	328,775	(257,814)	70,961
<b>Restricted funds</b>			
ST	97,509	(85,291)	12,218
B2B	82,492	(83,380)	(888)
BTC	34,533	(31,500)	3,033
STEBO	-	(51,750)	(51,750)
YFS	153,812	(143,140)	10,672
WUTW	7,450	(15,954)	(8,504)
FF2			
	37,549	(46,722)	(9,173)
RES2	8,698	(32,542)	(23,844)
PCL	19,820	(4,815)	15,005
MY MIND	8,699	(8,699)	-
WGFH	45,827	(43,883)	1,944
TZWH	39,598	(11,641)	27,957
SVP	40,033	(11,752)	28,281
	<u>576,020</u>	<u>(571,069)</u>	<u>4,951</u>
<b>TOTAL FUNDS</b>	<u>904,795</u>	<u>(828,883)</u>	<u>75,912</u>

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	526,210	(4,426)	521,784
<b>Restricted funds</b>			
ST	5,358	2,685	8,043
B2B	13	3,966	3,979
BTC	42	7,236	7,278
VIW	1,473	(1,473)	-
STEBO	318,750	(60,000)	258,750
YFS	-	21,739	21,739
WUTW	-	8,504	8,504
FF2			
	-	9,173	9,173
RES2	-	34,793	34,793
	<u>325,636</u>	<u>26,623</u>	<u>352,259</u>
<b>TOTAL FUNDS</b>	<u>851,846</u>	<u>22,197</u>	<u>874,043</u>

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**18. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	224,127	(228,553)	(4,426)
<b>Restricted funds</b>			
ST			
B2B	106,600	(103,915)	2,685
BTC	98,045	(94,079)	3,966
VIW	46,436	(39,200)	7,236
STEBO	-	(1,473)	(1,473)
B2B - C19	-	(60,000)	(60,000)
YFS	28,303	(28,303)	-
YFS -C19	112,421	(90,682)	21,739
WUTW	32,736	(32,736)	-
FF1	39,911	(31,407)	8,504
RES1	37,100	(37,100)	-
 FF2	 56,250	 (56,250)	 -
 RES2	 41,035 34,793	 (31,862) -	 9,173 34,793
	<hr/> 633,630	<hr/> (607,007)	<hr/> 26,623
<b>TOTAL FUNDS</b>	<hr/> <b>857,757</b>	<hr/> <b>(835,560)</b>	<hr/> <b>22,197</b>



**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**18. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	526,210	66,535	592,745
<b>Restricted funds</b>			
ST	5,358	14,903	20,261
B2B	13	3,078	3,091
BTC	42	10,269	10,311
VIW	1,473	(1,473)	-
STEBO	318,750	(111,750)	207,000
YFS	-	32,411	32,411
RES2	-	10,949	10,949
PCL	-	15,005	15,005
WGFH	-	1,944	1,944
TZWH	-	27,957	27,957
SVP	-	28,281	28,281
	<hr/> 325,636	<hr/> 31,574	<hr/> 357,210
<b>TOTAL FUNDS</b>	<hr/> <b>851,846</b>	<hr/> <b>98,109</b>	<hr/> <b>949,955</b>

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**18. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	552,902	(486,367)	66,535
<b>Restricted funds</b>			
ST	204,109	(189,206)	14,903
B2B	180,537	(177,459)	3,078
BTC	80,969	(70,700)	10,269
VIW	-	(1,473)	(1,473)
STEBO	-	(111,750)	(111,750)
B2B - C19	28,303	(28,303)	-
YFS	266,233	(233,822)	32,411
YFS -C19	32,736	(32,736)	-
WUTW	47,361	(47,361)	-
FF1	37,100	(37,100)	-
RES1			
FF2	56,250	(56,250)	-
RES2	78,584	(78,584)	-
PCL	43,491	(32,542)	10,949
MY MIND	19,820	(4,815)	15,005
WGFH	8,699	(8,699)	-
TZWH	45,827	(43,883)	1,944
SVP	39,598	(11,641)	27,957
	40,033	(11,752)	28,281
	<u>1,209,650</u>	<u>(1,178,076)</u>	<u>31,574</u>
<b>TOTAL FUNDS</b>	<u><u>1,762,552</u></u>	<u><u>(1,664,443)</u></u>	<u><u>98,109</u></u>

**19. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022.

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**20. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2022	2021
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	75,912	22,197
Adjustments for:		
Depreciation charges	79,207	87,458
Interest paid	4,220	4,004
(Increase)/decrease in debtors	(48,122)	99,099
Increase in creditors	8,090	963
<b>Net cash provided by operations</b>	<u>119,307</u>	<u>213,721</u>

**21. ANALYSIS OF CASH AND CASH EQUIVALENTS**

	2022	2021
	£	£
Notice deposits (less than 3 months)	153,108	103,500
Overdrafts included in bank loans and overdrafts falling due within one year	(43,764)	-
<b>Total cash and cash equivalents</b>	<u>109,344</u>	<u>103,500</u>

**22.. ANALYSIS OF CHANGES IN NET DEBT**

	At 1.4.21	Cash flow	At 31.3.22
	£	£	£
<b>Net cash</b>			
Cash at bank and in hand	103,500	49,608	153,108
Bank overdraft	-	(43,764)	(43,764)
	<u>103,500</u>	<u>5,844</u>	<u>109,344</u>
<b>Debt</b>			
Finance leases	(1,589)	1,589	-
Debts falling due after 1 year	(182,875)	(3,067)	(185,942)
	<u>(184,464)</u>	<u>(1,478)</u>	<u>(185,942)</u>
<b>Total</b>	<u>(80,964)</u>	<u>4,366</u>	<u>(76,598)</u>

**FOOTHOLD CYMRU**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**23. RESTRICTED FUNDS KEY**

The Key to our restricted funds is as follows:

ST- The Big Lottery Fund funding our Stronger Together project.

B2B- The National Lottery Community Fund funding our Back 2 Basics Project.

B2B-C19- The National Lottery Community Fund funding our Back 2 Basics Project Covid 19 support.

#BTC- The National Lottery Community Fund funding our #Be the Change Project.

VIW- WCVA Volunteering in Wales funding our Best Friends Project.

STEBO- Long term lease of property in Stebonheath Terrace Llanelli.

YFS- The National Lottery Community Fund funding our Y Fasged Siopa Project.

YFS C-19- The National Lottery Community Fund funding our Y Fasged Siopa Project Covid 19 support.

WUTW- The Welsh Government's Landfill Disposals Tax Communities Scheme, administered by WCVA funding our Wise Up to Waste Project.

FF1- Voluntary Services Emergency Fund (VSEF), administered by WCVA funding our Food Forward 1 Project.

RES1- Funded by the Third Sector Resilience Fund for Wales Scheme, administered by WCVA.

FF2-Voluntary Services Recovery Fund (VSRF), administered by WCVA funding our Food Forward 2 Project.

RES2- Funded by the Third Sector Recovery Fund for Wales Scheme, administered by WCVA.

PCL- The People's Postcode Lottery funding our Burry Port food store.

My Mind- WCVA Volunteering in Wales funding our My Mind Project.

WGFH-Stebonheath Community Food Hub funded by The Welsh Government.

TZWH-The Welsh Government's Landfill Disposals Tax Communities Scheme, administered by WCVA funding our Towards Zero Waste Project.

SVP-Volunteering Wales Strategic Grants 2021/22, administered by WCVA funding our Strategic Volunteering Project.

We would also like to extend our gratitude to The Garfield Weston Foundation and The Sylvia Adams Charitable Trust for core funding received.

**FOOTHOLD CYMRU**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	23,621	6,633
Grants	776,845	660,806
Overhead Recovery	-	71,714
	<hr/> 800,466	<hr/> 739,153
<b>Investment income</b>		
Rents received	104,329	118,604
	<hr/>	<hr/>
<b>Total incoming resources</b>	904,795	857,757
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	395,717	331,481
Social Security	28,583	28,257
Pensions	12,542	10,550
Staff Travel, Training & Subs	22,331	14,991
Rent & Utilities	58,869	60,780
Insurance	13,108	12,937
Beneficiary Support	52,641	25,304
Project Running Costs	104,418	192,018
Repairs & Renewals	6,844	29,884
Cleaning & Laundry	39,181	28,828
Accountancy	3,600	3,600
Development costs	25,458	25,458
Short leasehold	51,750	60,000
Motor vehicles	1,999	2,000
	<hr/> 817,041	<hr/> 826,088
 <b>Support costs</b>		
<b>Finance</b>		
Bank charges	2,622	5,468
Bank interest	769	1,941
Bank loan interest	3,451	2,063
	<hr/> 6,842	<hr/> 9,472
 <b>Governance costs</b>		
Governance Costs	5,000	-
	<hr/>	<hr/>
<b>Total resources expended</b>	828,883	835,560
	<hr/>	<hr/>
<b>Net income</b>	75,912	22,197
	<hr/>	<hr/>

This page does not form part of the statutory financial statements