

*ANNUAL REPORT 2023-4*



**CONTENTS**

|                                      |     |
|--------------------------------------|-----|
| Introduction                         | p2  |
| Our Vision                           | p2  |
| Summary of Making Well 2023-4        | p2  |
| The Crafter's Café                   | p5  |
| Ecotherapy and Therapeutic Gardening | p6  |
| Nature Notes                         | p7  |
| Regenerative Gardening               | p8  |
| Valuing Making Mell                  | p8  |
| Investing in the Local Economy       | p11 |
| Building on Success 2023-4           | p11 |
| Beyond 2024                          | p16 |

# The Fathom Trust

MAKING WELL

## Foreword

I am delighted, once again, to look back on another year - the charity's third year in fact – and read of how Fathom has changed the lives of people in its local community. Individual participants have routinely described “discovering a part of themselves that they hadn't realised they'd lost.” Others have described it as “life-saving”. Two comments stood out in particular: “By coming on Fathom's Making Well course, I have realised that I am lovable and that I can accept others' love” and “I can't put it into words, but I am a different person at the end of this course compared to the beginning and have discovered that there is a life ahead of me”. Such comments speak to a kind of care for the soul, which seems to me, lies at the heart of the Fathom project, and seems so absent in the rest of society. With its focus on craftsmanship, conservation, and contemplation, comes the space to make sense of the body and its habitual modes of engagement. To adopt a musical metaphor, there is a tuning process that seems to happen on Fathom's courses, where the energies, instincts, drives and appetites of participants find a pitch which resonates, reverberates, and returns to them in the responses of others. When we think of Fathom, we think of depth and the deeper reality that pervades everything. Part of what makes me so proud to be a part of this work are the stories of people learning to see clearly and to live deeply, and to allow themselves, often in the midst of complicated and painful lives, to be instruments of love for each other. I am thrilled that the steady growth of the last three years has enabled Fathom to win charitable funding from the Arts Council Wales and the Royal Society of Arts in addition to its other generous donors.

Iain McGilchrist, Chair of Trustees

## Introduction from the CEO

The Fathom Trust supports people in physical, mental, or spiritual distress by restoring life-giving connections to body, soul, nature, and society. At Fathom, we are developing an innovative model of integrated health and pastoral care, one which prioritizes the quality and resilience of relationships between patients, practitioners, peers, and their communities. Through its workshops and activities, Fathom Trust seeks to emphasise the importance of our physical connections to the natural world, instilling a sense of rootedness in community and landscape. Fathom provides a foundation from which individuals become more capable of addressing life's challenges. We offer opportunities for people to reconnect with the deepest aspects of their inner selves, which are often neglected in the hectic rush of modern life, in so doing, healing the damage caused when those connections weaken. I am proud of the team that has come together to offer our courses this year. They have done so, almost always having experienced the course as a participant themselves, and have approached their work with beauty, humility, creativity and excellence. That the work itself has found a resonance with such a wide variety of people – including doctors, emergency workers, children, academics, the military and police, as well as members of the community referred by a GP or mental health team – suggests a common appeal to the importance of craftsmanship, conservation and contemplation as essential to the human experience of flourishing.

## Our Vision

Our vision is for a network of therapeutic communities offering a soulful approach to health and healing through craftsmanship, conservation, and contemplation, creating life-giving connections to body, soul, nature and society for people who lack access to traditional forms of care and support. Our foundation programme, Making Well, bridges the gap between NHS provision and



# The Fathom Trust

MAKING WELL

locally available skills and resources. As an evidenced-based approach, Making Well teaches participants an awareness of, respect for, and love of themselves, of others, and the natural world. We work with landowners, artisans, and healthcare practitioners to restore people's sense of focus, creativity, and self-worth, which come with the discovery of their capacity to heal themselves and others through participating in traditional crafts, nature conservation and horticultural projects. We promote physical, mental and spiritual wellbeing, offering relief and support to those experiencing long-term, lifelong and life-shortening illnesses and conditions, for unpaid carers and for exhausted frontline workers.

## Summary of Making Well 2023-24

*“When you’re in hospital, you’re in a very small room. It’s plain and it’s clinical... You’re very aware you’re being analysed all the time and it can be overwhelming. When you’re at Fathom, you’re outside in the fresh air and you can see the greenery and mountains and it’s a more pleasant environment to talk about your mental health.” – A Making Well Participant*

At the end of Making Well's inaugural 2022 season, we held a gathering with participants, artisans, wellbeing practitioners, senior clinicians, and academics from the Accelerate evaluation project. Independent research by Bangor and Cardiff Universities<sup>1</sup> revealed that Making Well is capable of generating substantial social value - £1 invested in the programme returned up to £7.70 in social value and 50% improvements in health and wellbeing of participants. Collectively, we reviewed the research findings and considered the opportunities and challenges to developing and expanding the course in order to broaden its appeal and benefits for other communities. Participants who attended the pilot courses, along with the artisans and wellbeing practitioners that facilitated Making Well, collectively reflected on their experiences, what they gained from the course, what they felt about the personal benefits it brought about and the transcending values that emerged through soulful participation in traditional crafts and nature conservation activities. At the gathering, facilitated focus groups revealed that people would be willing to pay an average of £20 per month to gain the health benefits and wellbeing effects of Making Well courses, an encouraging reflection on the importance placed on the course and people's willingness to access and engage in appropriately focused programmes. Moreover, participants felt that in order for health and wellbeing initiatives of this nature to work well they needed to consider the surrounding community context. Fundamentally, participants said that community-based, person-centred, holistic approaches were 'what worked' for them<sup>2</sup>

In terms of community benefits, the informality of Making Well seemed to be intrinsically linked to what was characterised as ‘a connection with others’. Many identified the importance of connections with the people around them in addition to connections with their wider community, and to nature more generally. Having these connections made it easier to find support for health and wellbeing needs through “exploring the ways that you can contribute to your community”, but also that this can help people to feel better in the first instance. Finally, the feeling was that health and wellbeing

---

<sup>1</sup> We established independent evidence of the benefits of Making Well, in terms of improvement in wellbeing and socioeconomic value. This was enabled by funding from Cardiff University's Accelerate innovation programme (total value £105,000 including 35% match). The project succeeded through true collaboration between leading health economists and social prescribing researchers at Bangor University and ethnographers at Cardiff University's School of Social Sciences.

<sup>2</sup> Social prescribing research (Morris et al, 2022) indicates that communities are vital sources of health benefits for the individuals who live in them. They bring opportunities for people to enrich them, increasing their resilience and capacity to create new, place-based assets for the benefit of all. Integrating a community development dimension into social prescribing (SRx) brings enhancements both for the community and individual health and wellbeing. Community-enhanced social prescribing, therefore, strengthens factors affecting civic participation and community citizenship - the key components of a healthy community. As an enhanced form of SRx, it strives to deliver innovative solutions for connecting primary care services with community assets and the people they serve. Community-enhanced SRx should also positively impact the culture of primary care practice, while being able to recognise to the dynamic nature of healthy communities and then respond by building capacity proportionate to demand.



# The Fathom Trust

MAKING WELL

programmes available through the Fathom Trust should be supported by the government and statutory providers without incurring additional costs to taxpayers.

*"I was completely wonderstruck when I saw the work that is being done by The Fathom Trust. Every day in my surgery I see patients crushed by the pressures of modern society. These pressures can present with a broad array of physical and emotional symptoms, and often the solution is not found in medication or in time spent in medical centres seeing specialists.*

*Harnessing the healing powers of the natural world, in combination with community, conversation and support, whilst being able to focus attention on physical activity and creativity is a powerful and side effect free way to heal people's bodies and minds. This is the type of treatment I want to be able to prescribe for my patients.*

*I would love to see similar centres being developed across Wales. Imagine if every school was able to access this support for their most vulnerable pupils. I believe The Fathom Trust could help to tackle the problem of persistent school absence, by helping children with chronic physical pain, or anxiety, or symptoms related to neurodiversity. The support offered could be healing for those who have lived through adverse childhood experiences. This would help the children and their families immediately, which longer term would have a powerful effect on society as a whole - economists know that addressing such problems early is not just morally the right thing to do, it makes sound financial sense as well."*

**Dr Rowena Christmas, Chair, Royal College of GPs Wales**

## Promoting Good Practice

The Accelerate project included a parallel immersive ethnographic study of Making Well in collaboration with Cardiff University. The study, led by Dr Lucy Sheehan, yielded valuable insights concerning the process and outcomes of Making Well in action. These findings informed a Good Practice Guide which defines the practices, which became evident through the work of each artisan crafter. Although the particularities of each craft were unique, the practices could be conceptualised as the 'Craft of Care' which run through the Making Well programme, creating a sense of framing and continuity between activities. The 5 archetypal practices at play during Making Well are:

- Focusing on present moment experience
- Creating containers for industrious focus
- Using uncertainty as a resource
- Initiating sharing
- Modelling reciprocal connection

We have now developed our Good Practice Guide to produce a resource pack to support Artisans and Wellbeing Partitioners who are adapting and developing Making Well programmes for implementation at other venues across Powys. This includes a set of illustrated 'field cards' to guide practitioners through the Making Well course, ensuring the ethos that has been created remains central to Making Well as it takes place in other locations.

## Summary of Making Well 2023

We started the year with the excellent news that Fathom had been short-listed from 500 nominations for the BBC Radio 4's All In The Mind Award. Building on this momentum and the Accelerate Making Well pilot, we have now completed 6 Making Well and complimentary therapeutic horticulture programmes (table 1). During the year we continued to build collegiate partnerships with GP practices across the region, bearing fruit this autumn when we co-produced our first Making Well course in the west of Powys in partnership with the Ystradgynlais GP service, supported by Red Kite Health Solutions, a social enterprise that works with GP practices across



# The Fathom Trust

MAKING WELL

Powys to support the delivery of wellbeing services. Although relatively small in scale for its first season, this represents significant progress in our medium-term plan to offer Making Well locally to all 4 GP service clusters in South Powys, each adapted to suit the needs and interest of the local community, coupled with the availability of local arts & crafts, horticulturalists, conservationists, and wellbeing practitioners.

**Table 1. Summary of Fathom Trust traditional craft, horticulture and nature conservation courses.**

| Course Title                                                              | GP Service / access route  | Venue                   | Activities                                                                                                                 | Attendance      |
|---------------------------------------------------------------------------|----------------------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------|
| <i>Making Well - Winter 21<br/>(Accelerate pilot first iteration)</i>     | Brecon                     | Llanfellt<br>8 sessions | •                                                                                                                          | 10              |
| <i>Making Well - Spring 22<br/>(Accelerate pilot second iteration)</i>    | Brecon                     | Llanfellt<br>8 sessions | •                                                                                                                          | 8               |
| Making Well - Spring 23<br><b>"Willow &amp; Clay"</b>                     | Brecon                     | Llanfellt<br>6 sessions | <ul style="list-style-type: none"> <li>• Willow Weaving</li> <li>• Ceramics</li> <li>• Horticulture</li> </ul>             | 11              |
| Making Well - Summer 23<br><b>"Soil &amp; Earth"</b>                      | Brecon                     | Llanfellt<br>6 sessions | <ul style="list-style-type: none"> <li>• Making a cob oven</li> <li>• Willow weaving</li> <li>• Horticulture</li> </ul>    | 3               |
| Making Well - Autumn 23<br><b>"Willow &amp; Wood"</b>                     | Brecon                     | Llanfellt<br>6 sessions | <ul style="list-style-type: none"> <li>• Whittling</li> <li>• Willow weaving</li> <li>•</li> </ul>                         | 6               |
| Making Well - summer 23<br>Folk School for Young Carers age 8 to 19 years | Credu <sup>3</sup> contact | Llanfellt<br>4 sessions | <ul style="list-style-type: none"> <li>• Willow weaving work</li> <li>• Natural cloth dying</li> <li>• Ceramics</li> </ul> | 16              |
| Making Well - summer 23<br>Adult Carers                                   | Credu <sup>3</sup> contact | Llanfellt<br>4 sessions | <ul style="list-style-type: none"> <li>• Willow weaving work</li> <li>• Natural fibre cordage</li> </ul>                   | 18              |
| Making Well West - Autumn 23                                              | Ystradgynlais              | Pontardawe              | •                                                                                                                          | 4               |
| Community Matters - Social & Therapeutic Gardening                        | Brecon                     | Llanfellt               | <ul style="list-style-type: none"> <li>• Creating a Physic Garden</li> </ul>                                               | 5               |
|                                                                           |                            |                         |                                                                                                                            | <b>Total 81</b> |

During the winter months, we were fortunate to be joined by an occupational therapist and graduates of Black Mountains College who ran groups of volunteers to design and build a series of raised beds, rainwater harvesting infrastructure and a potting shed for participants with restricted mobility. This enabled us to create space to establish an Apothecary garden with support from the National Garden Scheme.

*"At Making Well I was made to feel welcome and part of a great group. The team are so supportive, even when you are having a bad day. Gardening has become big part of my life, and the course has affirmed this and has given me the wish to try growing vegetables too."* – Kim's Reflections

*"I had a sense of being in a very safe and nourishing space. It was like a sanctuary in which to explore myself and my connection to the world more. There was a lot of support and goodwill, and I particularly enjoyed the sense of everyone working together. Through my participation in the course, I have noticed that I am feeling more resilient and I am now looking for ways to give back to life and others. I have enjoyed the gardening, pottery and creativity in nature and having regular stop gaps for grounding exercises and breathing throughout the day."* – Birgitta's Reflections

<sup>3</sup> [Credu Cymru](#) is a Welsh charity created in order to provide care and support for young and adult carers to enjoy well-being as they define it, be recognised and valued and have choices, voice and influence. Their work aims to empower young and adult carers and families, ensuring that they are listened to, understood, able to make informed choices and able to move towards life enhancing outcomes.



# The Fathom Trust

MAKING WELL

*“The team were universally welcoming, supportive, calm, kind, interested and skilled. I have been more open to ideas, more receptive to things that I would have felt sceptical about in the past. Participating in the course helped me realise how much I needed it, even though I didn’t think I did beforehand. It helped me to start my journey back into the wider world after a very traumatic experience. I found the grounding exercises very helpful and I am going to try guided meditation to help with anxiety. I plan to plant a living willow screen in my garden and also attend some of the crafters café sessions. I intend on going back to working outdoors, as the course reminded me how much I used to enjoy it.” – Lucie’s Reflections*

## Scenes from Making Well Spring and Summer 2023



## The Crafter’s Café

The success of the initial Making Well programme in 2022 generated considerable interest among its participants (and our crafters) in being able to continue to meet and have more opportunities to engage in traditional craft in their community. Initially, people began to meet spontaneously to maintain the connections and friendship they had established during the course. Given the degree of interest and commitment to benefit from Making Well, in November we set about establishing the Crafter’s Café at the St John’s Centre in Brecon.



# The Fathom Trust

MAKING WELL



Early on, around 10-12 people attended the café each week, predominantly by individuals who had participated in Making Well course at our nearby centre at Llanfellt. A year on and more than 100 individuals have attended Crafter's Café sessions at the least once. We consistently welcome 15-20 people every week to enjoy a variety of traditional crafts. Sessions have been adapted to suit differing levels of ability. The great majority of attendees are female (94/112, 84%), with a very broad age range (20s - 93 years). In addition to those who attended the Café as a consequence of their participation in Making Well – 28 so far – a variety of local organisations have signposted people, summarised as follows:

- Brecon & District Mind (11)
- Powys befriending service (4)
- Community Mental Health Team (10)
- Versus Arthritis (5)
- Brecon Volunteer Bureau (3)
- Flyers distributed in local community venues (26)
- Local word of mouth (24)

In July this year, we were honoured to proudly present the Crafters Café and the Fathom Trust's staff and volunteers to HRH King Charles III during his visit to Bannau Brycheiniog National Park. Such has been the success of the Crafter's Café, we are about to open a second venue in nearby Crickhowell, commencing 14<sup>th</sup> December.

## Ecotherapy and Therapeutic Gardening

The Fathom Trust's centre at Llanfellt, in the heart of Bannau Brycheiniog National Park, provides a beautiful setting for running Making Well courses. The centre also has a large and productive kitchen garden and orchard, providing exciting opportunities for people to join in with a variety of horticulture and ecotherapy projects we have produced in order to maximise opportunities for participation.

During spring and summer Making Well courses participants were able to work with our resident Gardener & Ecotherapist, Jess Tanner, to prepare herb, vegetable and cut flower beds for the season ahead. Small groups created new beds using the 'no-dig' method, learnt about soil health and natural ways of building soil quality using local organic materials. They worked with hazel sticks to construct plant supports, learning about the importance of structure and height to create different habitats. They planted and tended to sweet peas, sunflowers, squashes, cabbages and many different greens for use in the community kitchen which, with the help of volunteers, provided exquisite lunches for the duration of the Making Well courses. Participants were also able to practice activities that they could try at home such as making herb planters from recycled wooden boxes and tin cans, and hand-crafted reusable plant labels. Over the spring course the group also started a new co-designed and co-created living willow project, a quiet, contemplative space available to participants throughout the course. As produce and flowers grew the groups picked, bundled and preserved myriad culinary herbs, flowers and vegetables and were able to take away many new gardening skills, all learned in a soulful, therapeutic and supportive environment.



# The Fathom Trust

MAKING WELL

Ecotherapy was an integral component to our gardening activities, indeed all of Making Well's activities, its activities seamlessly woven into the fabric of soulful and enriching traditional craft and horticultural experiences. The design and delivery of therapeutic exercises carefully craft a rhythm to each Making Well day, shaped around the seasons and cycles of nature. A mixture of group and solitary experiences comprise the essential practices of ecotherapy for Making Well participants:

- **Grounding practices:** focussing on feet, breath and senses to help participants become more aware of their surroundings and soften any feelings of tension and anxiety.
- **Sit-spot:** 10-15 minutes of solitary contemplation for improved focus and attention to cultivate a deeper noticing within nature and self.
- **Sharing and listening circles:** a supported space where participants are able to share and give voice to observations, reflections, feelings and emotions.
- **Lunch and fireside stories:** sharing reflections and memories around natural objects and artefacts.
- **Journal pages:** offering a space for participants to express their voice and creativity within a supportive group setting.
- **End of day sit spot:** offering space for contemplation and reflection on the day gone by, employing reflective 'nature note' feedback cards. This exercise allowed the delivery team valuable insights to understand what worked and what needed adjustment for the following week.

Making Well participants shared, in conversation and through their Nature Notes, myriad ways in which they benefited from time and space to reflect on their own sense of belonging within nature, community and the wider world. Noticing and working closely with nature and the seasons allowed a greater depth of appreciation for the many subtle changes taking place, where participants often discovered how connected their stories were with each other and to the ever-unfolding stories of the natural world. We found that moments for pause throughout the Making Well day for tuning in to the present moment offered time and space to explore a deeper noticing and appreciation for life, cherished moments which lead to a greater sense of respite from the many challenges people faced.

Extracts from Nature Notes received from Making Well participants:

## **On Noticing Nature:**

*How quickly I was able to get totally immersed in the process of 'noticing' instead of being in inner turmoil/ dialogue. Having someone actively listening for as long as I needed facilitated this.*

*I noticed what a centring and comforting activity seed sowing and watering the compost can be. The bird chorus coming from the nearby woods felt like a concert hall, I got really drawn in.*

*How satisfying it was to make something from everyday things from the garden. I realise that there is so much that I could do in my own garden, even utilising old tools and wheelbarrows to make features. My mind is whizzing! The garden session was so easy and gave me joy planting the pots. I am starting to believe that outside is where I need to be.*

## **On Social Inclusion:**

*Warmth of community here, and in nature. Both worked in harmony today. The laughter, despite my lack of crafting ability.*

*The clarity of sound around me. The enthusiasm within the session and how connected everyone felt.*

*It was good to see that I found plenty of energy and humour within myself despite being in a very tricky*



# The Fathom Trust

MAKING WELL

*life situation. It feels as if I am finally building resilience, which is great.*

*I'm more able to ask for help, and more aware of when I need to.*

## **On Mental Wellbeing:**

*I arrived tired out and exhausted from 'hanging on' in the 'outside world' and needed all day to arrive, get grounded and shed the inner weight/ tension. Feeling so much lighter and better now after the craft session and 'counselling walk' Thanks once again for offering this space and all the support and nourishment for body and soul!*

*The shift from can't do to can do. My anxiety is mellowed when i'm here. Also, everyone has 'stuff' no matter what it is. We all have our own things to manage. Part of the healing is to realise that I'm not alone.*

*I noticed a shift from being 'in my head' and a lot of physical tension towards a much more easeful feeling. This allowed enjoyment to come to the forefront and being in the moment.*

*The feeling of warmth from others. Feeling more relaxed and calmer knowing that the 'weather' within me was going to change for the better during my day.*

## **Community Matters: Regenerative Gardening Courses at Llanfelle**

This new project came about through a common interest among Making Well participants to learn more about regenerative gardening, including the growing of vegetables, herbs and cut flowers. Past participants also wanted a space to return to Llanfelle after Making Well, for a continued sense of participation and connection, as well as to continue to grow their newly formed friendships and sense of community. For the Making Well team, these sessions provide a continuation of our community craft as care work and provide more social and therapeutic opportunities to help individuals maintain their overall sense of wellbeing and connection. We also opened these sessions as a referral pathway between PAVO local community groups, local Dementia support groups and local mental health charity Brecon & District Mind.

The project offers an open-group format for previous Making Well participants to attend, as well as opportunities for new members making first contact with Fathom. The sessions will continue throughout 2024 evolving into a monthly community day, which we are calling 'Our Skills' Community Land Days. At present a team of 2 people facilitators run the project, Jess Tanner, ecotherapist & horticulturist, Ella Wise, woodland manager, coppicer and recent Black Mountains College graduate, and Fathom Trust volunteer Kim Silcock provides invaluable support. We are supporting a core weekly group of 5-6 participants, but we hope to keep growing this number from spring'24 onwards. We acknowledge the challenge for some being outside in the winter weather and how this might be impacting our group numbers at present.



## Autumnal scenes from the new Community Matters project



## Valuing Making Well

Making Well continues to evolve and mature into the quintessence of the Fathom Trust in its mission to establish a Centre for Integrated Health and Pastoral Healthcare. The team, supported by attending Artisans and volunteers, continuously observe and reflect on practice. We recognised that we needed to develop reliable and reproducible ways of recording and understanding how and why participants value their experiences of Making Well, that is what has emotionally, spiritually or practically changed for them. Toward this end the team are currently exploring an iterative Value Framework with 4 core domains of practice, observation, recording and curation:

- Soulful practice: Making Well in action
- Value and meaning: the outcomes of Making Well
- Storytelling: personal experiences of Making Well
- Curating stories: learning, sharing and growing communities

The framework guides a process of encouraging and supporting participants to convey their personal sense of value through the ancient art of storytelling.

These are some of the stories (with video hyperlinks) that Spring and Autumn 2023 Making Well participants course deposited in our Story Bank, short videos depicting the personal meaning of Making Well, the value they attached to their experiences and the changes they noticed in themselves, their relationships with others, and with nature itself:

**[EM's Story-video: week 1](#)** - *"I struggle to see and make sense of 'stuff' but I guess doing activities will challenge that, and make me 'have a go'. I want things to be right, and I can struggle to let go."*

**[Week 8](#)** - *"I was very unsure to begin with, didn't understand how I could be helped. How was I going to be fixed? But after about 2 or 3 sessions I realised I wasn't going to be fixed, that the course was more about self-discovery, and sometimes, in fact, most of the time I wasn't clear about what I might discover, and that that was OK."*

**[B's Story-video: week 8](#)** - *"I had the sense of being in a completely safe and nourishing space, a sanctuary in which to explore myself and my connections to the world around me. I have felt nothing but support and goodwill. I particularly enjoyed the sense of everyone working together on the same level yet still having a structure of support. I have recently noticed that I am getting more and more resilient and have started making lists to help me in tricky moments with applications of the skills and practices I have learnt here. I am strengthening my boundaries and looking for ways to give back to life and others what I have learnt here. I hope to take forward my new gardening and creative*



# The Fathom Trust

MAKING WELL

skills, as well as making regular stop gaps for grounding exercises and breathing throughout the day."

**H's Story-video: week 8** - "I enjoyed connecting and learning new crafts, including the gardening. It was all positive, except maybe smaller groups. It was a privilege to come and learn new coping skills. I would like to carry on giving more time for myself, for meditation and grounding, to take time in nature to notice and tune in with what's around me, the silence, the insects and the weather."

**K's Story-video: week 8** - "The course gave me the feeling of just being able to be 'me' and no judgement. Just being however you feel at any time during the sessions, making bonds with all who attended, no words needed. It was very positive and welcoming. I do not have the words to explain how the team have supported me and the group. I feel able to just breathe, be able to reflect on how I feel on the inside and be in the moment. I'm more able to be mindful when I'm not here, the days have been for me to reflect and be like this every day. I feel kindness, gratitude, care and friendship. I would like to live every day the feeling of how I feel attending the sessions. I hope to be able to achieve this to the full, but if I can just reflect, remember, imagine, then this will also do."

**L's Story-video: week 8** - "What mattered to me most here was the feeling of safety and being able to trust. We were all cared very well and anyone who was finding things difficult was not left to struggle. I find that I am stepping back from feeling upset by others. I think about what might be happening in their world and take myself down a different path. Crafters Café is where it all began from the lovely people who run it and the people who attend. I have a promise to myself and to Fathom to move forward."

Scenes from Making Well Autumn 2023.



Investing in communities and the local economy



# The Fathom Trust

MAKING WELL

The success of our future growth fund applications means that Fathom has been able to employ 4 appointments to its core Making Well team. We have acquired essential expertise in mindfulness in nature; communications & publicity; business administration and accounting; social prescribing; innovation R&D. With overall grant income for 2023 exceeding £120,000, we are well placed to continue with plans for the Centre for Integrated Health and Pastoral Healthcare. Key to its success will be our ability to work with and securely fund the network of 15 local Artisan Crafters we have connected with over the past 2 years.

**Table 2. Summary of funding from other organisations for 2023-24**

| Organisation                                    | £             |
|-------------------------------------------------|---------------|
| Arts Council of Wales – Arts Health & Wellbeing | 31,300        |
| Match funding from project partners             | 14,400        |
| D'Oyly Carte                                    | 4,702         |
| The Inspiration Incubator                       | 12,000        |
| Royal Society of Arts Catalyst                  | 10,000        |
| National Grid                                   | 9,975         |
| Ashley Family Foundation                        | 10,000        |
| Red Kite Health Solutions                       | 5000          |
| <b>Total</b>                                    | <b>97,377</b> |

## **Building on Success: planning for 2024-25**

The funding we have secured for the next 12-18 months enables us to realise Fathom Trust's ambition of a sustainable operation at Llanfellte, our rural centre near Brecon. From this foundation, we will continue to work on implementing our plan of coordinated Making Well Communities covering the 4 main Primary Care services across South Powys, i.e. Brecon, Ystradgynlais, Crickhowell, and Hay & Talgarth. Each implementation of Making Well will be sensitively adapted to the needs of the community, its people and its landscape, and integrated with the local GP practice through our Red Kite Health Solution partner. We will use our experience to help each community to connect and care for each other, their natural habitats and assets. Each venue will run 3 Making Well courses per year, accessed by GP social prescribing, self-referral, and also signposting through links with local charities, such as Brecon Mind. Social prescribing offers a non-discriminatory, equitable route to accessing wellbeing programmes, crucially based on local, deep-rooted knowledge of communities, people and assets. Each Making Well course will be co-developed with the primary care partner for optimal alignment with demand for suitably adapted projects, facilitated by our network of freelance artists, and led by an experienced therapeutic practitioner, supported by volunteers for each session. In addition to offering opportunities for patients to therapeutically engage in green arts and crafts, our model of care has the added dimension of encouraging and nurturing connectedness with nature and landscape.

We will support and encourage participants to learn about and join in with nature recovery, conservation and developmental projects in Bannau Brycheiniog National Park. The benefits people receive from nature depend on their ability to gain access and sustainably connect with the land and its natural assets. For this to be both sustainable and therapeutically beneficial, we are fortunate to have the active support of 2 major nature conservation partners, Black Mountains College and the Bannau Brycheiniog National Park Authority. Their staff are helping us to develop complimentary projects which enable opportunities for Making Well participants to form bridges between creative arts and nature conservation. They offer training and advice in landscape and



# The Fathom Trust

MAKING WELL

conservation, as well as educational opportunities to develop skills which enhance their sense of connecting with local landscapes in ways which encourage and diversify participation. Black Mountains College will enable participants to embark on an educational journey towards understanding the purpose and value of our connectedness to nature and how this is best understood if nature is the setting for their learning, discovering that outdoor studies correlate with enhanced outcomes in wellbeing, concentration, behaviour, memory, and confidence.

## Improving Diversity and Inclusivity

Making Well sessions scheduled for next year will be significantly more diverse than our original programme. After 2 years' experience of delivering Making Well courses and organisational development, we are able to offer tailored craft sessions for specific cohorts for whom scant opportunities arise to participate in creative arts and crafts and thereby benefit from Green Medicine. This became possible only after extensive engagement with clinical services, charities, and talented artists and craftspeople. Our new offerings will be:

- Dance therapy for people with dementias – led by Cai Tomos, a Welsh speaking psychotherapist and dancer.
- Creative Art for children and young people with neurodiverse presentations who are marginalised from statutory education.
- People in rural communities of Powys with the highest indices for social and economic deprivation. Evidence shows that the impact of The Inverse Care Law (Tudor Hart, 1971) is particularly acute in these communities.

## FOLK SCHOOL

We have continued to work with small groups of local children who are not in regular education and hosted two summer camps for the charity CREDU, for 30 young carers aged 11-14 and 14-18 for whom the opportunity to camp and experiences taster sessions in a number of crafts, provided welcome respite from their caring roles at home.

We are preparing a team to create a Folk School on a wonderful SSSI site near Abergavenny where we have been invited to help establish links between the local communities and the landowners themselves.



## Beyond 2024



# The Fathom Trust

MAKING WELL

Consequent to a successful 2024 season for Making Well and Fathom Trust generally, we expect we will be ideally placed to achieve a number key objectives, including:

- Establishing a formal educational partnership for our 'Folk School' for children and families.
- Commercialising Making Well for fee-paying organisations, including NHS staff, with income ring-fencing our programmes for marginalised communities and populations.
- Securing funding from primary care and community mental health service to extend Making Well for NHS patients over the next 3 years.
- Establishing new multidisciplinary evaluation tools in preparation for major funding bids for 2024/25, enabling us to improve operations for other regions across Wales.
- Establishing a Centre for Integrated Health and Pastoral Care.





Report to the trustees

Charity Name

The Fathom Trust

On accounts for the  
year ended

31 March 2024

Charity  
no (if  
any)

1190352

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

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

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

Independent  
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

\* *Please delete the words in the brackets if they do not apply.*

Signed:



Date:

21/01/2025

Name: MIKE TANN

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

ACCA

Address:

Llewellyns Chartered Certified Accountants

Brook House, Brook Road, Whitchurch, Cardiff, CF14 1DU

## Section B

### Disclosure

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

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

|                                |           |    |                        |           |
|--------------------------------|-----------|----|------------------------|-----------|
| <b>The Fathom Trust</b>        |           |    | Charity No<br>(if any) | 1190352   |
| Annual accounts for the period |           |    |                        |           |
| Period start date              | 01-Apr-23 | To | Period end date        | 31-Mar-24 |

## Section A Statement of financial activities

| Recommended categories by activity                                        | Guidance Notes | Unrestricted funds | Restricted income funds | Endowment funds | Total funds | Prior year funds |
|---------------------------------------------------------------------------|----------------|--------------------|-------------------------|-----------------|-------------|------------------|
|                                                                           |                | £<br>F01           | £<br>F02                | £<br>F03        | £<br>F04    | £<br>F05         |
| <b>Incoming resources (Note 3)</b>                                        |                |                    |                         |                 |             |                  |
| Income and endowments from:                                               |                |                    |                         |                 |             |                  |
| Donations and legacies                                                    | S01            | 54,957             | 102,078                 | -               | 157,035     | 118,759          |
| Charitable activities                                                     | S02            | -                  | -                       | -               | -           | -                |
| Other trading activities                                                  | S03            | -                  | -                       | -               | -           | -                |
| Investments                                                               | S04            | -                  | -                       | -               | -           | -                |
| Separate material item of income                                          | S05            | -                  | -                       | -               | -           | -                |
| Other                                                                     | S06            | -                  | -                       | -               | -           | -                |
| <b>Total</b>                                                              | S07            | 54,957             | 102,078                 | -               | 157,035     | 118,759          |
| <b>Resources expended (Note 6)</b>                                        |                |                    |                         |                 |             |                  |
| Expenditure on:                                                           |                |                    |                         |                 |             |                  |
| Raising funds                                                             | S08            | 10,780             | -                       | -               | 10,780      | 5,903            |
| Charitable activities                                                     | S09            | 78,444             | -                       | -               | 78,444      | 39,990           |
| Separate material item of expense                                         | S10            | -                  | -                       | -               | -           | -                |
| Other                                                                     | S11            | 51,576             | -                       | -               | 51,576      | 30,074           |
| <b>Total</b>                                                              | S12            | 140,800            | -                       | -               | 140,800     | 75,967           |
| <b>Net income/(expenditure) before investment gains/(losses)</b>          |                |                    |                         |                 |             |                  |
| Net gains/(losses) on investments                                         | S13            | - 85,843           | 102,078                 | -               | 16,235      | 42,792           |
| <b>Net income/(expenditure)</b>                                           | S14            | -                  | -                       | -               | -           | -                |
| <b>Extraordinary items</b>                                                | S15            | - 85,843           | 102,078                 | -               | 16,235      | 42,792           |
| <b>Transfers between funds</b>                                            | S16            | -                  | -                       | -               | -           | -                |
| <b>Other recognised gains/(losses):</b>                                   | S17            | -                  | -                       | -               | -           | -                |
| Gains and losses on revaluation of fixed assets for the charity's own use | S18            | -                  | -                       | -               | -           | -                |
| Other gains/(losses)                                                      | S19            | -                  | -                       | -               | -           | -                |
| <b>Net movement in funds</b>                                              | S20            | - 85,843           | 102,078                 | -               | 16,235      | 42,792           |
| <b>Reconciliation of funds:</b>                                           |                |                    |                         |                 |             |                  |
| Total funds brought forward                                               | S21            | 53,232             | -                       | -               | 53,232      | 10,440           |
| <b>Total funds carried forward</b>                                        | S22            | - 32,611           | 102,078                 | -               | 69,467      | 53,232           |

## Section B Balance sheet

|                                                       |             | Guidance Notes | Unrestricted funds | Restricted income funds | Endowment funds | Total this year | Total last year |  |
|-------------------------------------------------------|-------------|----------------|--------------------|-------------------------|-----------------|-----------------|-----------------|--|
|                                                       |             |                | £                  | £                       | £               | £               |                 |  |
|                                                       |             |                | F01                | F02                     | F03             | F04             | F05             |  |
|                                                       |             |                |                    |                         |                 |                 |                 |  |
|                                                       |             |                |                    |                         |                 |                 |                 |  |
| <b>Fixed assets</b>                                   |             |                |                    |                         |                 |                 |                 |  |
| Intangible assets                                     | (Note 15)   | B01            | -                  | -                       | -               | -               | -               |  |
| Tangible assets                                       | (Note 14)   | B02            | 24,703             | -                       | -               | 24,703          | 35,872          |  |
| Heritage assets                                       | (Note 16)   | B03            | -                  | -                       | -               | -               | -               |  |
| Investments                                           | (Note 17)   | B04            | -                  | -                       | -               | -               | -               |  |
| <b>Total fixed assets</b>                             |             | B05            | 24,703             | -                       | -               | 24,703          | 35,872          |  |
| <b>Current assets</b>                                 |             |                |                    |                         |                 |                 |                 |  |
| Stocks                                                | (Note 18)   | B06            | -                  | -                       | -               | -               | -               |  |
| Debtors                                               | (Note 19)   | B07            | -                  | -                       | -               | -               | -               |  |
| Investments                                           | (Note 17.4) | B08            | -                  | -                       | -               | -               | -               |  |
| Cash at bank and in hand                              | (Note 24)   | B09            | 52,453             | -                       | -               | 52,453          | 54,678          |  |
| <b>Total current assets</b>                           |             | B10            | 52,453             | -                       | -               | 52,453          | 54,678          |  |
| <b>Creditors: amounts falling due within one year</b> |             |                |                    |                         |                 |                 |                 |  |
|                                                       | (Note 20)   | B11            | 7,871              | -                       | -               | 7,871           | 2,318           |  |
| <b>Net current assets/(liabilities)</b>               |             | B12            | 44,582             | -                       | -               | 44,582          | 52,360          |  |
| <b>Total assets less current liabilities</b>          |             | B13            | 69,286             | -                       | -               | 69,286          | 88,232          |  |
| <b>Creditors: amounts falling due after one year</b>  |             |                |                    |                         |                 |                 |                 |  |
|                                                       | (Note 20)   | B14            | -                  | -                       | -               | -               | 35,000          |  |
| <b>Provisions for liabilities</b>                     |             | B15            | -                  | -                       | -               | -               | -               |  |
| <b>Total net assets or liabilities</b>                |             | B16            | 69,286             | -                       | -               | 69,286          | 53,232          |  |
| <b>Funds of the Charity</b>                           |             |                |                    |                         |                 |                 |                 |  |
| Endowment funds                                       | (Note 27)   | B17            | -                  |                         |                 | -               | -               |  |
| Restricted income funds                               | (Note 27)   | B18            |                    | -                       |                 | -               | -               |  |
| Unrestricted funds                                    |             | B19            | - 32,611           |                         | -               | - 32,611        | 53,232          |  |
| Revaluation reserve                                   |             | B20            |                    |                         |                 | -               | -               |  |
| <b>Total funds</b>                                    |             | B21            | - 32,611           | -                       | -               | - 32,611        | 53,232          |  |

## Note 3 Analysis of income

|                                   |                                                                            | Unrestricted funds | Restricted income funds | Endowment funds | Total funds<br>£ | Prior year<br>£ |
|-----------------------------------|----------------------------------------------------------------------------|--------------------|-------------------------|-----------------|------------------|-----------------|
| Analysis                          |                                                                            |                    |                         |                 |                  |                 |
| Donations and legacies:           | Donations and gifts                                                        | 54,957             | 102,078                 | -               | 157,035          | 118,759         |
|                                   | Gift Aid                                                                   | -                  | -                       | -               | -                | -               |
|                                   | Legacies                                                                   | -                  | -                       | -               | -                | -               |
|                                   | General grants provided by government/other charities                      | -                  | -                       | -               | -                | -               |
|                                   | Membership subscriptions and sponsorships which are in substance donations | -                  | -                       | -               | -                | -               |
|                                   | Donated goods, facilities and services                                     | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
| Total                             |                                                                            | 54,957             | 102,078                 | -               | 157,035          | 118,759         |
| Charitable activities:            |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
| Total                             |                                                                            | -                  | -                       | -               | -                | -               |
| Other trading activities:         |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
| Total                             |                                                                            | -                  | -                       | -               | -                | -               |
| Income from investments:          | Interest income                                                            | -                  | -                       | -               | -                | -               |
|                                   | Dividend income                                                            | -                  | -                       | -               | -                | -               |
|                                   | Rental and leasing income                                                  | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
| Total                             |                                                                            | -                  | -                       | -               | -                | -               |
| Separate material item of income: |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   |                                                                            | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
| Total                             |                                                                            | -                  | -                       | -               | -                | -               |
| Other:                            | Conversion of endowment funds into income                                  | -                  | -                       | -               | -                | -               |
|                                   | Gain on disposal of a tangible fixed asset held for charity's own use      | -                  | -                       | -               | -                | -               |
|                                   | Gain on disposal of a programme related investment                         | -                  | -                       | -               | -                | -               |
|                                   | Royalties from the exploitation of intellectual property rights            | -                  | -                       | -               | -                | -               |
|                                   | Other                                                                      | -                  | -                       | -               | -                | -               |
|                                   | Total                                                                      | -                  | -                       | -               | -                | -               |
| TOTAL INCOME                      |                                                                            | 54,957             | 102,078                 | -               | 157,035          | 118,759         |

## Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

n/a

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

n/a

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

n/a

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

n/a

## Section C

## Notes to the accounts

(cont)

## Note 6

## Analysis of expenditure

| Analysis                                                                | This year          |                         |                 |                | Last year          |                         |                 |               |
|-------------------------------------------------------------------------|--------------------|-------------------------|-----------------|----------------|--------------------|-------------------------|-----------------|---------------|
|                                                                         | Unrestricted funds | Restricted income funds | Endowment funds | Total funds    | Unrestricted funds | Restricted income funds | Endowment funds | Total funds   |
|                                                                         |                    |                         |                 | £              |                    |                         |                 | £             |
| <b>Expenditure on raising funds:</b>                                    |                    |                         |                 |                |                    |                         |                 |               |
| Incurred seeking donations                                              | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Incurred seeking legacies                                               | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Incurred seeking grants                                                 | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Operating membership schemes and social lotteries                       | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Staging fundraising events                                              | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Fundraising agents                                                      | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Operating charity shops                                                 | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Operating a trading company undertaking non-charitable trading activity | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Advertising, marketing, direct mail and publicity                       | 1,455              | -                       | -               | 1,455          | 1,573              | -                       | -               | 1,573         |
| Start up costs incurred in generating new source of future income       | 9,325              | -                       | -               | 9,325          | 4,330              | -                       | -               | 4,330         |
| Database development costs                                              | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Other trading activities                                                | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Investment management costs:                                            | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Portfolio management costs                                              | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Cost of obtaining investment advice                                     | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Investment administration costs                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Intellectual property licencing costs                                   | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Rent collection, property repairs and maintenance charges               | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| <b>Total expenditure on raising funds</b>                               | <b>10,780</b>      | <b>-</b>                | <b>-</b>        | <b>10,780</b>  | <b>5,903</b>       | <b>-</b>                | <b>-</b>        | <b>5,903</b>  |
| <b>Expenditure on charitable activities:</b>                            |                    |                         |                 |                |                    |                         |                 |               |
| Session fees                                                            | 70,888             | -                       | -               | 70,888         | 28,416             | -                       | -               | 28,416        |
| Venue fees                                                              | 860                | -                       | -               | 860            | 2,160              | -                       | -               | 2,160         |
| Catering                                                                | 1,252              | -                       | -               | 1,252          | 3,360              | -                       | -               | 3,360         |
| Disclosure checks                                                       | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Session materials                                                       | 5,444              | -                       | -               | 5,444          | 4,876              | -                       | -               | 4,876         |
| Travel & accomodation                                                   | -                  | -                       | -               | -              | 1,177              | -                       | -               | 1,177         |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| <b>Total expenditure on charitable activities</b>                       | <b>78,444</b>      | <b>-</b>                | <b>-</b>        | <b>78,444</b>  | <b>39,990</b>      | <b>-</b>                | <b>-</b>        | <b>39,990</b> |
| <b>Separate material item of expense</b>                                |                    |                         |                 |                |                    |                         |                 |               |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
|                                                                         | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| <b>Total</b>                                                            | <b>-</b>           | <b>-</b>                | <b>-</b>        | <b>-</b>       | <b>-</b>           | <b>-</b>                | <b>-</b>        | <b>-</b>      |
| <b>Other</b>                                                            |                    |                         |                 |                |                    |                         |                 |               |
| Staff Costs                                                             | 36,341             | -                       | -               | 36,341         | 15,800             | -                       | -               | 15,800        |
| Website development                                                     | -                  | -                       | -               | -              | -                  | -                       | -               | -             |
| Website Maintenance Costs                                               | 898                | -                       | -               | 898            | 91                 | -                       | -               | 91            |
| Accountancy fees                                                        | 1,092              | -                       | -               | 1,092          | 1,000              | -                       | -               | 1,000         |
| Phone costs                                                             | 464                | -                       | -               | 464            | 275                | -                       | -               | 275           |
| Insurance                                                               | 131                | -                       | -               | 131            | -                  | -                       | -               | -             |
| Subscriptions                                                           | -                  | -                       | -               | -              | 254                | -                       | -               | 254           |
| Office costs                                                            | 222                | -                       | -               | 222            | 541                | -                       | -               | 541           |
| Depreciation                                                            | 12,428             | -                       | -               | 12,428         | 12,113             | -                       | -               | 12,113        |
| <b>Total other expenditure</b>                                          | <b>51,576</b>      | <b>-</b>                | <b>-</b>        | <b>51,576</b>  | <b>30,074</b>      | <b>-</b>                | <b>-</b>        | <b>30,074</b> |
| <b>TOTAL EXPENDITURE</b>                                                | <b>140,800</b>     | <b>-</b>                | <b>-</b>        | <b>140,800</b> | <b>75,967</b>      | <b>-</b>                | <b>-</b>        | <b>75,967</b> |

Section C

Notes to the accounts

**Note 9**
**Support Costs**
*Please complete this note if the charity has analysed its expenses using activity categories and has support costs.*

This year

| Support cost | Raising funds | Activity 1 | Activity 2 | Activity 3 | Grand total | Basis of allocation |
|--------------|---------------|------------|------------|------------|-------------|---------------------|
|              | £             | £          | £          | £          | £           |                     |
|              | -             | -          | -          | -          | -           |                     |
|              |               | -          | -          | -          | -           |                     |
|              |               |            |            |            |             |                     |
|              |               |            |            |            |             |                     |
|              |               |            |            |            |             |                     |
|              |               |            |            |            |             |                     |
|              | -             | -          | -          | -          | -           |                     |
|              | -             | -          | -          | -          | -           |                     |
| Other        | -             | -          | -          | -          | -           |                     |
| Total        | -             | -          | -          | -          | -           |                     |

Last year

| Support cost | Raising funds | Activity 1 | Activity 2 | Activity 3 | Grand total | Basis of allocation<br>(Describe method) |
|--------------|---------------|------------|------------|------------|-------------|------------------------------------------|
|              | £             | £          | £          | £          | £           |                                          |
|              | -             | -          | -          | -          | -           | -                                        |
|              | -             | -          | -          | -          | -           |                                          |
|              | -             | -          | -          | -          | -           |                                          |
|              | -             | -          | -          | -          | -           |                                          |
| Other        | -             | -          | -          | -          | -           |                                          |
| Total        | -             | -          | -          | -          | -           |                                          |

**Section C****Notes to the accounts****Note 10** Details of certain items of expenditure**10.1 Fees for examination of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).*

**Independent examiner's fees****Assurance services other than audit or independent examination****Tax advisory fees****Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner**

| <b>This year<br/>£</b> | <b>Last year<br/>£</b> |
|------------------------|------------------------|
| 534                    | 534                    |
| -                      | -                      |
| -                      | -                      |
| -                      | -                      |

|                  |                              |               |
|------------------|------------------------------|---------------|
| <b>Section C</b> | <b>Notes to the accounts</b> | <b>(cont)</b> |
|------------------|------------------------------|---------------|

**Note 11**                      **Paid employees**  
*Please complete this note if the charity has any employees.*

**11.1 Staff Costs**

|                                             | This year<br>£ | Last year<br>£ |
|---------------------------------------------|----------------|----------------|
| Salaries and wages                          | -              | -              |
| Social security costs                       | -              | -              |
| Pension costs (defined contribution scheme) |                |                |
| Other employee benefits                     | -              | -              |
| <b>Total staff costs</b>                    | -              | -              |

**This year:**

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

**Last year:**

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

*Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.*

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

| Band                 | Number of employees |           |
|----------------------|---------------------|-----------|
|                      | This year           | Last year |
| £60,000 to £69,999   | -                   | -         |
| £70,000 to £79,999   | -                   | -         |
| £80,000 to £89,999   | -                   | -         |
| £90,000 to £99,999   | -                   | -         |
| £100,000 to £109,999 | -                   | -         |
|                      |                     |           |

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

| This year<br>£ | Last year<br>£ |
|----------------|----------------|
| -              | -              |

## 11.2 Average head count in the year

The parts of the charity in which the employees work

|                       | This year<br>Number | Last year<br>Number |
|-----------------------|---------------------|---------------------|
| Fundraising           | -                   | -                   |
| Charitable Activities | -                   | -                   |
| Governance            | -                   | -                   |
| Other                 | -                   | -                   |
| <b>Total</b>          | -                   | -                   |

## 11.3 Ex-gratia payments to employees and others (excluding trustees)

*Please complete if an ex-gratia payment is made.*

Please explain the nature of the payment

|           |  |
|-----------|--|
| This year |  |
| Last year |  |

Please state the legal authority or reason for making the payment

|           |  |
|-----------|--|
| This year |  |
| Last year |  |

Please state the amount of the payment (or value of any waiver of a right to an asset)

| This year | Last year |
|-----------|-----------|
| £         | £         |
| -         | -         |

#### 11.4 Redundancy payments

*Please complete if any redundancy or termination payment is made in the period.*

Total amount of payment

| This year | Last year |
|-----------|-----------|
| £         | £         |
| -         | -         |

The nature of the payment (cash, asset etc.)

|  |  |
|--|--|
|  |  |
|--|--|

The extent of redundancy funding at the balance sheet date

| This year | Last year |
|-----------|-----------|
| £         | £         |
| -         | -         |

Please state the accounting policy for any redundancy or termination payments

|  |  |
|--|--|
|  |  |
|--|--|

|                  |                              |               |
|------------------|------------------------------|---------------|
| <b>Section C</b> | <b>Notes to the accounts</b> | <b>(cont)</b> |
|------------------|------------------------------|---------------|

**Note 12**                      **Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.**

*12.1 Please complete this note if a defined contribution pension scheme is operated.*

|                                                              | This year | Last year |
|--------------------------------------------------------------|-----------|-----------|
|                                                              | £         | £         |
| Amount of contributions recognised in the SOFA as an expense | -         | -         |

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

|  |  |
|--|--|
|  |  |
|--|--|

*12.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.*

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.

Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different

|  |  |
|--|--|
|  |  |
|--|--|

*12.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.*

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details

Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details

|  |  |
|--|--|
|  |  |
|--|--|

|                  |                              |               |
|------------------|------------------------------|---------------|
| <b>Section C</b> | <b>Notes to the accounts</b> | <b>(cont)</b> |
|------------------|------------------------------|---------------|

**Note 13 Grantmaking**

*Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.*

**This year:**

**13.1 Analysis of grants paid (included in cost of charitable activities)**

| Analysis              | Grants to institutions | Grants to individuals | Support costs | Total |
|-----------------------|------------------------|-----------------------|---------------|-------|
|                       |                        |                       | £             | £     |
| Activity or project 1 | -                      | -                     | -             | -     |
| Activity or project 2 | -                      | -                     | -             | -     |
| Activity or project 3 | -                      | -                     | -             | -     |
| Activity or project 4 | -                      | -                     | -             | -     |
| <b>Total</b>          | -                      | -                     | -             | -     |

*Please enter "Nil" if the charity does not identify and/or allocate support costs.*

**13.2 Grants made to institutions**

|                                                                                                                                                                                                                                                         |     |                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------------------------------------------------|
| <b>My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.</b> | Yes | <i>Please provide details of charity's URL.</i> |
|                                                                                                                                                                                                                                                         | No  | <i>Provide details below</i>                    |

| Names of institution                                    | Purpose | Total amount of grants paid £ |
|---------------------------------------------------------|---------|-------------------------------|
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
| <b>Total grants to institutions in reporting period</b> |         | -                             |
| <b>Other unanalysed grants</b>                          |         | -                             |
| <b>TOTAL GRANTS PAID</b>                                |         | -                             |

## Last year:

### 13.3 Analysis of grants paid (included in cost of charitable activities)

| Analysis              | Grants to institutions | Grants to individuals | Support costs<br>£ | Total<br>£ |
|-----------------------|------------------------|-----------------------|--------------------|------------|
| Activity or project 1 | -                      | -                     | -                  | -          |
| Activity or project 2 | -                      | -                     | -                  | -          |
| Activity or project 3 | -                      | -                     | -                  | -          |
| Activity or project 4 | -                      | -                     | -                  | -          |
| <b>Total</b>          | -                      | -                     | -                  | -          |

Please enter "Nil" if the charity does not identify and/or allocate support costs.

### 13.4 Grants made to institutions

*My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.*

|     |                                          |
|-----|------------------------------------------|
| Yes | Please provide details of charity's URL. |
| No  | Provide details below                    |

| Names of institution                                    | Purpose | Total amount of grants paid £ |
|---------------------------------------------------------|---------|-------------------------------|
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
|                                                         |         | -                             |
| <b>Total grants to institutions in reporting period</b> |         | -                             |
| <b>Other unanalysed grants</b>                          |         | -                             |
| <b>TOTAL GRANTS PAID</b>                                |         | -                             |

**Section C****Notes to the accounts****(cont)****Note 14 Tangible fixed assets***Please complete this note if the charity has any tangible fixed assets***14.1 Cost or valuation**

|                              | Freehold land & buildings | Other land & buildings | Plant, machinery and motor vehicles | Fixtures, fittings and equipment | Total  |
|------------------------------|---------------------------|------------------------|-------------------------------------|----------------------------------|--------|
|                              | £                         | £                      | £                                   | £                                | £      |
| At the beginning of the year | -                         | -                      | 41,750                              | 6,701                            | 48,451 |
| Additions                    | -                         | -                      | -                                   | 1,260                            | 1,260  |
| Revaluations                 | -                         | -                      | -                                   | -                                | -      |
| Disposals                    | -                         | -                      | -                                   | -                                | -      |
| Transfers *                  | -                         | -                      | -                                   | -                                | -      |
| At end of the year           | -                         | -                      | 41,750                              | 7,961                            | 49,711 |

**14.2 Depreciation and impairments**

|                |                                              |    |     |     |    |
|----------------|----------------------------------------------|----|-----|-----|----|
| <b>**Basis</b> | SL or RB (Straight Line or Reducing Balance) | SL | SL  | SL  | SL |
| <b>** Rate</b> |                                              |    | 25% | 25% |    |

|                          |   |   |        |       |        |
|--------------------------|---|---|--------|-------|--------|
| At beginning of the year | - | - | 10,438 | 2,143 | 12,580 |
| Disposals                | - | - | -      | -     | -      |
| Depreciation             | - | - | 10,438 | 1,990 | 12,428 |
| Impairment               | - | - | -      | -     | -      |
| Transfers*               | - | - | -      | -     | -      |
| At end of the year       | - | - | 20,875 | 4,133 | 25,008 |

**14.3 Net book value**

|                                             |   |   |        |       |        |
|---------------------------------------------|---|---|--------|-------|--------|
| Net book value at the beginning of the year | - | - | 31,313 | 4,559 | 35,871 |
| Net book value at the end of the year       | - | - | 20,875 | 3,828 | 24,703 |

#### 14.4 Impairment

***This year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.***

***Last year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.***

#### 14.5 Revaluation

***If an accounting policy of revaluation is adopted, please provide:***

***the effective date of the revaluation***

***the name of independent valuer, if applicable***

***the methods applied and significant assumptions***

***the carrying amount that would have been recognised had the assets been carried under the cost model.***

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |
| -         | -         |

#### 14.6 Other disclosures

***(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.***

***(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.***

***(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.***

| This year | Last year |
|-----------|-----------|
| £         | £         |
| -         | -         |
| -         | -         |
|           |           |

\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Note 15 Intangible assets***Please complete this note if the charity has any intangible assets***15.1 Cost or valuation**

|                          | Research & development | Patents and trademarks | Other | Total |
|--------------------------|------------------------|------------------------|-------|-------|
|                          | £                      | £                      | £     | £     |
| At beginning of the year | -                      | -                      | -     | -     |
| Additions                | -                      | -                      | -     | -     |
| Disposals                | -                      | -                      | -     | -     |
| Revaluations             | -                      | -                      | -     | -     |
| Transfers *              | -                      | -                      | -     | -     |
| At end of the year       | -                      | -                      | -     | -     |

**15.2 Amortisation and impairments**

|                |          |          |          |          |                                                 |
|----------------|----------|----------|----------|----------|-------------------------------------------------|
| <b>**Basis</b> | SL or RB | SL or RB | SL or RB | SL or RB | Straight Line ("SL") or Reducing Balance ("RB") |
| <b>** Rate</b> |          |          |          |          |                                                 |

|                          |   |   |   |   |
|--------------------------|---|---|---|---|
| At beginning of the year | - | - | - | - |
| Disposals                | - | - | - | - |
| Amortisation             | - | - | - | - |
| Impairment               | - | - | - | - |
| Transfers*               | - | - | - | - |
| At end of year           | - | - | - | - |

**15.3 Net book value**

|                                             |   |   |   |   |
|---------------------------------------------|---|---|---|---|
| Net book value at the beginning of the year | - | - | - | - |
| Net book value at the end of the year       | - | - | - | - |

**15.4 Accounting policy***Please disclose the accounting policy for intangible fixed assets including:**Reasons for choosing amortisation rates**Policies for the recognition of any capital development*

|  |
|--|
|  |
|  |

### 15.5 Impairment

This year:

*Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.*

Last year:

*Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.*

### 15.6 Revaluation

*If an accounting policy of revaluation is adopted, please provide:*

*the effective date of the revaluation*

*the name of independent valuer, if applicable*

*the methods applied*

*the carrying amount that would have been recognised had the assets been carried under the cost model.*

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |
|           |           |

### 15.7 Other disclosures

*(i) If your intangible asset was acquired by way of grant, provide value on initial recognition and carrying amount of the asset.*

*(ii) Details of the carrying amounts of any intangible assets to which the charity has restricted title or that are pledged as security for liabilities.*

*(iii) Please provide the amount of contractual commitments for the acquisition of intangible assets.*

*(iv) State the amount of research and development expenditure recognised as expenditure in the year.*

*(v) Please detail the headings in the SOFA in which a charge for amortisation of intangible assets is included.*

*(vi) For any material intangible assets, please provide a description, its carrying amount and any remaining amortisation period.*

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Section C****Notes to the accounts****(cont)****Note 16****Heritage assets***Please complete this note if the charity has heritage assets***16.1 General disclosures for all charities holding heritage assets**

|                                                                                                        | This year | Last year |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|
| (i) Explain the nature and scale of heritage assets held.                                              |           |           |
| (ii) Explain the policy for the acquisition, preservation, management and disposal of heritage assets. |           |           |

**16.2 Cost or valuation**

|                          | Heritage asset<br>1<br>£ | Heritage asset<br>2<br>£ | Heritage asset<br>3<br>£ | Heritage asset<br>4<br>£ | Total<br>£ |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------|
| At beginning of the year | -                        | -                        | -                        | -                        | -          |
| Additions                | -                        | -                        | -                        | -                        | -          |
| Disposals                | -                        | -                        | -                        | -                        | -          |
| Revaluations             | -                        | -                        | -                        | -                        | -          |
| Transfers *              | -                        | -                        | -                        | -                        | -          |
| At end of the year       | -                        | -                        | -                        | -                        | -          |

**16.3 Depreciation and impairments**

|                |  |  |  |  |  |                                                   |
|----------------|--|--|--|--|--|---------------------------------------------------|
| <b>**Basis</b> |  |  |  |  |  | Straight Line<br>("SL") or<br>Reducing<br>Balance |
| <b>** Rate</b> |  |  |  |  |  |                                                   |

|                          |   |   |   |   |   |
|--------------------------|---|---|---|---|---|
| At beginning of the year | - | - | - | - | - |
| Disposals                | - | - | - | - | - |
| Depreciation             | - | - | - | - | - |
| Impairment               | - | - | - | - | - |
| Transfers*               | - | - | - | - | - |
| At end of year           | - | - | - | - | - |

**16.4 Net book value**

|                                             |   |   |   |   |   |
|---------------------------------------------|---|---|---|---|---|
| Net book value at the beginning of the year | - | - | - | - | - |
| Net book value at the end of the year       | - | - | - | - | - |

## 16.5 Impairment

**This year**

*Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.*

|  |
|--|
|  |
|--|

**Last year**

*Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.*

|  |
|--|
|  |
|--|

## 16.6 Revaluation

*If an accounting policy of revaluation is adopted, please provide:*

*the effective date of the revaluation*

*the name of independent valuer, if applicable*

*qualifications of independent valuer*

*the methods applied and significant assumptions*

*any significant limitations on the valuation*

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |
|           |           |
|           |           |

## 16.7 Analysis of heritage assets by class or group distinguishing those at cost and those at valuation

Carrying amount at the beginning of the period

Additions

Disposals

Depreciation/impairment

Revaluation

Carrying amount at the end of period

| At valuation<br>Group A | At cost Group<br>B | Total |
|-------------------------|--------------------|-------|
| £                       | £                  | £     |
| -                       | -                  | -     |
| -                       | -                  | -     |
| -                       | -                  | -     |
| -                       | -                  | -     |
| -                       | -                  | -     |
| -                       | -                  | -     |

## 16.8 Heritage assets (where heritage assets are not recognised on the balance sheet)

(i) Explain the reason why heritage assets have not been recognised on the balance sheet.

(ii) Describe the significance and nature of heritage assets.

(iii) Disclose information that is helpful in assessing the value of heritage assets.

(iv) Explain the reason why it is not practicable to obtain a valuation of heritage assets.

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |
|           |           |

#### 16.9 Five year summary of heritage assets transactions

|                                    | 2015 | 2014 | 2013 | 2012 | 2011 |
|------------------------------------|------|------|------|------|------|
|                                    | £    | £    | £    | £    | £    |
| <b>Purchases</b>                   |      |      |      |      |      |
| Group A                            | -    | -    | -    | -    | -    |
| Group B                            | -    | -    | -    | -    | -    |
| Group C                            | -    |      |      |      |      |
| Other                              | -    |      |      |      |      |
| <b>Donations</b>                   |      |      |      |      |      |
| Group A                            | -    | -    | -    | -    | -    |
| Group B                            | -    | -    | -    | -    | -    |
| Group C                            | -    | -    | -    | -    | -    |
| Other                              | -    | -    | -    | -    | -    |
| <b>Total additions</b>             | -    | -    | -    | -    | -    |
|                                    |      |      |      |      |      |
| <b>Charge for impairment</b>       |      |      |      |      |      |
| Group A                            | -    | -    | -    | -    | -    |
| Group B                            | -    | -    | -    | -    | -    |
| Group C                            | -    | -    | -    | -    | -    |
| Other                              | -    | -    | -    | -    | -    |
| <b>Total charge for impairment</b> | -    | -    | -    | -    | -    |
|                                    |      |      |      |      |      |
| <b>Disposals</b>                   |      |      |      |      |      |
| Group A - carrying amount          | -    | -    | -    | -    | -    |
| Group B - carrying amount          | -    | -    | -    | -    | -    |
| Group C                            | -    | -    | -    | -    | -    |
| Other                              | -    | -    | -    | -    | -    |
| <b>Total disposals</b>             | -    | -    | -    | -    | -    |

**Note 17 Investment assets**

Please complete this note if the charity has any investment assets.

**17.1 Fixed assets investments (please provide for each class of investment)**

|                                               | Cash & cash equivalents | Listed investments | Investment properties | Social investments | Other | Total |
|-----------------------------------------------|-------------------------|--------------------|-----------------------|--------------------|-------|-------|
| Carrying (fair) value at beginning of period  | -                       | -                  | -                     | -                  | -     | -     |
| Add: additions to investments during period*  | -                       | -                  | -                     | -                  | -     | -     |
| Less: disposals at carrying value             | -                       | -                  | -                     | -                  | -     | -     |
| Less: impairments                             | -                       | -                  | -                     | -                  | -     | -     |
| Add: Reversal of impairments                  | -                       | -                  | -                     | -                  | -     | -     |
| Add/(deduct): transfer in/(out) in the period | -                       | -                  | -                     | -                  | -     | -     |
| Add/(deduct): net gain/(loss) on revaluation  | -                       | -                  | -                     | -                  | -     | -     |
| Carrying (fair) value at end of year          | -                       | -                  | -                     | -                  | -     | -     |

\*Please specify additions resulting from acquisitions through business combinations, if any.

Please note that Fair Value in this context is the amount for which an asset could be exchanged between knowledgeable and willing parties in an arm's length transaction. For traded securities, the fair value is the value of the security quoted on the London Stock Exchange Daily Official List or equivalent. For other assets where there is no market price on a traded market, it is the trustees' or valuers' best estimate of fair value.

**17.2 Please provide a breakdown of investments shown above agreeing with the balance sheet row B04 differentiating between those held at fair value and those held at cost less impairment.**

This year:

**Analysis of investments**

Cash or cash equivalents

Listed investments

Investment properties

Social investments

Other investments

Total

Grand total (Fair value at year end+Cost less impairment)

| Fair value at year end | Cost less impairment |
|------------------------|----------------------|
| £                      | £                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |

Last year:

**Analysis of investments**

Cash or cash equivalents

Listed investments

Investment properties

Social investments

Other investments

Total

Grand total (Fair value at year end+Cost less impairment)

| Fair value at year end | Cost less impairment |
|------------------------|----------------------|
| £                      | £                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |
| -                      | -                    |

**17.3 If your charity holds investment properties, please complete the following note:**

|                                                                                                                                                           | This year | Last year |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|
| (i) Explain the methods and significant assumptions in determining the fair value of investment property held by the charity                              |           |           |
| (ii) Name or independent valuer, if applicable, and relevant qualifications                                                                               |           |           |
| (iii) Provide details of any restrictions on the ability to realise investment property or on the remittance of income or disposal proceeds               |           |           |
| (iv) Explain any contractual obligations for the purchase, construction or development of investment property or for repairs, maintenance or enhancements |           |           |

**17.4 Please provide a breakdown of current asset investments, if applicable, agreeing with the balance sheet.**

**Analysis of current asset investments**

|                          | This year | Last year |
|--------------------------|-----------|-----------|
|                          | £         | £         |
| Cash or cash equivalents | -         | -         |
| Listed investments       | -         | -         |
| Investment properties    | -         | -         |
| Social investments       | -         | -         |
| Other investments        | -         | -         |
| Total                    | -         | -         |

**17.5 Guarantees**

|                                                                                          | This year | Last year |
|------------------------------------------------------------------------------------------|-----------|-----------|
| Please provide details and amount of any guarantee made to or on behalf of a third party |           |           |
| Name of the entity or entities benefitting from those guarantees                         |           |           |
| Please explain how the guarantee furthers the charity's aims                             |           |           |

## 17.6 Concessionary loans

Amount of concessionary loans made (*Multiple loans made may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

| Description  | This year £ | Last year £ |
|--------------|-------------|-------------|
|              | -           | -           |
|              | -           | -           |
|              | -           | -           |
|              | -           | -           |
| <b>Total</b> | -           | -           |

Amount of concessionary loans received (*Multiple loans received may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

| Description  | This year £ | Last year £ |
|--------------|-------------|-------------|
|              | -           | -           |
|              | -           | -           |
|              | -           | -           |
| <b>Total</b> | -           | -           |

Terms and conditions eg interest rate, security provided

Value of any concessionary loans which have been committed but not taken up at the reporting date

Amounts payable within 1 year

Amounts payable after more than 1 year

Amounts receivable within 1 year

Amounts receivable after more than 1 year

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |
|           |           |
|           |           |
|           |           |

## 17.7 Additional information

Please provide information about the significance of investments to the charity's financial position or performance eg. terms and conditions of loans or the use of hedging to manage financial risk.

For all investments measured at fair value, the basis for determining the value, including any assumptions applied when using a valuation technique.

Where a charity has provided financial assets as a form of security, the carrying amount of the financial asset pledged as security and the terms and conditions relating to its pledge.

| This year | Last year |
|-----------|-----------|
|           |           |
|           |           |
|           |           |

**Section C**
**Notes to the accounts**
**(cont)**
**Note 18**
**Stocks**

*Please complete this note if the charity holds any stock items*

**18.1** Please state the carrying amount of stock and work in progress analysed between activities.

|                                  | Stock            |            | Donated goods    |            | Work in progress |
|----------------------------------|------------------|------------|------------------|------------|------------------|
|                                  | For distribution | For resale | For distribution | For resale |                  |
|                                  | £                | £          | £                | £          | £                |
| <b>Charitable activities:</b>    |                  |            |                  |            |                  |
| <i>Opening</i>                   | -                | -          | -                | -          | -                |
| <i>Added in period</i>           | -                | -          | -                | -          | -                |
| <i>Expensed in period</i>        | -                | -          | -                | -          | -                |
| <i>Impaired</i>                  | -                | -          | -                | -          | -                |
| <i>Closing</i>                   | -                | -          | -                | -          | -                |
| <b>Other trading activities:</b> |                  |            |                  |            |                  |
| <i>Opening</i>                   | -                | -          | -                | -          | -                |
| <i>Added in period</i>           | -                | -          | -                | -          | -                |
| <i>Expensed in period</i>        | -                | -          | -                | -          | -                |
| <i>Impaired</i>                  | -                | -          | -                | -          | -                |
| <i>Closing</i>                   | -                | -          | -                | -          | -                |
| <b>Other:</b>                    |                  |            |                  |            |                  |
| <i>Opening</i>                   | -                | -          | -                | -          | -                |
| <i>Added in period</i>           | -                | -          | -                | -          | -                |
| <i>Expensed in period</i>        | -                | -          | -                | -          | -                |
| <i>Impaired</i>                  | -                | -          | -                | -          | -                |
| <i>Closing</i>                   | -                | -          | -                | -          | -                |
| <b>Total this year</b>           | -                | -          | -                | -          | -                |
| <b>Total previous year</b>       | -                | -          | -                | -          | -                |

**18.2** Please specify the carrying amount of any stocks pledged as security for liabilities

| This year | Last year |
|-----------|-----------|
| £         | £         |
|           |           |

**Section C****Notes to the accounts****(cont)****Note 19 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

**19.1 Analysis of debtors**

Trade debtors

Prepayments and accrued income

Other debtors

**Total**

| <b>This year</b> | <b>Last year</b> |
|------------------|------------------|
| <b>£</b>         | <b>£</b>         |
| -                | -                |
| -                | -                |
| -                | -                |
| -                | -                |

*Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.*

**19.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)**

Trade debtors

Prepayments and accrued income

Other debtors

**Total**

| <b>This year</b> | <b>Last year</b> |
|------------------|------------------|
| <b>£</b>         | <b>£</b>         |
| -                | -                |
| -                | -                |
| -                | -                |
| -                | -                |
| -                | -                |

**Section C****Notes to the accounts****(cont)****Note 20 Creditors and accruals***Please complete this note if the charity has any creditors or accruals.***20.1 Analysis of creditors**

|                                                                          | Amounts falling due within one year |                | Amounts falling due after more than one year |                |
|--------------------------------------------------------------------------|-------------------------------------|----------------|----------------------------------------------|----------------|
|                                                                          | This year<br>£                      | Last year<br>£ | This year<br>£                               | Last year<br>£ |
| Accruals for grants payable                                              | -                                   | -              | -                                            | -              |
| Bank loans and overdrafts                                                | -                                   | -              | -                                            | -              |
| Trade creditors                                                          | -                                   | -              | -                                            | -              |
| Payments received on account for contracts or performance-related grants | -                                   | -              | -                                            | -              |
| Accruals and deferred income                                             | 7,871                               | 2,318          | -                                            | -              |
| Taxation and social security                                             | -                                   | -              | -                                            | -              |
| Other creditors                                                          | -                                   | -              | -                                            | -              |
| <b>Total</b>                                                             | <b>7,871</b>                        | <b>2,318</b>   | <b>-</b>                                     | <b>-</b>       |

**Section C****Notes to the accounts****(cont)****Note 21 Provisions for liabilities and charges**

*Please complete this note if you have included in charity expenditure any provisions. A provision is made when the charity has a liability of uncertain timing or amount.*

**21.1 Movements in recognised provisions and funding commitment during the period**

Balance at the start of the reporting period  
Amounts added in current period  
Amounts charged against the provision in the current period  
Unused amounts reversed during the period  
Balance at the end of the reporting period

| This year<br>£ | Last year<br>£ |
|----------------|----------------|
| -              | -              |
| -              | -              |
| -              | -              |
| -              | -              |
| -              | -              |

**21.2 Please provide:**

- a brief description of any obligations on the balance sheet and the expected amount and timing of resulting payments;

- an indication of the uncertainties about the amount or timing of those outflows; and

- the amount of any expected reimbursement, stating the amount of any asset that has been recognised for that expected reimbursement.

**This year****Last year**

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

**21.3** For any funding commitment that is not recognised as a liability or provision, provide details of commitment made, the time frame of that commitment, any performance-related conditions and details of how the commitment will be funded (with contracts for capital expenditure separately identified).

**This year****Last year**

|  |  |
|--|--|
|  |  |
|--|--|

**21.4** Where unrestricted funds have been designated to a fund commitment, please disclose the nature of any amounts designated and the likely timing of that expenditure.

|  |  |
|--|--|
|  |  |
|--|--|

**Note 22 Other disclosures for debtors, creditors and other basic financial instruments**

22.1 Please provide information about the significance of financial instruments (eg. debtors, creditors, investments etc) to the charity's financial position or performance, for example, the terms and conditions of loans or the use of hedging to manage financial risk.

| This year | Last year |
|-----------|-----------|
|           |           |

22.2 If the charity has provided financial assets as a form of security, the carrying amount of the financial assets pledged as security and the terms and conitions related to its pledge should be given here.

|  |  |
|--|--|
|  |  |
|--|--|

**Note 23 Contingent liabilities and contingent assets**

**23.1 Contingent liabilities**

Where the charity has contingent liabilities, please complete the following section unless the possibility of their existence is remote.

This year

| Description of item including its legal nature. Please describe any security provided in connection to the liability. | Estimate of financial effect |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------|
|                                                                                                                       |                              |
|                                                                                                                       |                              |
|                                                                                                                       |                              |
|                                                                                                                       |                              |

Last year

| Description of item including its legal nature. Please describe any security provided in connection to the liability. | Estimate of financial effect |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------|
|                                                                                                                       |                              |
|                                                                                                                       |                              |
|                                                                                                                       |                              |
|                                                                                                                       |                              |

**23.2 Contingent assets**

Where the charity has contingent assets, please complete the following section when their existence is probable

This year

| Description of item | Estimate of financial effect |
|---------------------|------------------------------|
|                     |                              |
|                     |                              |
|                     |                              |
|                     |                              |

Last year

| Description of item | Estimate of financial effect |
|---------------------|------------------------------|
|                     |                              |
|                     |                              |
|                     |                              |
|                     |                              |

**23.4 Other disclosures for contingent assets and/or liabilities**

Please provide the following information where practicable:

|                                                                                                                    | This year | Last year |
|--------------------------------------------------------------------------------------------------------------------|-----------|-----------|
| Explain any uncertainties relating to the amount or timing of settlement; and the possibility of any reimbursement |           |           |
| Where it is not practical to make one or more of these disclosures, please state this fact                         |           |           |

**Section C****Notes to the accounts****(cont)****Note 24                      Cash at bank and in hand**

**Short term cash investments (less than 3 months maturity date)**  
**Short term deposits**  
**Cash at bank and on hand**  
**Other**  
**Total**

| <b>This year<br/>£</b> | <b>Last year<br/>£</b> |
|------------------------|------------------------|
| -                      | -                      |
| -                      | -                      |
| 52,453                 | 54,678                 |
| -                      | -                      |
| 52,453                 | 54,678                 |

|                  |                              |               |
|------------------|------------------------------|---------------|
| <b>Section C</b> | <b>Notes to the accounts</b> | <b>(cont)</b> |
|------------------|------------------------------|---------------|

**Note 25 Fair value of assets and liabilities**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | This year | Last year |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|
| 25.1 Please provide details of the charity's exposure to credit risk (the risk of incurring a loss due to a debtor not paying what is owed) , liquidity risk (the risk of not being able to meet short term financial demands) and market risk (the risk that the value of an investment will fall due to changes in the market) arising from financial instruments to which the charity is exposed at the end of the reporting period and explain how the charity manages those risks. |           |           |
| 25.2 Please give details of the amount of change in the fair value of basic financial instruments (debtors, creditors, investments (see section 11, FRS 102 SORP)) measured at fair value through the SoFA that is attributable to changes in credit risk.                                                                                                                                                                                                                              |           |           |

| Section C | Notes to the accounts | (cont) |
|-----------|-----------------------|--------|
|-----------|-----------------------|--------|

**Note 26**                      **Events after the end of the reporting period**  
*Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the*

|                                                                                                              | This year | Last year |
|--------------------------------------------------------------------------------------------------------------|-----------|-----------|
| Please provide details of the nature of the event                                                            |           |           |
| Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made |           |           |

|           |                       |        |
|-----------|-----------------------|--------|
| Section C | Notes to the accounts | (cont) |
|-----------|-----------------------|--------|

**Note 27**                      **Charity funds**

**27.1 Details of material funds held and movements during the CURRENT reporting period**

*Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.*

*\* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

| Fund names         | Type PE, EE<br>R or UR * | Purpose and Restrictions | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>£ | Expenditure<br>£ | Transfers<br>£ | Gains and<br>losses<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|--------------------|--------------------------|--------------------------|---------------------------------------------|-------------|------------------|----------------|--------------------------|---------------------------------------------|
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
| <b>Other funds</b> | N/a                      | N/a                      | -                                           | -           | -                | -              | -                        | -                                           |
| <b>Total Funds</b> |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |

|                  |                              |               |
|------------------|------------------------------|---------------|
| <b>Section C</b> | <b>Notes to the accounts</b> | <b>(cont)</b> |
|------------------|------------------------------|---------------|

**Note 27**                      **Charity funds (cont)**

**27.2 Details of material funds held and movements during the PREVIOUS reporting period**

*Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.*

*\* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

| Fund names         | Type PE, EE<br>R or UR * | Purpose and Restrictions | Fund<br>balances<br>brought<br>forward<br>£ | Income<br>£ | Expenditure<br>£ | Transfers<br>£ | Gains and<br>losses<br>£ | Fund<br>balances<br>carried<br>forward<br>£ |
|--------------------|--------------------------|--------------------------|---------------------------------------------|-------------|------------------|----------------|--------------------------|---------------------------------------------|
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
|                    |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |
| <i>Other funds</i> | N/a                      | N/a                      | -                                           | -           | -                | -              | -                        | -                                           |
| <b>Total Funds</b> |                          |                          | -                                           | -           | -                | -              | -                        | -                                           |

**Note 27**                      **Charity funds (cont)**

**27.3 Transfers between funds**

**This year**

|                                           | Reason for transfer and where endowment is converted to income, legal power for its conversion | Amount |
|-------------------------------------------|------------------------------------------------------------------------------------------------|--------|
| Between unrestricted and restricted funds |                                                                                                |        |
| Between endowment and restricted funds    |                                                                                                |        |
| Between endowment and unrestricted funds  |                                                                                                |        |
|                                           |                                                                                                |        |

**Last year**

|                                           | Reason for transfer and where endowment is converted to income, legal power for its conversion | Amount |
|-------------------------------------------|------------------------------------------------------------------------------------------------|--------|
| Between unrestricted and restricted funds |                                                                                                |        |
| Between endowment and restricted funds    |                                                                                                |        |
| Between endowment and unrestricted funds  |                                                                                                |        |
|                                           |                                                                                                |        |

**27.4 Designated funds**

**This year**

| Planned use | Purpose of the designation | Amount |
|-------------|----------------------------|--------|
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |

**Last year**

| Planned use | Purpose of the designation | Amount |
|-------------|----------------------------|--------|
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |
|             |                            |        |

| Section C | Notes to the accounts | (cont) |
|-----------|-----------------------|--------|
|-----------|-----------------------|--------|

|         |                        |
|---------|------------------------|
| Note 29 | Additional Disclosures |
|---------|------------------------|

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.