

The Fathom Trust

MAKING WELL

ANNUAL REPORT 2024-5



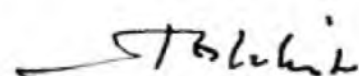
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Foreword

The foundational work undertaken by Fathom in its first three years has helped to create a committed community of artisans, practitioners and participants. This work has been evaluated in a rigorous and sensitive manner from a variety of perspectives, and it is encouraging to see it beginning to be cited, despite our modest efforts at self-promotion. We know now that our confidence in our approach is well-placed. A growing story bank of personal testimonies offers a glimpse into the myriad ways this project has enriched, and in some cases, we hear perhaps even saved lives. We know that participants are forming stronger and more creative relationships with their peers. These bonds are made manifest in the range of crafts and natural habitats and materials that Fathom has used on its Making Well courses, but also in the depth and variety of relationships in our Crafters' Cafes, which have continued to grow this year. We know that this work creates a 'social return on investment' and indeed, that it improves health outcomes for people marginalised by illness. This work has been comprehensively studied and represented this year in a programme theory by the University of South Wales, based on three of our Making Well communities, each running three eight-week courses throughout the year. This project continues to be a source of inspiration and hope. Moreover, it is a reminder that we can recover our humanity only as we learn to live peaceably with each other and to see that glorious source of life to which we, and the world around us, bears witness. I was delighted recently to see quoted these words from the Welsh poet R S Thomas, whose poem 'Lore' seems to capture this spirit of Fathom so well.

*What to do? Stay green.
Never mind the machine,
Whose fuel is human souls
Live large, man, and dream small.*



Iain McGilchrist, Chair of Trustees

Introduction from the CEO

The Fathom Trust is a charity comprised of dedicated artisan crafters, volunteers, ambassadors, and trustees. It aims to achieve its mission by creating opportunities for personal and social regeneration through a holistic, community-based approach, known as Fathoming. To this end, the Fathom Trust have created a network of artisan crafters who provide workshops, materials, and teaching opportunities, to help people suffering from stress, fatigue, and physical and psychological conditions.

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, and in so doing, healing the damage caused when those connections weaken. This year the Fathom Trust has run courses in traditional crafts, horticulture and conservation for people living in distress with mental health difficulties, loneliness, or bereavement. We have extended our Making Well 8-week course to three separate communities across the South Powys region where adults meet artisans, therapists and volunteers to participate in projects combining craft, mindfulness and reflection. We have partnered with Aberystwyth University to run a series of courses for carers across West Wales and have run a number of courses for local healthcare practitioners. Our Crafters Café network has continued to grow and we have seen participants journeying towards emotional, social and spiritual recovery and regaining their sense of self-worth. Using the Watts Connectedness Scale, we have demonstrated that Making Well's value is indeed statistically significant, with impressive results showing the quality and depth of connection that participants have made. We have continued to develop our academic partnerships too, including with the University of South Wales School for Social Prescribing Research. Together, we undertook a realist evaluation of our Making Well courses throughout the year, leading to the production of a programme theory. We were invited to present our work at the Integrative & Personalised Medicine Conference in Westminster and at the International Congress for Psychiatry. We were featured in the National Garden Scheme Yellow book and have been the subject of several research and journalistic pieces.

We are confident that the extension of our work to different communities and the rigorous evaluation we have undertaken from our inception will serve as robust foundations as the project continues to mature.

Dr William Beharrell

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 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.

Our Mission

To promote physical, mental, and spiritual wellbeing using traditional crafts to restore life-giving connections to body, soul, nature, and society.

Programme	Sessions	Participants
Making Well	88	102
Crafters Cafe	80	108
DareGale	10	131
Folk School	8	64
Total Number Direct Beneficiaries		405



Summary of Making Well 2024-25

“It helped me a lot to come out of the deep depression I was in. So, it's been very beneficial for me because it has restored my faith in humanity. I didn't have any before I went in there...Your soul will thrive as...Whereas before I felt very lonely and there I just felt supported.”

Making Well participant

As part of the delivery of its mission, the Fathom Trust runs an eight-week Making Well programme that aims to equip individuals with new skills while fostering healthy social and cognitive development for self-empowerment. Historically, the Making Well programme has offered the experience of therapeutic and traditional nature-based crafts, horticulture, conservation and mindfulness within the local natural landscape in the Brecon Beacons, Wales. The University of South Wales and Wales School for Social Prescribing Research (WSSPR) have previously been involved in the evaluation of the Making Well project at this site, which included a Social Return on Investment analysis.

The Fathom Trust secured funding from Arts Council Wales to extend the delivery of its Making Well workshops to an additional three sites across Wales: Llanfelltte, Rhayader and Ystradgynlais. The funding included the provision of an academic evaluation of this programme and in January 2024 WSSPR was approached by the Fathom Trust and asked to evaluate the Making Well workshops at the new sites. This report describes the Realist Evaluation that was subsequently conducted.

Between April and November, the Fathom Trust held workshops at each of the three sites.



Each workshop consisted of one session a week for eight consecutive weeks. In total, 42 participants attended Making Well. Participant numbers did not exceed twelve per workshop.

The Fathom Trust were the gatekeepers to participants for the research project, who were recruited by advertising with contacts and organisations local to the workshops, including GP practices and NHS mental health teams, and via snowball sampling and word of mouth. Participants were not recruited directly via GP or NHS referral. All participants were over the age of 18 and classified as members of the general public.

Approach

An iterative process of Realist Synthesis and Evaluation was used to develop and refine a Programme Theory by identifying what works, for whom, in what context, to what extent, and how & why. The Realist approach provides a mechanism for the synthesis of qualitative and quantitative data. It helps to contextualise the data and identify what it is about a programme or intervention that brings about any effects or change.



Quantitative data

Analysis of behavioural measures included only those with complete data and who had missed a maximum of one session. Three behavioural measures were collected from participants before beginning the MakingWell course and after completion of the course:

- The South Wales Social Wellbeing Scale (SWSWBS) ⁷. The SWSWBS is a 14-item questionnaire that uses a 5-point Likert scale (Min = 14, Max = 70) to measure an individual's social well-being. A higher score suggests greater positive social well-being. Interest in social well-being is relatively new, which currently limits categorisation of groups within this scale.
- The Watts Connectedness Scale ⁸, which was developed to measure three separable subscale factors of how connected an individual feels to their 'self', to 'others' and to the 'world'. The 19-item questionnaire uses a visual analogue scale (VAS; 0-100).
- The Profile of Mood States (POMS) VAS ^{9,10}. The POMS uses 72 questions to assess transient, fluctuating mood states. The POMS VAS, derived from the questionnaire, uses six bipolar visual analogue scales (0-100) to rapidly evaluate state mood.

Watts connectedness scale

There was a significant increase from baseline for scores for general connectedness [$t(33) = 5.59, p = <.001$, Cohen's $d = .96$] (Figure 2).

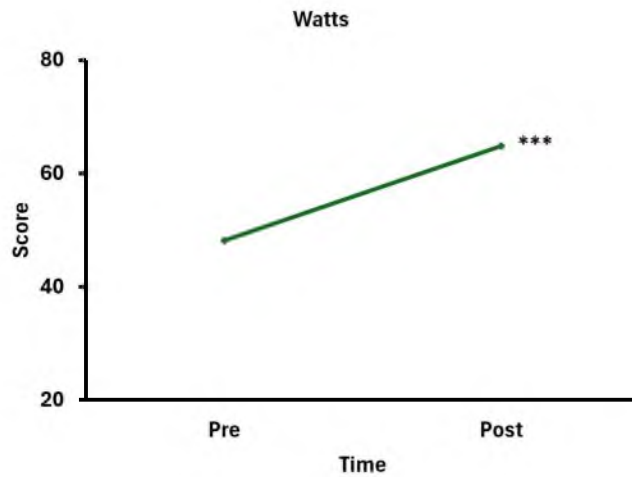


Figure 2. General connectedness scores. * $\leq .05$, ** $\leq .01$, *** $\leq .001$.

Examination of the three subscale factors showed significant increases from baseline for scores for connectedness to 'self' [$t(33) = 3.52, p = .001$], 'others' [$t(33) = 4.12, p < .001$] and 'the world' [$t(33) = 45.93, p < .001$] (Figure 3).

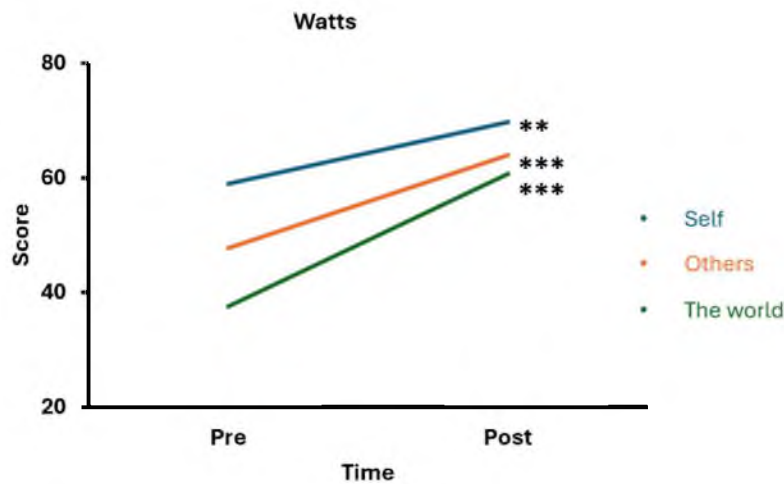


Figure 3. Subscale connectedness scores. * $\leq .05$, ** $\leq .01$, *** $\leq .001$.

Profile of Mood States (VAS)

There was a significant increase from baseline for scores for positive mood [$t(33) = 4.48$, $p < .001$, Cohen's $d = .77$] (Figure 4).

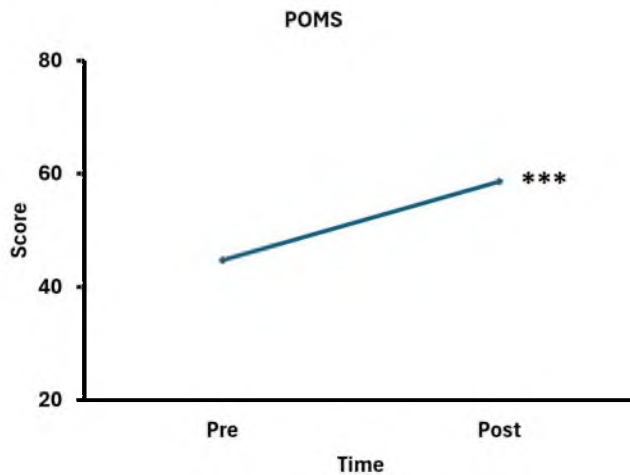


Figure 4. Profile of Mood State scores. * $\leq .05$, ** $\leq .01$, *** $\leq .001$.

Examination of the six indices showed significant increases from baseline for scores for Agreeableness [$t(33) = 3.07$, $p = .004$], Clearheadedness [$t(33) = 3.44$, $p = .013$], Composure [$t(33) = 5.02$, $p < .001$], Elation [$t(33) = 3.24$, $p = .003$] and Confidence [$t(33) = 3.16$, $p = .003$]. There was a non-significant increase in scores for Energy, [$t(33) = 1.82$, $p = .077$] (Figure 5).

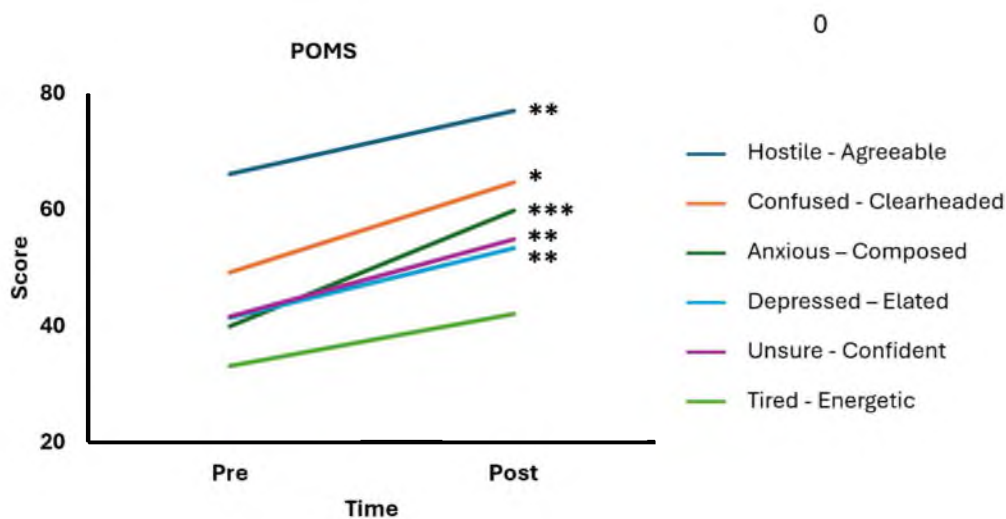


Figure 5. Profile of Mood State indices scores. * $\leq .05$, ** $\leq .01$, *** $\leq .001$.

South Wales Social Wellbeing Scale (SWSWBS)

There was a significant increase from baseline for scores for social wellbeing [$t(33) = 2.60$, $p = .014$, Cohen's $d = .45$] (Figure 6).

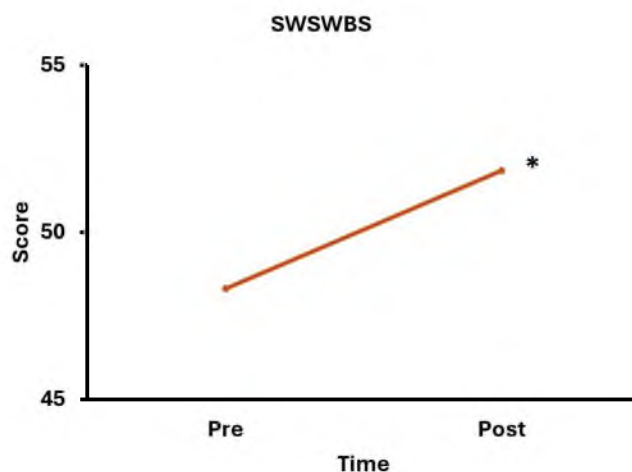


Figure 6. Mean SWSBS scores. * $\leq .05$, ** $\leq .01$, *** $\leq .001$.

Summary of quantitative data.

Participants who attended the Fathom Trust's eight-week Making Well course recorded significant improvements in connectedness, social wellbeing and mood. These significant improvements were present in the Watts subscales for connectedness to 'self', 'others' and 'the world', as well as all indices for the POMS-VAS bar energy, which showed a non-significant increase.

Revised Programme Theory (RPT)

The two rounds of data collection provided opportunities for revisions and/or additions to CMOCs and the Programme Theory. Following the spring/summer round of data (round 1), the number of CMOCs increased to 74 and the Programme Theory was further developed. The second round of data collection (autumn/winter), increased the number of [CMOCS to 154](#) and the Programme Theory underwent a final revision that revealed a greater degree of complexity (Figures 9 and 10).

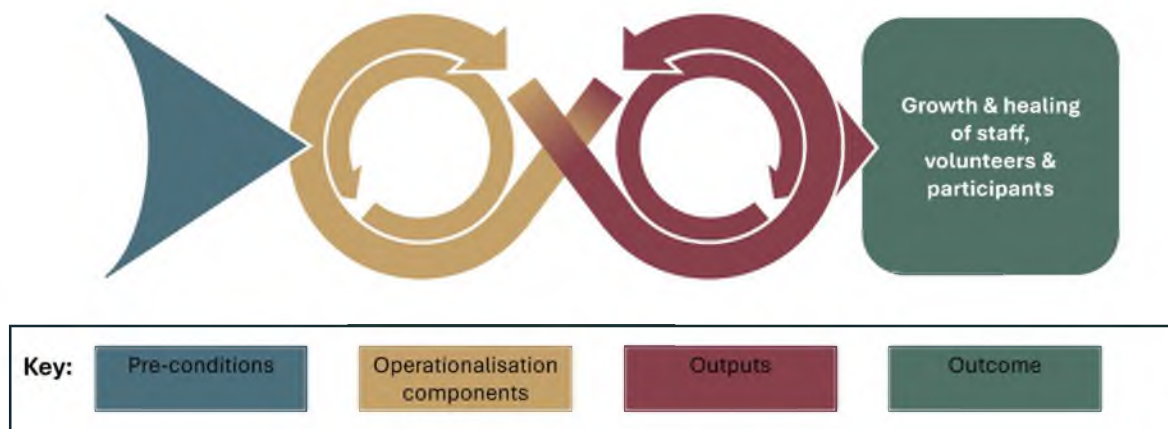


Figure 9. Making Well Revised Programme Theory (abstract view)

The RPT still contains the same three elements, which display a relatively linear relationship, that were present in the IPT: ‘preconditions’, ‘operationalisation components’ and ‘outputs’. The preconditions still need to be in place for the operationalisation components to manifest and the operationalisation components allow the various outputs to be realised, but these elements now collectively contribute to the ‘growth and healing of staff, volunteers & participants’.

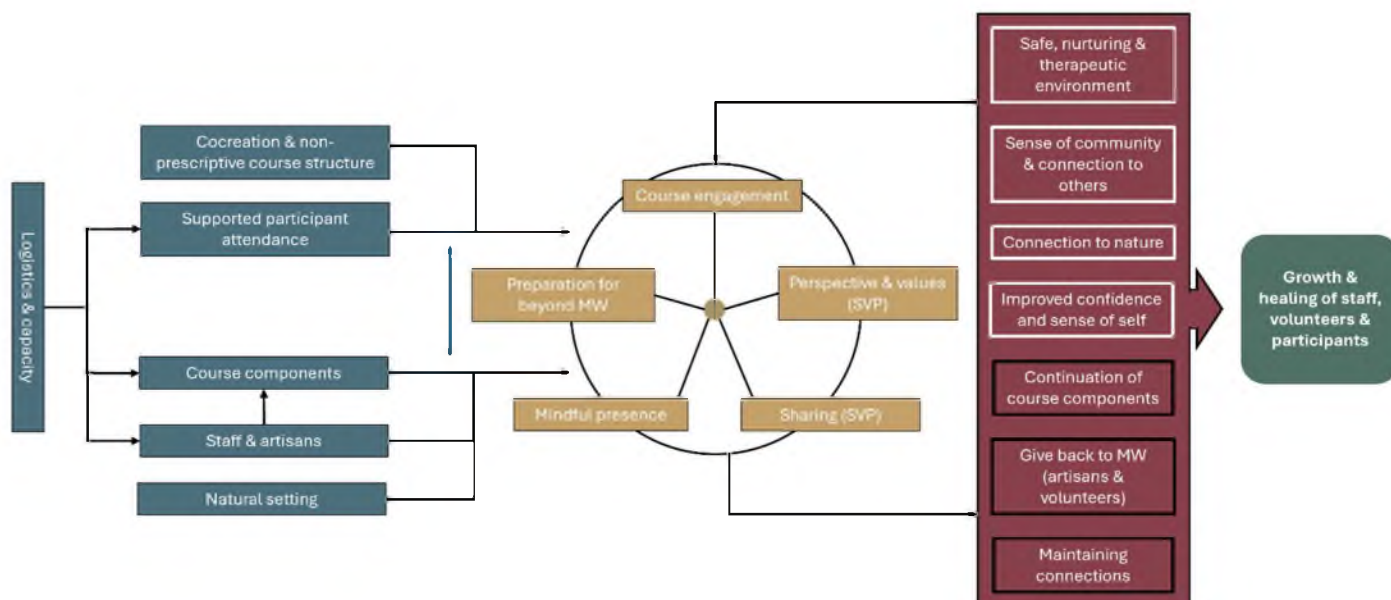
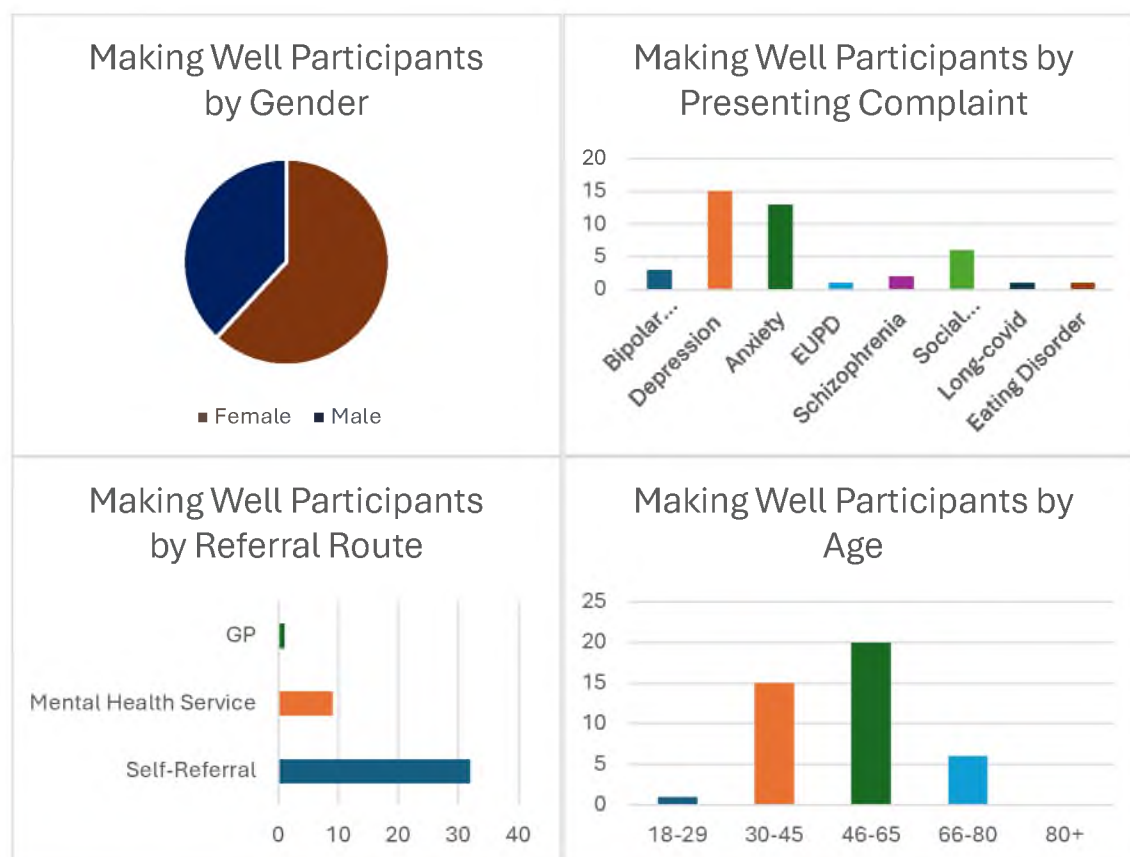


Figure 10. Making Well Revised Programme Theory (unpacked view)

Analysis from Making Well 2024



Summary

Evidence indicates that Making Well significantly improves mood, social well-being, and feelings of connectedness in its participants. Engagement in the programme results in personal growth and healing of the participants, which is dependent upon multiple components that can be categorised as either a precondition, operationalisation component or output. These preconditions must be present for the operationalisation components of the Making Well workshops to occur, which in turn leads to multiple outputs that collectively contribute to the growth and healing of the participants. The operationalisation components have a complex positive feedback relationship with each other. Various outputs also demonstrate a positive feedback relationship with themselves and with the operationalisation components. For many participants, attending the Making Well course was a profound and transformative experience. Making Well provides the opportunity for participants to actively contribute to the development of a safe and supportive community where they can feel seen and heard. It gives them time and permission to reflect, share and gain perspective on challenges they are facing, facilitating a positive change within them that many had not previously achieved with traditional support.



“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

The Crafter’s Café

Making Well’s value quickly became apparent when participants asked us how they could continue crafting, highlighting how new friendships and interests were fostering recovery and reconnection. Collectively, therefore, we produced an Open Door model for supportive, place-based craft groups for participants and the wider community. Our first ‘Community Crafters’ Café’ opened in late 2022, in the ancient Tithebarn in central Brecon. Café crafts are facilitated by local professional artisans, supported by enthusiastic volunteers. We welcome around 20 people each week, spanning 7 decades in age. The overall network has grown to over a hundred members on the Whatsapp groups and another 80 visitors. Many say it’s the only time they venture out into the community, others that it opens them up to other community activities, which they hadn’t previously been confident to explore. The Café is also able to signpost people interested in working at our nearby community garden or, attend open-days promoting our more intensive courses, Making Well included. We have created an extensive community network of organisations and statutory services, which offers us up-to-date insights into community needs and service priorities. We advertise the Café



and Making Well at GP practices, volunteer organisations (WCVA, PAVO) and community mental health services.

Fathom Trust's communities were directly involved in the co-creation and opening of the original Crafters' Café. We conducted a deep listening exercise to comprehend the value of Making Well to its participants, curate their stories and embrace their

creative imagination. With our artisans' knowledge and experience and enthusiasm, we conceived a model for community-based craft centres, reflecting Fathom Trust's holistic, approach to care through craft. Continuous, multifaceted community engagement is pivotal towards understanding individual contexts and needs, and how to promote wellbeing and reconnection through traditional craft projects. Engagement identified tractable unmet needs which led to the idea of craft centres as creative meeting places for craft and companionship with informal pastoral care. The Café continuously listens, responds and adapts to the community and its needs. We facilitate social media (WhatsApp) support groups for course attendees and run regular experiential open days and public events. Our Advisory Board includes members of the community, including past Making Well participants. Our co-productive approach led to the Crafters' Café becoming a popular community asset in the heart of Brecon. Our vision is for a thriving, sustainable welcoming Café Network supporting every community we serve, located in accessible spaces and adapted to local needs.



Case Study

"I was given a leaflet for the fathom trust by the crisis team, not knowing where to go or what to do after leaving their care the leaflet gave me some direction, although I had tried a couple of groups previously which I couldn't seem to manage so I wasn't feeling too optimistic but I thought I would give it a go, I voiced my concerns with a kind lady in the office (Kim) she assured me that if I needed to leave at any point I could. So I turned up, fragile and vulnerable, bit lost and craving to find somewhere to belong.. I was met with so much warmth that I immediately felt drawn in, there was a large piece of paper on the wall detailing the activities and breaks that were planned for the day... this was really helpful knowing what to expect. We were all quite shy in the beginning but by the end of the session we were looking forward to seeing one another the following week! And from then on with each week that went by I began to feel warmth enter into my world, a sense of belonging and not feeling so lost.. the crafting, the sit spots, sharing healthy lunches and conversations with others was starting to put me back on track, by the end of the 8 weeks I felt like I had a whole new family.. the fathom family! It was hard to leave after those 8 weeks but the crafters cafe has allowed myself and others to continue connecting while crafting in safe and nurturing environment.. I am so very grateful to have the fathom trust it's been a lifeline for me and continues to be. Thank you 🙏" Crafters Café participant

Ecotherapy and Therapeutic Gardening

In 2024 The Fathom Trust received a National Garden Scheme Community Garden Grant to create an apothecary garden so they could expand upon the social and therapeutic gardening activities already taking place at their hub in the Brecon Beacons. Please follow this link to an article on the project: <https://ngs.org.uk/the-fathom-trust/>

Having a garden for the community to come together, learn about plants and their usage, heritage and history in a welcoming inclusive space is an important part of the green prescribing that we are encouraging. We have partnered with local GP surgeries and accept referrals from mental health teams and charities like Mind. As well as integrating the garden as part of the 'Making Well' course, the hope was that eventually the plants grown would be able to produce teas, salves, herbal vinegars and oils.

The Apothecary Garden design has been led by Jess Tanner, our head of programmes and a trained eco therapist. Jess has travelled widely and draws on her experience of other cultures, together with her training with the Natural Academy, to create beautiful, practical and accessible garden spaces. As a team we work to bring in groups from our community to help establish the garden. This has included people referred by their GP or mental health team, but also people who have self-referred having heard about it through Mind. We have had people come from the Police force and probation service, groups from the NHS, Fire Service, head teachers, local clergy, along with children who have





been absent from school since the pandemic. Together, they have built raised beds, dead hedges, a composting system and laid out and planted the garden.

In our wheel-chair friendly raised beds we have planted perennial chives, chards, nasturtium, calendula, kale, courgettes, lettuce agretti (Chinese edible for salads) mange tout, borage for the bees, coriander, heritage beans, Hokkaido winter squash and we have an annual cut flower corner so that visitors can take their own posy home.

In our Heart bed – supportive of heart health – we have planted aconites used for arrhythmias, digitalis, and motherwort to promote good blood pressure and health

of circulatory cells, Damask roses from Iran and Greece to use the for their rose oil and giant yellow scabius.

In the Nervous system bed we have lemon verbena to soothe stomach cramps and period pain in particular and artemesia to reduce pain and swelling, hyssop, and skullcap, which is of interest to those research preventative cures for Alzheimer's.

In our Respiratory bed we have thyme, spearmint, menthol, hyssop

In our Digestive bed we have catmint, which contains nepetallactone, which can improve relaxation and boost mood. We also have sage for oral health, yarrow, and camomile.



In our Immune system bed we have bergamot (also good for reducing cholesterol) , bee balm, Lady's mantle (good anti-inflammatory, sages, feverfew, and echinacea

We have planted rosemary and lavender in our medical culinary bed and in our skin bed we have rudbeckia, comfrey, sun flowers.

Participants reactions been to the Apothecary garden

"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

"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 mediation 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

The Fathom Trust's centre at Llanfellte, 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.

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:

Winter Woodland Wetland Restoration

Funded by the Bannau Brycheiniog National Park Local Nature Partnership Connector Grant, January-February, 2025

“I really enjoyed the wood carving. Fathom has a way of making you really relaxed and the whole day really improved my mood.” Kieron Williams, 17 years old

We have long wanted to improve access to a very special, semi-ancient, wet woodland, which is linked to our main site by a short track. It is away from any road noise and offers a unique experience of immersion and stillness. It is home to alder, birch and willow with a hazel understorey and some chestnut too. It holds a significant amount of water which feeds an old mill stream but it has become overgrown with rhododendron storm-damaged trees in recent years. With careful work, we set out to improve the diversity of species and improve access for local community groups by building a modest boardwalk through the wood and creating spaces for educational and therapeutic work to take place. We worked with a number of graduates from the Black Mountains College coppicing course, some of whom have completed our own Making Well course. We also worked with local school groups and young people seeking preparation for the workplace.



During January and February, we welcomed 54 children and 11 volunteers to the dingle to help participate in the restoration. The woodland areas across the site have been enhanced through removal of non-native species and opening up the canopy to allow increased natural regeneration. To optimise the benefit of this and to avoid significant negative ecological impacts and legal offences and to provide suitable protection, mitigation and enhancement to ancient woodland, we followed the following ecological protection and mitigation strategy:

The woodland areas across the site have been enhanced through removal of non-native species and opening up the canopy to allow increased natural regeneration. Old metalwork and debris has been retrieved from the site making it safe. This work has increased space for bat roosting and wild flower regeneration and has contributed to a stronger network of leaky dams improving water quality and mitigating flood risk. We have also gathered piles of organic material serving as bug hotels offering

increased shade and shelter for insects. In general, the space is now lighter, safer and more accessible and now suitable for future educational and therapeutic visits.

“I love to learn about nature and be out in the woods. It makes me feel free and happy.” Freya, 8 years old.

“There is something magical about taking the classroom outdoors. Firstly, we notice that the bonds between the children strengthen, there’s an ease, and flow to their interactions, which is not present at indoor playtime or in the classroom. Being in nature seems to increase the children’s natural curiosity and sense of adventure. We often observe the calming and therapeutic benefits that this time spent outdoors brings to our children when they feel sad, overwhelmed, or anxious. In addition, it provides a golden opportunity to teach land-based skills that can aid the development of fine and gross motor skills and increase the children’s ecological awareness. This is imperative for a generation that will need to establish a more sustainable way of living to ensure a happy and healthy future.” Emma Brown, headteacher

“Fathom Trust really helped relax my mind and helped me to appreciate nature. It has shown me that spending time outside really benefits my wellbeing.” Ethan, 17 years old.

“Fathom Trust is a place that offers time away from the busyness of town life. The beautiful grounds help to free you and forget your stress. Each session enabled me to concentrate and focus on one thing and encouraged me to be creative.” Andy Romero, 18 years old





This grant has helped us to create a range of co-produced community engagement including crafters' cafes, a gardening club and community kitchen, a summer camps for carers, and workshops for carers and healthcare practitioners, run by teams of local artisans working with healthcare practitioners and health services. In total, we have supported 28 artists and craftspeople to work with a range of material including wool, dried flowers, oils, pastels, charcoal, stone, earth, wood, leather, willow, clay and much more. The opportunities for local volunteers and young graduates from the Black Mountains College to therapeutically engage in green arts and crafts has shown us that outdoor learning correlates with enhanced outcomes in wellbeing,

concentration, behaviour, memory, and confidence with the added dimension of nurturing connectedness with nature and landscape.



Narratives of Personal Renewal: a series of retreats for Carers in West Wales

West Wales carers are being given the chance to explore wellbeing through crafting and creative writing, as part of an Aberystwyth University project.

Academics from the University's Research Centre for Creativity and Wellbeing are working in partnership with The Fathom Trust, Credu and Carers Trust on a series of creative wellbeing days for carers. Funded by the Shaw Foundation, the project aimed to create a safe but active space for exploring and improving health and wellbeing; using craft and writing activities which offer a way of connecting people to their own wellbeing.

Dr Jacqueline Yallop, Director of the Centre for Creativity and Wellbeing, said:

"Through the Centre for Creativity and Wellbeing, we are exploring the multifaceted concept of wellbeing through creative practice. We have adopted a holistic and slightly alternative approach to addressing wellbeing, drawing on the experiences of makers, artists, filmmakers, and writers. "This particular project seeks to support young and adult carers across west Wales, by using creative activities which prompt

new ways of approaching, managing and articulating physical or mental health, and give participants the opportunity to address and/or express complex experience and emotions."

At the first event in the series, a group of carers took part in creative writing activities and weaving. The session was led by Jo Lambert, a writer and English and Creative Writing postgraduate at Aberystwyth University, and Clare Clark, Occupational Therapist working with Fathom Trust. After the workshop, one participant said:

"Whilst I was apprehensive before the session as it was very unfamiliar to anything I had previously experienced, I found that the camaraderie that we established by working through the activities left me feeling a deep sense of connection with other people and a sense of positivity towards coping with the usual challenges of life."

The Fathom Trust World Café Event Staff and service user reflections on the potential integration of health care and nature-based interventions

In October 2024, the Fathom Trust was asked by Dr Kathryn Speedy, a consultant child and adolescent psychiatrist, to help convene a two-day event in Brecon Beacons. The event brought together professionals who work in or around mental health and have a professional interest in the healing effects of nature. The 35 attendees comprised a core group of Child and Adolescent Psychiatrists with a common interest in sustainable healthcare and nature-based practice. This group had previously met in England and Scotland and was joined by a range of other psychiatrists, psychologists, other medical doctors and practitioners from across the UK. There were also five members of the local community, each of whom had personal experience of attending one of the Fathom Trust's Making Well courses. The event provided an opportunity for attendees to learn from each other, build relationships and plan future collaborations. The World Café was one of several workshops at the event. It aimed to gather insights from the group's varied experience of integrating nature-based practice into their work to inform future collaboration. A secondary aim was to give the group experience of the World Café method as an additional research tool. This report outlines the methodology and findings from World Café.

This broad cohort allowed for an interdisciplinary discussion that provided an appreciation of the perceptions surrounding the integration of nature-based interventions with healthcare, by individuals from different sectors, disciplines and backgrounds, and also helped to identify shared perceived challenges and solutions. While there was consensus on the healing benefits of engagement with nature, the group discussions revealed varied perspectives on whether healthcare and nature-based interventions should be integrated or kept distinct. Advocates of integration argued for a holistic, flexible approach that empowers patients with choice, fosters creativity and addresses diverse needs. Conversely, some participants



believed that separating the interventions could enhance individual evaluation and better track outcomes. Participants felt that holistic healthcare is inherently aligned with nature-based interventions, although they did feel that access to natural spaces/resources is often more difficult for certain communities. They were able to highlight small-scale successful examples of this integration. However, there seemed to be an agreement that there was a need for clear guidelines, definitions, robust evidence and training to facilitate the successful integration on a larger scale. There seemed to be a consensus on the need for cross-disciplinary champions to help address these issues, raise awareness and drive education on the significance of integrating nature-based interventions and healthcare approaches for improved global health.







Section A

Independent Examiner's Report

Report to the trustees

Charity Name

The Fathom Trust

On accounts for the
year ended

31 March 2025

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:

16/01/2026

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.

The Fathom Trust			Charity No (if any)	1190352	
Annual accounts for the period					
Period start date	01-Apr-24	To	Period end date	31-Mar-25	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£ F01	£ F02	£ F03	£ F04	£ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	75,303	71,246	-	146,548	157,035
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	75,303	71,246	-	146,548	157,035
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	596	-	-	596	10,780
Charitable activities	S09	38,770	44,449	-	83,219	75,308
Separate material item of expense	S10	-	-	-	-	-
Other	S11	38,928	4,117	-	43,045	53,790
Total	S12	78,294	48,565	-	126,860	139,879
Net income/(expenditure) before investment gains/(losses)						
	S13	- 2,992	22,680	-	19,688	17,156
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	- 2,992	22,680	-	19,688	17,156
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	- 2,992	22,680	-	19,688	17,156
Reconciliation of funds:						
Total funds brought forward	S21	60,479	9,910	-	70,389	53,232
Total funds carried forward	S22	57,487	32,590	-	90,077	70,388

Section B

Balance sheet

Guidance Notes

Fixed assets

Intangible assets	(Note 15)
Tangible assets	(Note 14)
Heritage assets	(Note 16)
Investments	(Note 17)
Total fixed assets	

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
B01	-	-	-	-	-
B02	17,039	-	-	17,039	24,703
B03	-	-	-	-	-
B04	-	-	-	-	-
B05	17,039	-	-	17,039	24,703

Current assets

Stocks	(Note 18)
Debtors	(Note 19)
Investments	(Note 17.4)
Cash at bank and in hand	(Note 24)
Total current assets	

B06	-	-	-	-	-
B07	-	-	-	-	-
B08	-	-	-	-	-
B09	83,457	-	-	83,457	53,555
B10	83,457	-	-	83,457	53,555

Creditors: amounts falling due within one year (Note 20)

B11	10,419	-	-	10,419	7,871
-----	--------	---	---	--------	-------

Net current assets/(liabilities)

B12	73,038	-	-	73,038	45,684
-----	--------	---	---	--------	--------

Total assets less current liabilities

B13	90,077	-	-	90,077	70,388
-----	--------	---	---	--------	--------

Creditors: amounts falling due after one year (Note 20)

Provisions for liabilities

B14	-	-	-	-	-
B15	-	-	-	-	-

Total net assets or liabilities

B16	90,077	-	-	90,077	70,388
-----	--------	---	---	--------	--------

Funds of the Charity

Endowment funds	(Note 27)
Restricted income funds	(Note 27)
Unrestricted funds	
Revaluation reserve	
Total funds	

B17	-			-	-
B18		32,590		32,590	9,910
B19	57,487		-	57,487	60,479
B20				-	-
B21	57,487	32,590	-	90,077	70,388

Section C

Notes to the accounts

(cont)

Note 3 Analysis of income

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Analysis						
Donations and legacies:	Donations and gifts	75,303	71,246	-	146,548	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		75,303	71,246	-	146,548	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		75,303	71,246	-	146,548	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
	£				£			
Expenditure on raising funds:								
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	416	-	-	416	1,455	-	-	1,455
Start up costs incurred in generating new source of future income	180	-	-	180	9,325	-	-	9,325
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	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	596	-	-	596	10,780	-	-	10,780
Expenditure on charitable activities:								
Session fees	35,457	38,816	-	74,273	43,849	24,539	-	68,388
Venue fees	-	4,185	-	4,185	860	-	-	860
Catering	1,098	28	-	1,126	1,252	126	-	1,378
Disclosure checks	180	120	-	300	-	150	-	150
Session materials	1,635	1,300	-	2,935	1,644	2,821	-	4,465
Travel & accomodation	399	-	-	399	-	67	-	67
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	38,770	44,449	-	83,219	47,604	27,704	-	75,308
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
Staff Costs	21,794	3,090	-	24,884	19,761	16,580	-	36,341
Website development	-	-	-	-	-	-	-	-
Website Maintenance Costs	203	-	-	203	898	-	-	898
Accountancy fees	1,134	-	-	1,134	1,092	-	-	1,092
Phone costs	716	39	-	755	273	191	-	464
Insurance	-	-	-	-	131	-	-	131
Subscriptions	-	-	-	-	-	-	-	-
Office costs	1,065	-	-	1,065	222	-	-	222
Bank fees	-	-	-	-	181	-	-	181
Repairs & maintenance	-	988	-	988	-	2,034	-	2,034
Depreciation	14,016	-	-	14,016	12,428	-	-	12,428
Total other expenditure	38,928	4,117	-	43,045	34,986	18,804	-	53,790
TOTAL EXPENDITURE	78,294	48,565	-	126,860	93,371	46,508	-	139,879

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 (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**

This year £	Last year £
624	576
-	-
-	-
600	600

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

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

11.1 Staff Costs

	This year £	Last year £
Salaries and wages	-	-
Social security costs	-	-
Pension costs (defined contribution scheme)		
Other employee benefits	-	-
Total staff costs	-	-

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 £	Last year £
-	-

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

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

--	--

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

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

--	--

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

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

13.2 Grants made to institutions

<i>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.</i>	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 £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
<i>Total grants to institutions in reporting period</i>		-
<i>Other unanalysed grants</i>		-
TOTAL GRANTS PAID		-

Last year:**13.3 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	-	-	-	-
Total	-	-	-	-

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	<i>Please provide details of charity's URL.</i>
No	<i>Provide details below</i>

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

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	7,961	49,711
Additions	-	-	-	6,352	6,352
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	41,750	14,313	56,063

14.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL	SL	SL	SL
** Rate			25%	25%	

At beginning of the year	-	-	20,875	4,133	25,008
Disposals	-	-	-	-	-
Depreciation	-	-	10,438	3,578	14,016
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	31,313	7,711	39,024

14.3 Net book value

Net book value at the beginning of the year	-	-	20,875	3,828	24,703
Net book value at the end of the year	-	-	10,438	6,602	17,039

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

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
** Rate					
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 1 £	Heritage asset 2 £	Heritage asset 3 £	Heritage asset 4 £	Total £
At beginning of the year	-	-	-	-	-
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
Revaluations	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	-	-

16.3 Depreciation and impairments

**Basis						Straight Line ("SL") or Reducing Balance
** Rate						

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.

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Last year

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

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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 Group A	At cost Group 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
	£	£	£	£	£
Purchases					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-				
Other	-				
Donations					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total additions	-	-	-	-	-
Charge for impairment					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total charge for impairment	-	-	-	-	-
Disposals					
Group A - carrying amount	-	-	-	-	-
Group B - carrying amount	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total disposals	-	-	-	-	-

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 £
	-	-
	-	-
	-	-
	-	-
Total	-	-

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 £
	-	-
	-	-
	-	-
Total	-	-

Terms and conditions eg interest rate, security provided

This year	Last year

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

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Amounts payable within 1 year

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Amounts payable after more than 1 year

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Amounts receivable within 1 year

--	--

Amounts receivable after more than 1 year

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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.

This year	Last year

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

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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.

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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	
	£	£	£	£	£
Charitable activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other trading activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Total this year	-	-	-	-	-
Total previous year	-	-	-	-	-

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

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

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

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

Section C	Notes to the accounts	(cont)
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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 £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	10,419	7,871	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	10,419	7,871	-	-

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 £	Last year £
-	-
-	-
-	-
-	-
-	-

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**

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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.

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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.

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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

This year £	Last year £
-	-
-	-
83,457	53,555
-	-
83,457	53,555

Section C	Notes to the accounts	(cont)
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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		

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
National Grid	R		116		116	-	-	0
Making Well	R		270		270	-	-	-
Arts Council Wales	R		2,774	17,222	11,354	-	-	8,642
Royal Society of Arts	R		4,750		4,750	-	-	-
Self Harm Research	R		2,000		2,000	-	-	-
National Garden Scheme	R		-	2,580	2,580	-	-	-
RedKite Health	R		-	5,000	-	-	-	5,000
Brecon Beacon National Park	R		-	6,919	5,000	-	-	1,919
National Lottery Fund - Crofters Café	R		-	20,000	13,922	-	-	6,078
D'Oyly Carte Fund	R		-	6,000	4,324	-	-	1,676
Ashley Family Foundation	R		-	11,425	2,150	-	-	9,275
Aberystwyth University	R		-	2,100	2,100	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			9,910	71,246	48,565	-	-	32,590

(cont)

Charity funds (cont)

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.

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

Total Funds

27.3 Transfers between funds

	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		

	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		

This year

[illegible][illegible]

Note 28 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

FALSE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
Dr W H Beharrell	Trustee	16,950	-	-	-	16,950
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Dr Beharrell operates at the organisation's CEO, in addition to his duties as a Trustee. This remuneration reflects the investment of his time in the CEO role, and no remuneration was paid in respect of Trustee duties.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

Type of expenses reimbursed	This year	Last year
	£	£
Travel	-	-
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	-	-

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

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28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Last year

There have been no related party transactions in the reporting period (True or False)

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Note 29	Additional Disclosures
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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.

During the year the trustees identified certain presentational and classification errors within the prior year financial statements. These errors were not material to the financial position, results, or cash flows of the charity. Comparative figures for the year ended 31 December 2024 have therefore been restated where necessary to ensure consistency and to improve the quality and clarity of financial reporting.