

DARING TO DREAM

England & Wales · Charity number 1190590

Details

Status Registered

Legal form CIO

Registered 2020-07-28

Register [View on the Charity Commission register](#)

Contact

Address Unit 4
Ynys Bridge Court
Cardiff
South Glamorgan
CF15 9SS

Phone 07989385114

Email daringtodream@learningpathways.info

Website www.daringtodream.wales

Activities

Objects: THE ADVANCEMENT OF HEALTH FOR THE PUBLIC BENEFIT BY PROMOTING THE EMOTIONAL HEALTH AND WELL-BEING OF INDIVIDUALS (AGED 16 YEARS AND ABOVE) WHO ARE UNDER THE CARE OF HOSPITAL CLINICS IN WALES.

Activities: Daring to Dream supports the emotional health & well-being of adult patients in clinical care in Wales. Using funds that it has raised, the charity raises awareness & facilitates the improvement of non-clinical spaces in hospitals for patients, their families and the staff who care for them. It also facilitates activities and services that support wellbeing, for inpatients and outpatients.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£77,996	£63,731	-	-
2024-03-31	£61,306	£52,425	-	-
2023-03-31	£57,494	£39,688	-	-
2022-03-31	£35,151	£35,059	-	-
2021-03-31	£8,786	£2,523	-	-

Trustees

Name	Role	Appointed
Barbara Chidgey BSc AMEC	Chair	2024-07-25
Dr Navroz Dady Masani MBBS FRCP		2024-07-25
John Beresford Chown		2023-06-28
Leigh Manley		2026-05-05
Simon Babar		2026-05-05
Susan Heller		2026-05-05

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Accounts

DARING TO DREAM
TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

DARING TO DREAM

INFORMATION

YEAR ENDED 31 MARCH 2025

Principal Address

4 Ynys Bridge Court
Gwaelod Y Garth
Cardiff
CF15 9SS

Trustees

Barbara Chidgey (Re-appointed 28 July 2024)
John Chown
Ross Evans (Appointed for one year from 12 Feb 2025)
Dr Navroz D Masani (Re-appointed 28 July 2024)
Alison Taunton (Resigned 30 November 2024)

Bankers

Triodos Bank
Deanery Road
Bristol
BS1 5AS

Independent Examiner

Bevan & Buckland LLP
Ground Floor, Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Charity Registration Number

1190590

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TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the year ended 31 March 2025.

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Constitution

Daring to Dream was registered as a Charitable Incorporated Organisation with the Charity Commission on 28 July 2020 with charity registration number 1190590.

Introduction:

As we entered the 2024-2025 financial year, we continued to experience ongoing challenges arising from cost of living and global crises, reducing access to grants and making it harder to grow the resilience of the charity.

The chair / CEO has been able to take forward Daring to Dream operationally, with significant success. However, the charity still lacked financial capacity to engage operational delivery contractors to build resilience. The charity has had to continue to develop its resources for strategic business planning, project creation via pursuit of appropriate funding sources and has been hugely grateful to its funders, particularly the Postcode Community Trust for their significant 'unrestricted' grant.

In Autumn 2024 the trustees took important decisions to address the lack of capacity to drive forward the essential changes to increase income to contract additional operational delivery contractors and for the Chair / CEO to transition more of her volunteer operational roles to them. These decisions are highlighted below in the report and to ensure that 2025 focused on elements to build resilience and sustainability.

We extend our thanks to Alison Taunton for her time and contributions as trustee; we wish her good health in the future. We extend a warm welcome to Ross Evans who has joined the trustees in February 2025.

2024-2025 has been a year of significant achievements, of which we are rightfully proud.

Principal activity and public benefit statement

The trustees are aware of the Charity Commission's guidance on public benefit and have regard to it in the administration of the charity.

The charity's principal activity is "the advancement of health for the public benefit by promoting the emotional health and well-being of individuals (aged 16 years and above) who are under the care of hospital clinics in Wales."

Objectives and Activities

The charitable objects of Daring to Dream are the support of the emotional health and wellbeing of adults in Wales living with physical illness and its related activities are to:

- 1) Raise awareness of the importance of good emotional health for living well with illness. We encourage everyone living with illness to discuss their feelings and encourage support from family and friends who will listen to us.

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- 2) Provide emotional support for those living with illness through **making spaces to talk** i.e. the creation of non-clinical, interior designed 'safe havens' in hospitals for patients, their relatives and the staff who care for them.

These safe, comfortable, and comforting spaces are being developed in different clinical areas. They are rooms that do not feel or look like 'hospital rooms' but offer spaces for patients to chat with others, a relaxing space for relatives to rest in when keeping bedside vigil with a loved one or a space for those very tough clinical discussions that take place when we are at our most vulnerable. The Quiet Rooms particularly offer privacy, a 'safe space' to share feelings as well as to be able to hear and discuss clinical advice. They are an 'emotional refuge'.

To summarise, Daring to Dream collaborates with different clinical areas, in different hospitals and health boards to transform and **makes spaces to talk** a) Patient dayrooms on wards b) Relatives' Rooms and c) Quiet Rooms.

- 3) Promote engagement with music to boost emotions and initiate conversations and is developing hospital-based live music projects.

Lleswyl is our flagship live-streamed annual wellbeing festival, bringing Welsh artists into the homes of those unable to attend live events. Lleswyl also makes space for the charity to raise awareness about the significance of emotional health to living well with illness.

Our mission, values and vision

Our Mission: Daring to Dream's mission is to support the emotional (*not mental*) health of adults in Wales living with physical illness.

Our values:

- Culture of integrity
- Compassionate
- Patient-centred
- Collaborative
- Inclusive

Our Vision:

Every adult living with physical illness has emotional health support, enabling them to enjoy their life, living it to the fullest possible.

Achievement and Performance

1. Raising awareness of the need to support the emotional health and wellbeing of those living with illness

The last year has seen Daring to Dream make huge strides in raising awareness about its mission and what it does.

We are engaging with, and building relationships with, many more organisations and with politicians and Welsh Government staff.

We have developed a stronger and clearer narrative and are attracting validation of our work, influence and impact via recognition in two important Awards Events, which is a lovely acknowledgement.

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a) 'Making space to talk' narrative and campaign

An exciting and important development has been the development of a compelling narrative about the purpose of Daring to Dream, which is about 'Making spaces to talk':

- Encouraging us all to make space for those we are close to so that they can talk about what it feels like to live with diagnosis, treatment, long-term illness.
- Pursuing our work of providing comforting and safe physical spaces in hospitals that support those tough conversations.
- Encouraging us all to make social space for those we know living with illness, who otherwise can become very isolated.

b) 'Making Space to talk about Emotional Health' October 24 at the Wales Millenium Centre

In October 2024, Daring to Dream held its very first formal briefing event: 'Making space to talk about Emotional Health'.

The event focused on the importance of emotional health in recovery from illness and to assist in coping well with chronic illness.



Opened by Sarah Murphy MS, Welsh Government Minister for Mental Health and Wellbeing, the briefing was attended by patients, medical and health board staff, and representatives from many health charities.

During the event, the charity's founder and chair Barbara Chidgey outlined empirical research demonstrating that emotional health plays an essential role in enhancing quality of life for people living with physical illness, as it directly impacts how they cope with and manage their health conditions.

Barbara told the gathering: "Emotional health is not a supplementary aspect of physical health but a fundamental aspect of overall wellness.

"Our emotional response to illness is a very human one, it is not a demonstration of a mental health issue. However, if we don't talk about our human emotional responses to our illness, then this may lead to a mental health condition on top of the physical illness."

Mental Health and Wellbeing Minister Sarah Murphy MS thanked Daring to Dream for its work in this field, saying: "The emotional health and wellbeing of all adults and young people in Wales living with longstanding illness is incredibly important to us and will inform how we shape our policies in the future."

[Extract of opening address by Sarah Murphy MS, Welsh Government Minister.](#)

As part of the event, Welsh cancer sufferers, kidney transplant patients, clinicians and families of those who have passed away from chronic illnesses, sat down with the event's host, journalist Siân Lloyd, to discuss what they went through, and are still going through emotionally; they shared how they have coped with their feelings.

Feelings of loneliness, guilt and anger were all common themes, but everyone agreed that talking with fellow patients and medical staff who understood the importance of emotional health, had helped them deal better with their emotions arising from illness.

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c) Marketing Project with Cardiff Business School, Cardiff University

Daring to Dream was delighted to be selected to have the assistance of a team of Cardiff Business School post-graduate Strategic Marketing students, whose work contributed to the charity developing its compelling narrative.

Their work resulted in a strategic marketing approach, which will provide a guide for the charity in terms of marketing strategy in its next steps of growth.

We wish to thank the team and the Cardiff Business School for this opportunity. Working with Higher Education in such a way, provides charities with real opportunities to develop, whilst they, in return, provide the students with invaluable real-life work experience that brings to life their academic studies.

d) Winners of Bronze Award Oct 2024 in the Mental Health & Wellbeing Awards.

In October 2024, we were thrilled to be finalists in the category for **Inspirational Charitable Organisation** in the annual Mental Health & Wellbeing Awards!

We were selected as Bronze Award Winners in the 'Inspirational Charitable Organisation' category. Great news!

The trustees of **Daring to Dream** wish to thank Ajuda and The Mental Health & Wellbeing Show and Awards for this recognition of our work. We really appreciate the recognition.



e) Finalists in Welsh Charity Awards – November 2024



We were so pleased and touched that **Daring to Dream** was a finalist in the **#WelshCharityAwards** in 'The Most Influential Small Organisation' category.

For our work, influence and impact to be recognised as a **finalist** in this category is absolutely fabulous. Our trustees and guests certainly enjoyed celebrating as finalists at the Awards Dinner on Monday 25th November at the National Museum of Wales.

We so enjoyed hearing about 27 individuals and organisations that are making such a difference in Wales. Together, we are indeed helping improve the lives of so many in our different ways.

Congratulations to **Fair Treatment for the Women of Wales (FTWW)** for their very well-deserved win and also to **Carmarthenshire People First** for also being finalists. Daring to Dream is honoured to have been shortlisted alongside each of you.

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Thank you so much also to **WCVA | CGGC** and their Awards team for all their hard work and to **Lloyds Bank Foundation for England and Wales** for sponsoring this category.

f) Lleswyl 2025 – 21 February 2025

The social space was promoted very strongly via the concept of Lleswyl Watch Parties, supported by a grant from The National Lottery Community Fund in Wales (Awards for All).

Our contributors ranged from performers with a global reputation **Sidiki Dembélé, Mariatou Dembélé and Modou Ndiaye**, with many professional musicians such as **Sinfonia Cymru, The Inner Voices, Adjua, Ar Log, Rusty Shackle, Pet Shop Boys, actually** to community choirs and groups including **Nana Punk, Choirs for Good Abergavenny** and the **Cwmbran Deaf Choir**.



The feedback has been excellent including this poignant quote from the Cwmbran Deaf Choir.

“Being a part of Lleswyl 2025 was a highlight of the year for Cwmbran Deaf Choir. For the deaf pupils to experience first-hand their own signed songs being recorded in a recording studio is something I’m sure that will stay with them forever.

The experience gave them an opportunity as deaf young people to raise the profile of deafness making others more “deaf aware” through emotionally engaging music which was aired to a wide audience.

Taking part in Lleswyl enabled them to grow in confidence which in turn promotes a positive self-identity for each young person.

A strong deaf identity is crucial for the mental health of deaf people as it can raise self-esteem and fosters pride in one’s unique experiences promoting positive interactions within the Deaf and hearing communities.

To make a difference to other lives through being a part of Lleswyl was incredibly inspiring and uplifting for us as a group. Thank you Daring to Dream for the opportunity.” Mary Cole, Musical Director Cwmbran Deaf Choir.

“I enjoyed performing in Lleswyl with the deaf choir as it was interesting for me to watch myself on YouTube. I loved being filmed with my deaf choir, the studio and the lights were amazing.

Being a part of the deaf choir is so important for me as I get a chance to be with my deaf friends. I’m so happy when I’m with my friends” – a young choir member.

Cwmbran Deaf Choir signing ‘Proud’, our specially commissioned track

We had our first charity partners too:

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Mind Cymru joined Daring to Dream as its charity partner for Lleswyl 2025, jointly promoting the online event across all channels and contributing directly with an appearance from Mind Cymru Executive Director, Sue O'Leary, as a panel member on the evening itself.

Sue said: "It was a wonderful experience to be a charity partner for Lleswyl 2025, and to help shine a spotlight on the challenges people living with chronic illness across Wales continue to face every day.

Barbara and the team at Daring to Dream were incredibly professional, organised, and warm in their approach during the run up to the event, and on the evening itself. Their dedication and passion were evident in every detail, making the evening a truly engaging and uplifting experience for all involved." Sue O'Leary, Executive Director, Mind Cymru

Lleswyl 2025 can still be enjoyed on YouTube



A growing number of bodies partner with us to help promote Lleswyl across their networks; we appreciate their support and partnership greatly and it helped us to raise our unique logons on the night. They are all helping us promote Lleswyl and raise awareness of the need for good emotional health and wellbeing.

Lleswyl is an important part of Daring to Dream's work and contributes greatly to us raising awareness of the need to support the emotional health and well-being of adults in Wales living with illness.

g) Making Space to talk about Emotional Health – the conversation continues.

Sponsored by Julie Morgan MS

Our second briefing event took place in Committee Rooms at Senedd Cymru, on 26 March, sponsored by Julie Morgan MS and supported by Sarah Murphy MS, Welsh Government Minister for Mental Health & Wellbeing, who made the concluding remarks. Jason Harrold was our MC.



Julie Morgan opened the event, with Barbara Chidgey speaking next positioning the emotional health agenda as a critical element to prevent mental illness and improve managing illness so much better.

Other contributors were Dr Jen Daffin on behalf of Hapus, Public Health Wales and Platform Wellbeing. Nav Masani, our clinical lead, took over from Jen and Hamed and Hessam Amiri joined us on film.

With 1.2 million of us in Wales living with at least one longstanding illness, it surely must

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be that every single adult in Wales is impacted, either that they themselves live with illness or they live alongside someone who does.

Research shows clearly that there is a direct correlation between talking about our feelings arising from illness and much better management of chronic illness and faster recovery from an acute crisis.

However, also supported by research, we don't tend to talk about our feelings!

The support from Julie and Sarah is wonderful - and so important. We are developing an essential mission, campaign and focus on emotional health and their belief in and support for our mission is fantastic - thank you so much.



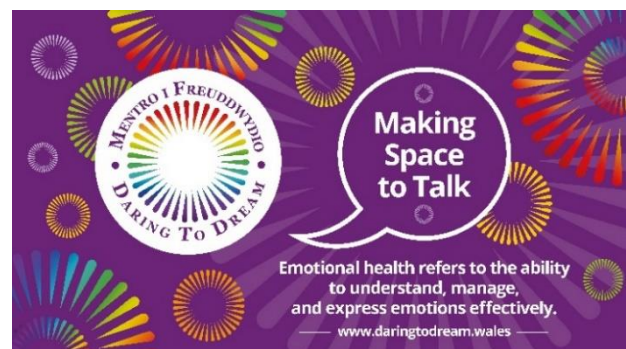
Additionally, our very sincere thanks to everyone who attended on 26 March and for all their support and encouragement, including Janey Howells (the then High Sherriff for South Glamorgan) & Molly Fenton.

h) Living with illness – Emotional Health web resources

All our events are now providing us with opportunities for filming and creating related media films to improve our marketing and engagement with the public.

A stock of resources for use online, in social media and at events is steadily being built and put to good use.

An 'Emotional Health' strand is being prepared and will be added to the website blog once the current editing is completed. This is an important addition – for us to discuss more fully and confidently emotional health and its significance in managing illness well.



2. The creation of non-clinical, interior designed 'safe havens' in hospitals for patients, their relatives and the staff who care for them.

a) Update on the dayrooms in the Care for the Elderly Wards in Princess of Wales Hospital, Bridgend, Cwm Taf Morgannwg University Hospital Board

Last year we reported on our project to transform the day rooms in the Care for the Elderly Wards at Princess of Wales Hospital.

The negotiations have been complex and extended as the trusted strategic partnership has been forged.

In time, we have gained support from Moondance Foundation with a grant and from Bridgend Lions with additional financial contribution from them too.

We were all ready to fire the starting pistol, when – unbelievably- the roof at Princess of Wales hospital literally fell in!

Cwm Taf Morgannwg University Health Board staff have all stepped up to manage this scenario, patients and staff have been temporarily relocated to other hospitals in RCT, including Ty George Thomas in Treorchy, where several Care for the Elderly patients were moved to.

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As the financial year ended, we awaited the update from CTMUHB as to where the Care for the Elderly (COTE) patients are to be relocated once the roofing work is completed.

We remain in open discussion with the Executive Nurse Lead and General Manager of Princess of Wales Hospital.

Potential impact: Across the wards, staff teams care for up to 70 patients. This means that maybe 35 patients across all 3 wards could spend some time in one of the day rooms each day, approximately 10,000 points of contact / footfall per year.

b) Update on the Visitors' Loo in Critical Care at University Hospital of Wales

The visitors' loo was finally completed late April 2025, an excellent collaboration between Daring to Dream, Critical Care Directorate and Capital, Estates and Facilities.

This is not just a loo, but provides a refuge:

- A place to be alone when feeling overwhelmed, distressed, or fearful.
- A place to cry in.
- A place to compose oneself in.
- A place to find more strength before heading out to continue to support other family members.

View the loo here: [The completed visitors' loo in Critical Care on B3 corridor](#)

We all express our thanks and good wishes to Louise and her family and friends, whose donations helped make the project possible.

Impact: Daring to Dream made over the Quiet Room and Relatives' Room in Critical Care during the pandemic and the Visitors' Loo has now been added. Senior staff in Critical Care estimate 120 visitors utilise the three rooms across every day of the year. So that is potentially 43,000 points of contact / footfall across a year

c) Integrated Medicine Quiet Room (C7), University Hospital of Wales

We are so pleased also about the completion of the transformation of the 'Visitors' Quiet Room in Ward C7, Department of Integrated Medicine, University Hospital of Wales.



This was another collaboration between Daring to Dream and Capital, Estates, and Facilities at Cardiff & Vale University Health Board.

"I have received so many lovely comments about our new Patients' and Visitors' Quiet Room in such a short period of time." said Lisa Edmonds, Interim Ward Manager of C7 in the Department of Integrated Medicine at University Hospital of Wales.

"Our newly made over Quiet Room has been described as fresh, peaceful, relaxing, and calming, a haven within a busy ward environment.

"Already, many visitors have commented that the room environment has made a difference to them when having discussions about difficult situations with the doctors. The calmer and more comforting environment has helped them to process information better.

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“Staff have commented that they no longer feel embarrassed to take relatives to that room, whereas previously (in its shabby state) they did.”

This room was in a sorry state, with an old and smelly carpet, unsafe shelves, and a secured window – meaning no fresh air or ventilation at all. The change now is just amazing.

Daring to Dream has been delighted to ***make another space to talk*** for patients, families, and the staff who care for them, in University Hospital of Wales.

Daring to Dream wishes to thank the team in Ward C7 for their support and Capital, Estates, and Facilities at Cardiff & Vale University Health Board, for their support and collaboration.

View the updated room here: [Ward C7 Family Room, University Hospital of Wales](#)

d) **The Bluebell Room in the refurbished chemotherapy Outpatients department at Bronglais Hospital, Aberystwyth, Hywel Dda University Health Board**

Daring to Dream is delighted that the totally refurbished Chemotherapy Outpatients Unit at Bronglais Hospital, Aberystwyth will be opened on May 10th, 2025.

The refurbishment of the Chemotherapy Outpatients Unit has been a 5-year improvement project for Hywel Dda University Health Board, involving many organisations and individuals. So many have contributed in different ways to this essential re-development, providing patients with the environment they deserve whilst living with cancer, having treatments, and accessing clinical and other support.

The contribution of Daring to Dream

Having consulted with patients and their families, the team at the outpatient’s unit realised that the young adults living with cancer really need a space for themselves. A designated space to digest and discuss clinical updates, support each other, chat with a youth worker from the Teenage Cancer Trust and so on.

Such an essential **#spacetotalk** for young adults had not previously existed.

Hywel Dda University Health Board decided to set aside one room in the refurbishment of the refurbished unit as the ‘Bluebell Room’ specifically to provide that comforting and comforting ‘safe space’ to talk. Daring to Dream has collaborated with them to provide the furnishings and resources in the room. ‘Bluebell’ means ‘courage’, an apt name for the room.



"Young adults with cancer living in Ceredigion, Powys and South Gwynedd will benefit from having an environment that will feel comforting and less clinical, for discussions around their care.

It will also provide an area for specialist young adult cancer professionals to meet locally with them. The area can also be used by adults with cancer and their families for the same reasons.

The Leri Cancer Unit team, Bronglais General Hospital and Hywel Dda University Health Board are delighted to have been offered this funding by Daring to Dream to provide the Bluebell room."

Rachel Bran, Senior Sister, Leri Cancer Unit, Bronglais Hospital, Aberystwyth.

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e) Building strategic partnerships across health boards

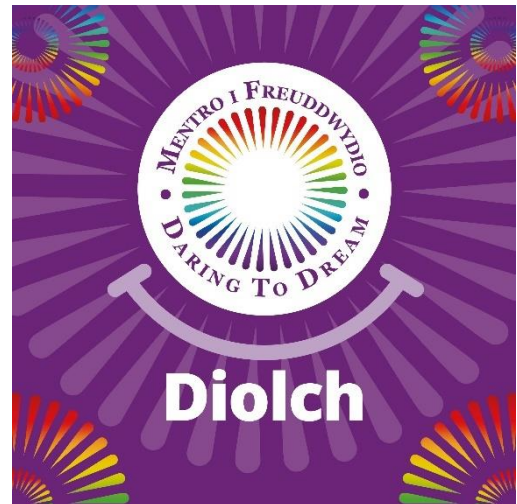
Daring to Dream is committed to working co-productively and collaboratively with patients, their families and the staff who care for them and with health boards, other health charities and private sector organisations.

2024-2025 was another intense year of building relationships, understanding processes and establishing how best to work together with health boards and key personnel (such as lead nursing staff and Capital, Estates and Facilities).

This work continues to bear fruit, and the charity has now developed a 3-year plan of projects across three health boards, together with accompanying processes.

We continue to learn from each project developed from staff and patients and from many conversations.

We extend a huge thank you to the many personnel across Cardiff & Vale University Health Board, Cwm Taf Morgannwg University Health Board and Hywel Dda University Health Board for their time, willingness and insight.



3. Promote engagement with music and facilitate activities as a means to boost emotions and initiate conversations, supporting the wellbeing of patients at home and in hospital.

a) Lleswyl 2025:

Lleswyl 2025 broadcast was live streamed on 21 February via:

- YouTube
- Facebook
- Innovate Trust's Insight app and
- Hospital Radio Glamorgan also transmitted it live

Impact: By April 2025, unique logons JUST on YouTube had exceeded 1,200 – representing a potential range of actual viewings of at least 2,500. More than double YouTube viewings of Lleswyl 2024 over the complete year.

The pilot radio transmission was also very successful, and radio transmission is certainly an area to explore to increase our reach. Our thanks to Hospital Radio Glamorgan for their support.

Lleswyl 2025 itself created an important space for Daring to Dream and many guests to talk about emotional health and its impact on physical illness.

Our guests included Sue O'Leary, Director of Mind Cymru, Barbara Chidgey (founder and Chair of Daring to Dream), Nav Masani (the charity's clinical lead), Liz Powell (Vice Chair of Fair Treatment for the Women of Wales), Chris Birch (broadcaster, journalist and creative), Molly Fenton (a young health activist, founder of 'Love Your Period') and Daisy (Molly's dog).

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Our conversation through the night, led by Siân Lloyd, Tumi Williams and Jase Harrold took us through a journey of exploring:

- Emotional and mental health,
- Emotional impact for women living with illness
- Emotional impact of illness on men
- Emotional impact of illness for young adults
- Emotional support and comfort to be gained from animals

We also showcased:

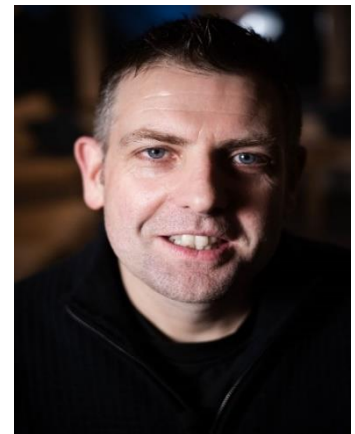
- Macmillan Cancer Support (Bridgend Carers, Coalfields Regeneration Trust, Powys Community Support),
- Diabetes UK Cymru and
- Cat Protection Bridgend Centre.

Impact: Leigh Manley – the rugby poet:

"My first online festival experience, and it rewarded me with a sense of belonging I did not get from in-person events before I fell ill. The evening showed me that a wonderful, intelligent, and passionate community, all-too-often excluded from mainstream enrichment, is bigger, bolder, and even more talented than I 'd ever dared to imagine. Until I dared to dream!" Leigh Manley, the rugby poet.

Leigh also wrote a great article for Bylines Cymru about Lleswyl 2025:

<https://bylines.cymru/arts-and-culture/lleswyl-2025-daring-to-dream/>



Impact: Sinfonia Cymru

"The benefits of being involved with Lleswyl over the past three years have been huge.

The Lleswyl recordings have enabled our young professional musicians to have a record of projects they have worked hard on, and to know that they are reaching a new audience for that work, outside of the concert hall. We have been able to demonstrate the variety of music we play, from classical to rock and pop, Welsh folk, and music that fuses classical instrumental sounds with African Mandingue song.

This year, we hope to use one of the Lleswyl recordings as part of a feature about Sinfonia Cymru on BBC Radio 3, in which case we would expect over 60,000 listeners to hear our music and learn about Lleswyl.

We are very grateful to all the team at Daring to Dream for continuing to invite us to take part - it's such a fantastic cause and one that means a lot to us to be a part of."

Caroline Tress, Chief Executive Sinfonia Cymru.

Viewings continue via [YouTube channel Lleswyl 2024](#)

b) Live music in the Care for the Elderly Wards – pilot

Thursday 25th April 2024 finally brought the start of our pilot of live music to patients on Care for the Elderly wards in the Princess of Wales Hospital, Bridgend.

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Funded by Ty Cerdd, the first session of this pilot project went down a storm! To quote Simon Cowell, the patients didn't just like it, they loved it! As one patient said, 'There's nothing like live music, is there?'



The ward managers from the Care for the Elderly wards have witnessed the success of the project as it continues each week:

'The music is uplifting for both the patients and relatives. One patient's daughter was so touched by watching her father sing to the songs, she let the ward manager know how she hadn't seen him interact and talk so much since he had been unwell. She said the music was just wonderful.'

'It has been so special to provide the patients, who are in hospital for long periods, with the musicians. They

laughed, sang, and truly enjoyed the experience – we hope that it can continue!

'The joy music brings to our patients – its priceless.'

c) Live music in the Care for the Elderly Wards – continues

19 March 2025, and we began the live music once again, implementing much learning from the pilot and gathering funds to provide fortnightly sessions for the rest of 2025!

With funding from Ty Cerdd, Community Foundation Wales, and some corporate support, we recruited Seren and Ffion, both are Higher Education students from Bridgend College, who fortnightly are playing for the Care for the Elderly Ward patients and Ward 15 (Dementia Patients).

It's now not unusual to hear Seren and Ffion playing for the patients!

It's not unusual extract

Importantly we now have a transferable project to implement across other hospitals and health boards.

d) Helping make spaces to talk



We also negotiated the purchase of vouchers for staff to be able to take a patient away from the cardiothoracic ward to Aroma or Y Gegin, to have time and space to talk.

Particularly for younger adults, having that 1-1 time with someone they trust for a real open conversation can be very important.

The vouchers have been very successful and allow both patient and staff to select their own choice of drink and a snack.

It has been so successful that additional vouchers have now been purchased, and good use is being made of them.

Our sincere thanks to the staff within the Cardiothoracic Directorate and the Adult Congenital Heart Disease (ACHD) Team for their committed and continued support.

DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

Financial review

a) Fundraising

We saw the impact of supporters throughout 2024-2025 be that as runners, musicians, donors or supporters of our annual ball. As we grow engagement, our team and our projects, we recognise that we need to have a sharp focus on fundraising from a variety of sources.

We aim to develop the potential of Lleswyl as an important source of fundraising and income generation.

Daring to Dream Ball & Auction 27 September 2024 – hosted by Siân Lloyd:

It was a truly lovely evening, a room full of kind, compassionate, warm and friendly people from different walks of life; many themselves who joined us on Friday night are experiencing the daily reality of living with illness or a member of their family doing so together with the accompanying whirlwind of emotions that arise from this.

It feels like **Daring to Dream** is now really building an extensive community, even a family, extending out from South East Wales into the South West, West and beyond.

Behind the scenes many people and organisations have contributed to making such an event a success, and we couldn't do it without you all. However, may I just give two very special thank-yous:

Firstly to Kai Thornton (and Kate Morgan and Anna Davies from **Teenage Cancer Trust**).

Kai – by sharing some of your personal story of being diagnosed with leukaemia and what it has felt like to you, including the support you have had from the TCT staff and the camaraderie from your fellow patients, and how you help each other on tough days and laugh together on good days, you inspired us all and touched us too. Thank you so much indeed.



Secondly to The Warblers, the choir of **Ray of Light Cancer Support Wales** – being part of our evening.

You bring joy and happiness wherever you go, really encouraging everyone to live their lives to the fullest, Daring to Dream is with you all the way!

Great guests, food, entertainment, a lively raffle and auction resulting in a profit of nearly £6,000 for funds towards the Bluebell room decoration and resources.

Sponsored and individual fundraising:

Steadily we increase our network of supporters who simply choose to donate, or they raise money via their own events, or by taking part in organised events (such as half marathons) raising sponsorship for that.

A special thanks to Newport's Beechwood Community Park who annually hold a "Music in the Park" event in Beechwood Park, supporting our work at Daring to Dream with funds raised on that day too.

We are so grateful to everyone who supports our mission and help us make it a reality.

Thank you so much.

Corporate sponsorship and support:

We have also had some fantastic support from some of our corporate friends and supporters, which included donations from PwC, Centrica, Cenin Renewables, Cobalt HR Limited.

DARING TO DREAM
TRUSTEES ANNUAL REPORT
YEAR ENDED 31 MARCH 2025

To continue to generate our income generation opportunities and skills, we have taken part in professional development, particularly in terms of developing corporate partnerships.

Grant fundraising:

As we develop, build impact, track record and credibility we have also achieved increased success in grant revenue.

- £19,160 unrestricted funding grant from the Postcode Community Trust.
- £15,000 from Moondance Foundation for the Care for the Elderly (COTE) Ward Dayrooms in Princess of Wales Hospital.
- £9,979 from The National Lottery Community Fund Wales (Awards for All) supporting the social inclusion agenda of 'making space to talk'.
- £1,813 from Ty Cerdd to support the pilot live music project in the Care for the Elderly Day Rooms at Princess of Wales Hospital, Bridgend.
- £2,000 Fund for Wales via Community Foundation Wales.

b) Financial position - We raise money in various ways from many different sources and the breakdown of income for 2024-2025 is:

- £47,952 (61%) of our income was raised from grants
- £11,047 (14%) of our income was raised from individual donations and fundraisers
- £ 9,931 (13%) of our income from corporate donations and support
- £ 7,110 (9%) of our income from our own fundraising events and sales
- £ 1,956 (3%) other income

Note 1: In 2023 -2024 54% of our income was from grants, and all other sources totalled 46%

Note 2: Our aim is to grow the charity's income to grow resilience, with grant funding as a 'stepping stone' as we grow and build income via non-grant sources, including the monetisation of Lleswyl.

Note 3: Other income includes £1,654 project management fees.

Moving forward, all activities delivered by the charity will include an earned fee (project management fee). To date all the immense number of professional services contributed by the charity, have been provided pro bono.

Earning income is an important income stream for Daring to Dream to develop.

c) Our total income for the year was **£77,996**.

An increase on last year's income of **£16,690**, just over a **27%** income generated increase.

d) Our expenditure for charitable activities increased to **£45,485** from **£31,297** in the previous year.

This increase of expenditure on charitable activities, of just over **45%**, reflected an increase in project completion, and newly added engagement events.

e) Our operating surplus for the year was of **£14,265** i.e. more than income over expenditure.

DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

f) Percentage spent on charitable activities:

- £45,485 spent on charitable activities
- £63,731 total spend
- Percentage spent on charitable activities was 71.4% compared with 60% of expenditure in 2023/24 on charitable activities.
- Recommended spend for charities on charitable activities is between 60 – 80% of all expenditure.

g) Administrative costs reduced from **£21,128** to **£18,246** – a reduction of **£2,882** (14%)

Income generation: our impact



Daring to Dream has been in existence for 4½ financial years and has generated income of nearly one quarter of a million pounds.

That is an important milestone for us and one of which we are justly proud.

Reserves Policy

The trustees' reserves policy is to accumulate and retain prudent levels of funds in order to continue to maintain its main charitable objectives into the future.

Annual budgets have been, and will continue to be prepared, in order to monitor actual financial performance against those budgets. If and when any issues are identified by that process corrective action will be taken to secure the future viability of the charity.

Risk Management Policy

The trustees have assessed risks to date in relation to the initial limited activities undertaken. It is intended that further reviews are undertaken to provide a comprehensive assessment of potential key risk areas and to ensure that relevant procedures are put in place to mitigate those risks.

DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

Related Parties

During the period under review no trustee received any remuneration or claim for expenses. The charity has a clear policy that any activities which could result in a perceived conflict of interest are fully declared as and when relevant.

Statement of Trustees' Responsibilities

The trustees are responsible for the preparing the trustees' report and the financial statements for each financial period which give a true and fair view of the charity's state of affairs as at the balance sheet date and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts.
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records that are sufficient to show and explain the transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Formal meetings of the board

During 2024-2025, the trustees held:

- 6 formal board meetings
- 1 general meeting
- 1 strategic away day

The Board

- Barbara Chidgey: Chair
- John Chown: Trustee and Treasurer
- Dr Nav Masani: Trustee and Clinical Lead
- Alison Taunton: after a very long spell of ill health, Alison resigned as trustee at the end of November 2024. We wish her a full recovery and thank her for her support of and commitment to Daring to Dream.
- Ross Evans: Trustee and Governance Lead

Ross was appointed for an initial term of one-year from 12th February 2025.

The board decided to concentrate during 2025-2026 on driving forward the implementation of the charity's strategy and expects to open trustee recruitment again in late 2025.

Biographies of all trustees.

DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

Governance

The charity's trustees confirmed the agreed Mission and Vision and have refined Daring to Dream's values:



Trustees updated Daring to Dream's strategic goals:

Implementing our strategy:

The trustees have been clear on the strategy to take forward the charity, but implementation has been thwarted by lack of capacity and no real progress towards building resilience and sustainability has been made over the last year, as a result.

This has been of great concern.

The trustees had believed initially that capacity could maybe built by building the board. The board's role is strategic and not operational, and our capacity gap is 'operational'.

They also acknowledged that Daring to Dream, as an organisation, is not yet robust enough to take on additional trustees, which could pose a risk to the organisation's culture and potentially undermine its agility to respond.

The Board recognised the urgent need to re-invigorate and welcome relevant committed and different perspectives, experience and networks into Board discussions, yet for now leave the decision-making with the trustees.



DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

The board concluded that:

- The Chair / CEO and Board would concentrate for 12 months on the core strategic activity of the charity. This is to raise profile, increase income generation and implement more of the essential operational transition moving from volunteer-led to freelance operational delivery to build resilience and sustainability.
- To open trustee recruitment again in late Autumn 2025
- To appoint an **Advisory Network**, with immediate effect, with specialisms in business development and enterprise, HR, Marketing, Clinical, Digital and AI, leadership.
- To work closely with the Advisors (individually and together) to achieve another core strategic goal that Lleswyl, our flagship live-streamed wellbeing festival, becomes the means to ensure the charity's growth, resilience, sustainability.
- Daring to Dream must develop strategy that encompasses:
 - a) 'Monetising', marketing, producing Lleswyl.
 - b) Prepare a resulting 3-year business plan with accompanying financial forecasting to underpin a significant project plan submission to the National Lottery Medium Fund as a stepping stone to becoming a resilient & sustainable organisation.
 - c) Implement the 3-year business plan (after securing funding)

This approach, with an Advisory network, broadens the informed input and creative thinking of the Board and improves trustee decision-making – without adding to the risk.

The Advisors role will be highly significant contributing to the charity moving towards becoming a resilient and sustainable organisation.

Our Advisory Network:

Ashley Bale – Digital Innovation

Jo Griffiths – Business and HRM specialist

Liz Hayward – Experienced HR, OD and L&D

Richard Houdmont – Marketing

Gaynor Lewis – Strategic Leadership and Change Management

Jay Sheppard – Fundraising specialist

Advisory Network biographies

Cranfield Trust Mentor:

Daring to Dream also applied to Cranfield Trust for support and guidance to help us achieve the planning and begin to implement it.

The board is delighted that the charity's application has been successful, and the support is invaluable.

We are hugely appreciative of this focused, proactive and appropriately challenging support.

DARING TO DREAM

TRUSTEES ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

Policy updates:

February to March 2025, the board had its current policies reviewed by an external consultant and have recommendations for updates to be approved and the additions of additional policies for discussion and approval by the board.

This will now be taken forward by the board; the move for resilience also means a measured approach to becoming employment-ready with appropriate HR policies in place. This will be a significant piece of work for the board over the 2025-2026 financial year.

Developing and implementing strategy in 2025-2026 will be one of the main foci of the work of trustees in 2025-2026, supporting Daring to Dream to increase its income, contract more trusted freelancers, and transition more operational functions from the current volunteer CEO, hence building resilience.

Strategic steps will continue to develop one step at a time and be a key focus of board discussions.

Recruitment of trustees for board expansion in 2026-2027

The growth of the board will be an important step, with recruitment processes starting in autumn 2025 for new board members to be onboarded in early part of 2026.

Finally, I would like to extend heartfelt thanks to all our supporters, our beneficiaries, our growing team of freelancers, our newly established Advisor Network, our volunteers, the organisations we work closely with and our dedicated team of trustees.

I am very proud of the collective efforts, of what we have achieved, and are achieving, together as we continue to strive to highlight the importance of supporting the emotional health of the 1.2 million adults in Wales living with physical illness and to make spaces to talk.

Signed on behalf of the trustees:



Barbara Chidgey

Chair / CEO Daring to Dream

Date: 13 May 2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DARING TO DREAM

Independent examiner's report to the trustees of Daring to Dream

I report to the charity trustees on my examination of the accounts of Daring to Dream (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

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

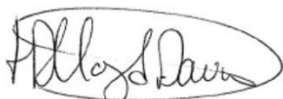
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act;
or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 22 May 2025

DARING TO DREAM

STATEMENT OF FINANCIAL ACTIVITIES YEAR ENDED 25 MARCH 2025

		2025			2024
	Note	Unrestricted	Restricted	Total	Total
		£	£	£	£
INCOME					
Charitable activities					
Grants receivable	3a	28,089	19,863	47,952	32,905
Donations received	3b	9,192	8,366	17,558	18,238
Other income	3c	5,164	7,060	12,224	9,994
Investment income	3d	262	-	262	169
		<u>42,707</u>	<u>35,289</u>	<u>77,996</u>	<u>61,306</u>
EXPENDITURE					
Charitable activities					
Total charitable costs	5	27,682	17,803	45,485	31,297
Administrative costs					
	6	15,831	2,415	18,246	21,128
		<u>43,513</u>	<u>20,218</u>	<u>63,731</u>	<u>52,425</u>
Net income for the year		(806)	15,071	14,265	8,881
Fund balances brought forward		6,449	26,593	33,042	24,161
Transfers between funds		(2,286)	2,286	-	-
Fund balances carried forward		<u><u>3,357</u></u>	<u><u>43,950</u></u>	<u><u>47,307</u></u>	<u><u>33,042</u></u>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

DARING TO DREAM

BALANCE SHEET

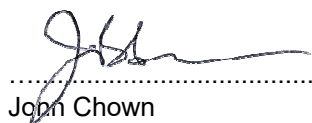
31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Current assets					
Debtors	9	1,162		2,968	
Cash at bank and in hand		<u>49,351</u>		<u>32,973</u>	
		<u>50,513</u>		<u>35,941</u>	
Creditors: Amounts falling due within one year	10	<u>3,206</u>		<u>2,899</u>	
Net current assets			47,307		33,042
Total net assets			<u><u>47,307</u></u>		<u><u>33,042</u></u>
Funds of the charity:					
Unrestricted funds	12		3,357		6,449
Restricted funds	12		43,950		26,593
Total funds			<u><u>47,307</u></u>		<u><u>33,042</u></u>

These financial statements were approved by the trustees on 13 May 2025 and signed on their behalf by:



.....
Barbara Chidgey



.....
John Chown

DARING TO DREAM

NOTE TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2025

1. Accounting Policies

a) Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102).

b) Going concern

The accounts have been prepared on a going concern basis as there are no material uncertainties over the charity's continuing operation.

c) Income

Income is recognised in the statement of financial activities when the charity is entitled to in income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

- Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relates directly to that activity.

c) Fund accounting

- Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.
- Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.
- Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

d) Debtors

Trade and other debtors are recognised at the settlement amount due after any relevant discount offered.

e) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any relevant discounts due.

g) Taxation

The charity is exempt from Corporation Tax on its charitable activities.

DARING TO DREAM

NOTE TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2025

1. Accounting Policies (continued)

h) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. Legal Status of the Charity

The charity is a charitable incorporated organisation (CIO) and has no share capital. In the event of the charity being wound up there is no liability for members of the charity who are the trustees.

3. Income

	Unrestricted funds £	Restricted funds £	2025 Total £	2024 Total £
a) Grants receivable (see note 4)				
Awards For All (National Lottery)	-	-	-	9,978
Arts Council Wales	-	-	-	9,839
Community Foundation Wales	-	2,000	2,000	-
Moondance Foundation	-	15,000	15,000	-
National Lottery	9,979	-	9,979	-
Postcode Community Lottery	18,110	1,050	19,160	11,700
Ty Cerdd	-	1,813	1,813	1,388
	<u>28,089</u>	<u>19,863</u>	<u>47,952</u>	<u>32,905</u>
b) Donations				
Corporate donations	1,906	6,275	8,181	5,830
Individual donations	7,286	2,091	9,377	12,408
	<u>9,192</u>	<u>8,366</u>	<u>17,558</u>	<u>18,238</u>
c) Other income				
Gift Aid	1,670	-	1,670	891
Fundraising activities	50	3,210	3,260	-
Sponsorship	1,750	-	1,750	-
Project management	1,654	-	1,654	-
Miscellaneous income	40	3,850	3,890	9,103
	<u>5,164</u>	<u>7,060</u>	<u>12,224</u>	<u>9,994</u>
d) Investment income				
Bank interest	262	-	262	169
Total	<u>42,707</u>	<u>35,289</u>	<u>77,996</u>	<u>61,306</u>

4. Purposes of grant funds

- Community Foundation Wales - £2,000 award for Live Music on Care for the Elderly Wards at Princess of Wales Hospital
- Moondance Foundation - £15,000 award towards cost of transforming day rooms on Care for the Elderly Wards at Princess of Wales Hospital
- The National Lottery Community Fund Wales (Awards for All) – £9,979 grant for Lleswyl 2025 and Beyond
- Postcode Community Trust - £19160 awarded to support unrestricted core and other costs of the charity
- Ty Cerdd - £1813 a second grant to support Live Music on Care for the Elderly Wards at Princess of Wales Hospital

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2025

5. Expenditure on charitable activities

	Basis of allocation	2025 £	2024 £
Room transformation costs	Direct	10,782	2,542
Cardiac services activities	Direct	600	1,946
Artiste fees and travel	Direct	8,287	6,980
Festival production costs	Direct	21,794	19,829
Engagement / awareness events	Direct	4,022	-
		<u>45,485</u>	<u>31,297</u>

6. Expenditure on administration

	Basis of allocation	2025 £	2024 £
Donation platform fees	Direct	565	428
Insurance	Direct	291	343
Marketing and promotion	Direct	3,520	7,726
Professional development	Direct	304	1,253
Printing and stationery	Direct	124	145
Consultancy fees	Direct	4,452	4,713
Legal and professional fees	Direct	3,210	-
Project management	Direct	1,654	-
Accountancy fees	Direct	2,000	1,876
Software subscriptions	Direct	827	3,698
Website hosting, etc	Direct	249	402
Charitable donations	Direct	-	150
Bank charges	Direct	39	38
Subscriptions	Direct	156	50
Miscellaneous expenses	Direct	855	306
		<u>18,246</u>	<u>21,128</u>

7. Net income / (expenditure) for the year

This is stated after charging:-

Independent examiner's fee	<u>560</u>	<u>436</u>
----------------------------	------------	------------

8. Trustee expenses

No payment of expenses was made to any trustees for the period under review apart from reimbursement of amounts paid on behalf of the charity.

9. Debtors

	2025 £	2024 £
Debtors	475	475
Prepaid costs	687	2,493
	<u>1,162</u>	<u>2,968</u>

10. Current Liabilities

	2025 £	2024 £
Income in advance	-	-
Loan (unsecured)	1,286	2,499
Accruals	1,920	400
Other creditors	-	-
	<u>3,206</u>	<u>2,899</u>

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2025

11. Analysis of net assets between funds

		Net current assets / (liabilities) £	Total £
Unrestricted	Core	5,009	5,009
	Lleswyl	(1,652)	(1,652)
Restricted	Cardiac	13,786	13,786
	UHW Critical Care	7,437	7,437
	COTEPoW	19,096	19,096
	Ty Cerdd	3,631	3,631
Total funds		47,307	47,307
Summary of the above			
Unrestricted		3,357	3,357
Restricted		43,950	43,950
Total funds		47,307	47,307

12. Movement on funds

		At 1 April 2024 £	Income £	Expenditure £	Other movement £	At 31 March 2025 £
Unrestricted	Core	7,662	17,531	(16,898)	(3,286)	5,009
	Lleswyl	(1,213)	25,176	(26,615)	1,000	(1,652)
Restricted	Bluebell	-	-	(5,946)	5,946	-
	Cardiac	15,299	755	(1,268)	(1,000)	13,786
	UHW C7	-	1,000	(2,330)	1,330	-
	D2D Ball	3,343	10,421	(4,475)	(9,289)	-
	UHW Critical Care	6,788	-	(63)	712	7,437
	B5 Quiet room	-	19,000	(3,247)	3,343	19,096
	Ty Cerdd	1,163	4,113	(2,889)	1,244	3,631
Total funds		33,042	77,996	(63,731)	-	47,307
Summary of the above						
Unrestricted		6,449	42,707	(43,513)	(2,286)	3,357
Restricted		26,593	35,289	(20,218)	2,286	43,950
Total funds		33,042	77,996	(63,731)	-	47,307

Unrestricted general funds may be spent generally for the furthering the charitable work of Daring to Dream. The fund in this category is the Core Fund.

The unrestricted designated Lleswyl fund is for the purposes of producing and hosting an online music festival to aid fund raising in support of the charities aims.

Bluebell represents the costs, contributed by Daring to Dream, for furnishings and resources in the new Bluebell Room in the Leri Cancer Centre at Bronglais Hospital, Aberystwyth. The room is specifically to support young adult cancer patients.

Cardiac represents funding raised through ticket sales and donations towards the 2022 'Daring to Dream Ball and Auction in memory of Amy Penn' aimed at raising awareness of, and support for the emotional health and wellbeing of young cardiac patients.

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2025

12. Movement on funds (continued)

UHW C7 - represents the Integrated Medicine Quiet Room refurbishment – a joint project with Capital, Estates and Facilities of Cardiff & Vale University Health Board

UHW Critical Care, UHW Cardiothoracic and B5 Quiet Room represent individual projects undertaken by the charity in performance of its principal charitable activities.

D2D Ball 2024 – raised the funds that paid for our contribution to the Bluebell Room at Bronglais Hospital

Ty Cerdd - An amalgamation of funds paying for the live music at Princess of Wales Hospital: funds from Ty Cerdd, Community Foundation Wales, Cobalt HR donation, transfer from Daring to Dream's unrestricted funds

13. Comparative Statement of Financial Activities - Year ended 31 March 2024

	Unrestricted £	Restricted £	Total £
INCOME			
Charitable activities			
Grants receivable	31,517	1,388	32,905
Donations received	9,780	8,458	18,238
Other income	2,291	7,703	9,994
Investment income	169	-	169
	<u>43,757</u>	<u>17,549</u>	<u>61,306</u>
EXPENDITURE			
Charitable activities			
Total charitable costs	22,567	8,730	31,297
Administrative costs	20,225	903	21,128
	<u>42,792</u>	<u>9,633</u>	<u>52,425</u>
Net income / (expenditure)	965	7,916	8,881
Fund balances brought forward	6,914	17,247	24,161
Transfers between funds	(1,430)	1,430	-
Fund balances carried forward	<u><u>6,449</u></u>	<u><u>26,593</u></u>	<u><u>33,042</u></u>

DARING TO DREAM

England & Wales - Charity number 1190590

Accounts

DARING TO DREAM

TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

DARING TO DREAM

INFORMATION

YEAR ENDED 31 MARCH 2024

Principal Address	4 Ynys Bridge Court Gwaelod Y Garth Cardiff CF15 9SS
Trustees	Barbara Chidgey John Chown (Re-appointed July 2023) Dr Navroz Masani Helen Presdee-Jones (Resigned 10 October 2023) Alison Taunton
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiner	Bevan & Buckland LLP Ground Floor, Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA
Charity Registration Number	1190590

DARING TO DREAM

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DARING TO DREAM

TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the year ended 31 March 2024.

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Constitution

Daring to Dream was registered as a Charitable Incorporated Organisation with the Charity Commission on 28 July 2020 with charity registration number 1190590.

Introduction

As we entered 2023-2024, we all continued to experience the ongoing challenges arising from cost of living and inflation crises, making it harder to grow the resilience of the charity.

However, in reality the year has seen us put in place essential building blocks to form the basis of growth and development and the implementation of the strategic plan defined by the trustees.

As you read about our achievements, you will see that it has been a year of consolidation and significant progress.

Principal activity and public benefit statement

The trustees are aware of the Charity Commission's guidance on public benefit and have regard to it in the administration of the charity.

The charity's principal activity is "the advancement of health for the public benefit by promoting the emotional health and well-being of individuals (aged 16 years and above) who are under the care of hospital clinics in Wales."

Objectives and Activities

The charitable objects of Daring to Dream are the support of the emotional health and wellbeing of adults in Wales living with physical illness and its related activities:-

- 1) Raising awareness of the need for support of emotional health and wellbeing for all adults living with physical illness in Wales.
- 2) Providing emotional support for those living with illness through the creation of non-clinical, interior designed 'safe havens' in hospitals for patients, their relatives and the staff who care for them.

These safe, comfortable, and comforting spaces are being developed in different clinical areas. They are rooms that do not feel or look like 'hospital rooms' but offer spaces for patients to enjoy and chat with others and a relaxing space for relatives to rest in when keeping bedside vigil with a loved one. The Quiet Rooms provide a comforting safe space for a patient or their family to talk with clinical teams, including for those really tough conversations about end of life.

Daring to Dream collaborates with different clinical areas to transform:

- Patient dayrooms on wards
 - Relatives' Rooms
 - Quiet Rooms
- 3) Daring to Dream also supports the emotional health and wellbeing of those living with illness by facilitating services and activities that support the wellbeing of patients at home and in hospital.
 - In hospital the facilitation of activities and services such as live music, our 'pick-me-up packages'

DARING TO DREAM

TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

- Our annual flagship live-streamed, free, inclusive music 'festival at home' supporting those living with long term illness and disability, called Lleswyl.

Our mission, values and vision

Our Mission: Supporting the emotional health and wellbeing of adults in Wales living with physical illness.

Our values:

- Culture of integrity
- Kind and caring
- Patient-centred
- Working with others in partnership and collaboration
- Inclusive in all we do

Our Vision:

Every adult living with physical illness has emotional health support, enabling them to enjoy their life, living it to the fullest possible.

Achievement and Performance

1. Raising awareness of the need to support the emotional health and wellbeing of those living with illness

a) 'Making space to talk' narrative and campaign

An exciting and important development has been the construction of a compelling narrative about the purpose of Daring to Dream, which is about 'Making space to talk':

- Encouraging us all to make space for those we are close to so that they can talk about what it feels like to live with diagnosis, treatment, long-term illness
- Pursuing our work of providing comforting and safe physical spaces in hospitals that support the really tough conversations
- Encouraging us all to make social space for those we know living with illness, who otherwise can become very isolated.

The social space was promoted very strongly via the concept of Lleswyl Watch Parties, supported by a grant from The National Lottery Community Fund in Wales (Awards for All)



DARING TO DREAM

TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

b) Lleswyl 2024 – 23 February 2024

Lleswyl is the charity's huge drive to raise awareness of the need to support the emotional health and well-being of adults in Wales living with illness.

Lleswyl 2024, our third production, was a great success, reaching out to all those living with illness across Wales and exploring why good emotional health helps those with living with illness to live as well as possible.



Headlined by Afro Cluster, Lleswyl 2024 remains accessible to everyone, for free, on our YouTube channel of the same name <https://www.youtube.com/@LleswylFestival>

-) "A wonderful watch!"
-) "I was really moved and impressed."
-) "The balance of combining music and conversations worked so well and powerfully."
-) "Lleswyl was a superb production."
-) "It was entertaining, informative, educational, and polished."

Everyone involved in the production of Lleswyl 2024 – Ratio Studios, all the hugely talented musicians, our hosts, and our guests together brought the vision of Lleswyl 2024 to reality on Friday February 23rd. What a night and what a watch!



As well as enjoying great music, we were delighted that Andrew Jenkins, known from the hit programme 'The Traitors', could join in as well, to help us explore the concept of 'making space to talk' for those living with illness.

Andrew chatted with our hosts and Dr Julie Highfield, consultant clinical psychologist from Critical Care in University Hospital of Wales about the emotional impact of living with illness.

As we evaluate our success and learning ahead of starting to prepare for Lleswyl 2025, we extend a huge

thank you to Arts Council of Wales for their belief in and support of Lleswyl 2024 – we could not have done this without your support.

We were delighted that The National Lottery Community Fund for Wales decided to highlight Lleswyl as a project they had supported and what a difference their grant had made:

<https://vimeo.com/930724993?share=copy>

A significant number of bodies partner with us to help promote Lleswyl across their networks; we appreciate their support and partnership greatly and it helped us to raise our unique logons on the night by approximately 250%!

We thank the growing number of organisations and charities that are helping us promote Lleswyl and raise awareness of the need for good emotional health and wellbeing.

DARING TO DREAM

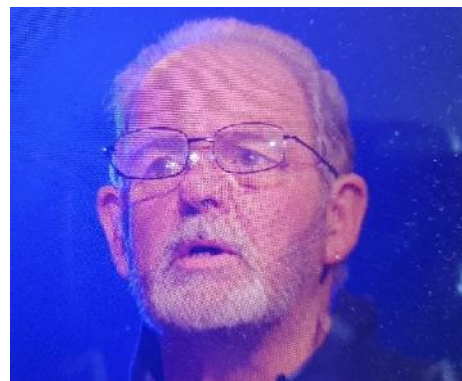
TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

c) Living with illness – patient stories

An ongoing project is listening to the stories of people we meet living with illness in Wales.

Terry, who is 75 years old and living with his wife in the Rhondda, suffers from hard of hearing, tinnitus, and vertigo. What started as missing words within sentences and needing to second-guess what people were saying, as well as suffering from vertigo, Terry underwent tests to see what was causing these symptoms.

Terry talks about the emotional impact of this on him, how he gains so much from the Hard of Hearing club (run by Wales Council for Deaf People) that he enjoys – he also shared two of his poems with us.



<https://daringtodream.wales/2024/03/05/terrys-story/>

2. The creation of non-clinical, interior designed ‘safe havens’ in hospitals for patients, their relatives and the staff who care for them.

a) Nephrology Ward B5 Quiet Room in University Hospital of Wales

Quiet Rooms in hospitals are very important spaces. They are the rooms that are used, as much as possible, for patient and family conversations with clinical teams.

They are the rooms where often the toughest of conversations take place, clinical staff discussing with families serious deterioration in health, or the need for additional important interventions as well as, tragically, conversations about palliative care.

Such conversations are not only clinical, but they are also hugely emotional and the need for a comforting and comfortable room (a safe haven) is essential. It helps everyone acknowledge their emotions and express fears and grief.

Such conversations are challenging too for the staff; they too appreciate the space. At times, staff too feel overwhelmed and appreciate a comforting safe space for some time out to support their emotional wellbeing also.



The Quiet Room in Nephrology is as important as any others in different directorates. It has been a very gloomy, sad, and tired looking room complete with sagging chairs too and we have been really pleased to be able to turn it into a comfortable and comforting safe space.

Laura Proddow, Ward Manager B5 Nephrology: “B5’s recently renovated Family/Quiet Room has provided patients, family and staff with a tranquil and comforting room to provide solace away from the busy ward. The

beautiful blue décor is a far cry from the previous soaking of magnolia, with accents of delicate floral prints and comfortable, spacious leather sofas.

We have received many compliments from those who have used its space and feel it delivers the peace required for its users. We have even managed to keep the peace lilies in bloom!”

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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

Impact: The department has estimated that this room will have a footfall over each 12 month period of a minimum of 1000 patients, relatives, staff members, supporting their conversations with the best environment possible.

b) The dayrooms in the Care for the Elderly Wards in Princess of Wales Hospital, Bridgend, Cwm Taf Morgannwg University Hospital Board

Throughout the financial year, Daring to Dream has been building up relationships and identifying plans with Cwm Taf Morgannwg UHB key staff at Princess of Wales Hospital to transform the patient day rooms in the Care for the Elderly wards (18 & 19/20).

It has taken a significant investment in time to develop the essential networks, relationships, and understanding of a health board's processes in order to work collaboratively and also to work within the pressures their operational staff are working with daily.



We are delighted that as the financial year ended, the final plans are coming together, and we hope these transformations are completed summer 2024.

Many of the patients on these wards have protracted length of stays in hospital as they wait for packages of care or care home placement. The refurbishment of the space will allow patients a different environment from the bedside. In addition, it will potentially prevent hospital acquired de-conditioning and the risk of the patients needing an increase in their care needs. Hospital acquired de-conditioning is multi-faceted and includes: increased age, delirium on admission, presence of multiple comorbidities, cognitive deficits, poor mobility/use of a gait aid, depression, deficits in basic or instrumental activities of daily living (ADL).

The aim of this project is to create a relaxed atmosphere where patients can socialise with each other and their families, eat together, create a space to allow for meaningful activities including crafts, games, watching TV or listening to live music. Having this space will allow us to provide regular activities for patients. This can help increase patient engagement, improve mood, and improve wellbeing and quality of life.

Zones will be created to include a dining area which can also be used for activities and meetings. Seating areas to allow patients to watch TV with the TV positioned at an appropriate height for patients to comfortably watch. To use the bay window as a seating area with appropriate chairs positioned for patients and/or their families to sit.

Impact: Across the wards, staff teams care for up to 70 patients. This means that maybe 35 patients across all 3 wards could spend some time in one of the day rooms each day, approximately 10,000 points of contact / footfall per year.

c) The Visitors' Loo in Critical Care at University Hospital of Wales

Just near the end of March, work finally began on the Visitors' Loo in Critical Care. This is not just a loo, but provides a refuge:

- A place to be alone when feeling overwhelmed, distressed, or fearful.
- A place to cry in.
- A place to compose oneself in.
- A place to find more strength before heading out to continue to support other family members.

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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024



Louise Lloyd, whose husband Greg sadly passed away in August 2022 got in touch with us later in 2022, to say: "I just want to thank your fantastic charity for providing a space that really supported us all when we spent 5 days on the Critical Care ward, University Hospital of Wales. As a very close family, up to 11 of us were present in the transformed Relatives' Room on occasions.

During the most difficult week, we were so grateful to be in such a supportive space, close to my husband and be able to await news as opposed to being further away in the hospital with no privacy or worse still being miles away at home".

Through many conversations with Louise, we were made aware of the need to also refurbish the 'companion loo' to the Relatives' Room. The visitors' loo is not only a practical and essential space but actually is a place for someone to have some personal time in.

Dr Julie Highfield, Consultant Clinical Psychologist, Lead Psychologist for the ICU and MTC Psychology Team, University Hospital of Wales, said: "In the hustle and bustle of a busy intensive care unit, the loo can be a moment of sanctuary to gather your thoughts and right yourself. We are grateful to Daring to Dream and Louise Lloyd and her family and friends for helping that to become a reality for our visitors."

Daring to Dream, together with the Critical Care Directorate have taken this project forward and work finally began at the end of March 2024.

We all express our thanks and good wishes to Louise and her family and friends, whose donations helped make the project possible.

Impact: Daring to Dream made over the Quiet Room and Relatives' Room in Critical Care during the pandemic and are now adding the Visitors' Loo. Senior staff in Critical Care estimate 120 visitors utilise the three rooms across every day of the year. So that is potentially 43,000 points of contact / footfall across a year.

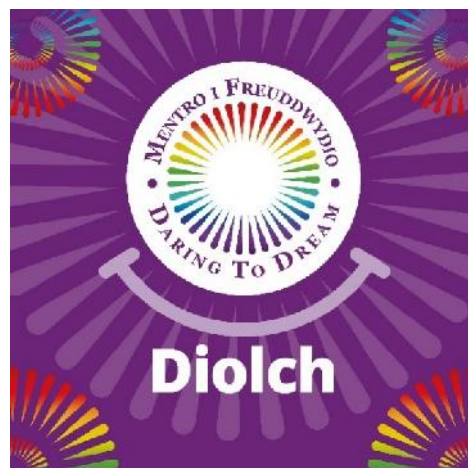
d) Building strategic partnerships across health boards

Daring to Dream is committed to working co-productively and collaboratively with patients, their families and the staff who care for them and also with health boards, other health charities and private sector organisations.

2023- 2024 was an intense year of building relationships, understanding processes and establishing how best to work together with health boards and key personnel (such as Capital, Estates and Facilities).

This work has borne fruit and the charity is now in a position to develop a 3-year plan of projects across three health boards, together with accompanying processes. We have been learning from projects developed so far from staff and from many conversations.

We extend a huge thank you to the many personnel across Cardiff & Vale University Health Board, Cwm Taf Morgannwg University Health Board and Hywel Dda University Health Board for their time, willingness and insight.



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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

3. Facilitating services and activities that support the wellbeing of patients at home and in hospital.

- a) **Lleswyl 2024:** Lleswyl is Daring to Dream's 'Wellbeing Festival'. The Festival-at-Home experience that we established to support the wellbeing of those who normally cannot attend live gigs because of chronic illness, disability, or loneliness. Our aim is to provide an experience that everyone can share: an uplifting, fun and joyous Festival evening with the company of family, friends, and neighbours! Music is the catalyst that creates this wellbeing experience. Lleswyl is free, fun, and for everyone!

Lleswyl the only free, livestreamed festival bringing the joy of music and connection to those for whom there will not be a new normal, because of illness.

Hosted live by Sian Lloyd, Jason Harrold, and Tumi Williams (BSL interpreted also) and through the night they introduced talented diverse Welsh bands and musicians, with appeal across the generations.



The sets were interspersed with engaging and relevant live conversations 'on the sofa' between the hosts, Andrew Jenkins (from The Traitors) and Dr Julie Highfield.

Lleswyl also showcased some inspirational patients, and the charities who support their particular patient community, in particular we had a focus on the Wales Council for Deaf People, Ray of Light Cancer Support Wales (and their choir) and

two incredible people (Khiry and Carla) who are ambassadors of Lupus UK and Kidney Wales respectively and who discussed the transformational impact of their kidney transplants.

Impact: With the help of so many partnership bodies, we conservatively estimate viewing figures across social media platforms and Lleswyl Watch Parties of approximately 3,000 – on the night! Viewings continue via the YouTube channel **Lleswyl 2024** <https://www.youtube.com/watch?v=XtlCVSwA9UK>

"Feeling uplifted from #Lleswyl2024 & hearing poetic harmonies & strings, vibrant African rhythms, modern brass funk & tranquil folk. Proud to be Welsh as we pioneer uniting the #Welshmusic scene with those, who for various health reasons, find attending #musicfestivals hard" posted one South Wales musician who lives with complicated health challenges.

Dr Julie Highfield: "Lleswyl is an inclusive and eclectic celebration of music, but its more than that- it is a space for connection and reflection, and as such supports the ethos of what Daring to Dream are trying to achieve in their wider work: making space to talk"

Sian Lloyd: "Lleswyl 2024 was bigger and better than ever! It was a pleasure to be involved in this unique event again and to see how it keeps evolving. Lleswyl makes a diverse range of music and performance accessible to its audience in both Welsh and English, while also showcasing



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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

the ongoing work of the Charity Daring to Dream in improving the emotional wellbeing of people in Wales living with chronic health conditions. A wonderful event with a feel-good factor.”

b) Pick me up packages

Following Amy’s Ball in September 2022 we have been developing different ways of providing support for the emotional health and wellbeing of young adult cardiac patients under the care of staff teams at University Hospital of Wales, Cardiff.

We are delighted to be able to introduce our gifts: ‘pick-me-up gift boxes’. We hope that is just what they will be – a lovely, surprise ‘pick-me-up’!



Each gift box contains something to eat (tasty and non-allergenic crisps and sweets), something to drink (hot and cold tea, so no need to wait for the drinks trolley for hot water), something to smell with a soothing balm, some things to do, including a fun book about alternatives to being on your phone! We have even added in a notebook and pencil.

They have been greeted with real pleasure from patients as a totally unexpected gift and boost to their emotional health during their hospital in-stay and treatments.

c) Photographic resources for the patients in the Care for the Elderly wards in Princess of Wales Hospital, Bridgend

We have been delighted to continue to grow our relationship with PwC and in May 2023 last year an intrepid group of their staff on their ‘volunteer for a charity’ day roamed around the locations of Bridgend, Maesteg, Southerndown, Barry Island, Porth Cawl and more Yes, the areas where the patients in the Care for the Elderly wards in Bridgend were born or live in.

They took an incredible range of photographs – below Barry Island, Bridgend, Southerndown



The photos are a huge resource for conversations with patients, reminiscing about first dates, getting married, holidays and lots more. A selection of the photos will be turned into decals for the walls in both the day rooms as we bring that project together in the summer of 2024.

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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

d) Music grant for Care for the Elderly patients in Princess of Wales Hospital Bridgend

In August 2023, we learnt that we had been awarded a grant from Ty Cerdd for a pilot project of live music in the day rooms of the Care for the Elderly Wards.

This was another milestone reached; it took time and care to develop the appropriate processes to start the project, which was finally begun in Spring 2024.

Huge thanks to all the musicians, the ward staff and Ty Cerdd.

The patients just love it!

Financial review

a) Fundraising

We saw the impact of supporters throughout 2023-2024 be that as runners, donors or supporters of our annual ball. As we grow engagement, our team and our projects we know we need to have a sharp focus on fundraising from a variety of sources.

Daring to Dream Ball & Auction July 7th 2023 – hosted by Jason Harrold, featuring Emilie Parry-Williams and the Sing With Us Tenovus Choir, we had an amazing night.



Great guests, food, entertainment, a lively raffle and auction resulting in a profit of nearly £3,500 for funds towards the refurbishments of the day rooms in the Care for the Elderly Wards, Princess of Wales Hospital, Bridgend.

A staff team from the Care for the Elderly wards also enjoyed a wonderful night out and a chance to relax away from work



Cardiff and Sheffield Half Marathons In 2023-2024 we had a number of sponsored runners, including lots of support from Amy's brother and friends. Huge thanks to everyone who ran and raised money for us – what a difference your support makes!

Thank you so much.



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TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

Donations in memory: we also received significant support (nearly £7,000) via the donations in memory of Greg Lloyd. In his memory we have taken forward the renovation of the Visitors' Loo in Critical Care at University Hospital Wales, in collaboration with the directorate.

Corporate sponsorship and support: we have also had some fantastic support from some of our corporate friends and supporters, which included donations from PwC, Centrica, Cenin Renewables, Cobalt HR Limited.

To continue to generate our income generation opportunities and skills, we have taken part in professional development, particularly in terms of developing corporate partnerships.

Grant fundraising: As we develop, build impact, track record and credibility we have also achieved increased success in grant revenue.

- £11,700 unrestricted funding grant from the Postcode Community Trust
- £9,840 from the Arts Council for Wales supporting the artistic and production elements of Lleswyl 2024
- £9,978 from The National Lottery Community Fund Wales (Awards for All) supporting the social inclusion agenda of 'making space to talk'
- £1,850 from Ty Cerdd to support the pilot live music project in the Care for the Elderly Day Rooms at Princess of Wales Hospital, Bridgend.

b) Financial position we raise money in various ways from many different sources and the breakdown of income for 2023-2024 is:

- 54% of our income was raised from grants
- 22% of our income was raised from individual donations and fundraisers
- 10% of our income from corporate donations and support
- 14% of our income from our own fundraising events and sales.

Our total income for the year was £61,306, a modest increase of £3,802 on last year's income of £57,494. This modest increase hides genuine progress in building essential foundations which will help us drive forward the charity's income and impact in 2024-2025.

Our expenditure increased from £ 39,688 (in 2022-2023) to £52,425 in 2023-2024. The majority relates to charitable activities with a general increase in administrative costs in line with expectations and strategic goal set by trustees, moving the charity towards resilience and sustainability.

There was an operating surplus for the year under review of £8,881 i.e. in excess of income over expenditure.

Reserves Policy

The trustees' reserves policy is to accumulate and retain prudent levels of funds in order to continue to maintain its main charitable objectives into the future.

Annual budgets have been, and will continue to be prepared, in order to monitor actual financial performance against those budgets. If and when any issues are identified by that process corrective action will be taken to secure the future viability of the charity.

Risk Management Policy

The trustees have assessed risks to date in relation to the initial limited activities undertaken. It is intended that further reviews are undertaken to provide a comprehensive assessment of potential key risk areas and to ensure that relevant procedures are put in place to mitigate those risks.

Related Parties

During the period under review no trustee received any remuneration or claim for expenses.

DARING TO DREAM

TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

The charity has a clear policy that any activities which could result in a perceived conflict of interest are fully declared as and when relevant.

Statement of Trustees' Responsibilities

The trustees are responsible for the preparing the trustees' report and the financial statements for each financial period which give a true and fair view of the charity's state of affairs as at the balance sheet date and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records that are sufficient to show and explain the transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Governance

The charity's trustees were able to participate in a half day focused on strategy, refining Daring to Dream's mission



DARING TO DREAM

TRUSTEES ANNUAL REPORT YEAR ENDED 31 MARCH 2024

Trustees also clearly defined Daring to Dream's strategic goals:



Implementing strategy in 2024-2025 will be one of the main foci of the work of trustees in 2024-2025, supporting Daring to Dream to increase its income, contract more trusted freelancers, and transition more operational functions from the current volunteer CEO, hence building resilience.

In parallel, the trustees are committed to expanding the board, increasing its diversity, reach and networks.

It is an exciting time for Daring to Dream, its beneficiaries, trustees, partners, trusted suppliers.

Finally, I would like to thank all of our supporters, our growing team of freelancers, our volunteers, the organisations we work closely with our dedicated team of trustees.

I am very proud of the collective efforts, what we have achieved and are achieving together as we continue to strive to highlight the importance of supporting the emotional health of all those adults in Wales living with physical illness.

Signed on behalf of the trustees on 25 July 2024 by:

Barbara Chidgey
Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DARING TO DREAM

Independent examiner's report to the trustees of Daring to Dream

I report to the charity trustees on my examination of the accounts of Daring to Dream (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

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

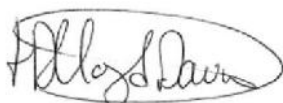
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 25.07.24

DARING TO DREAM

STATEMENT OF FINANCIAL ACTIVITIES YEAR ENDED 24 MARCH 2024

	Note	2024			2023
		Unrestricted £	Restricted £	Total £	Total £
INCOME					
Charitable activities					
Grants receivable	3a	31,517	1,388	32,905	10,890
Donations received	3b	9,780	8,458	18,238	17,219
Donations-in-kind	3c	-	-	-	6,600
Other income	3d	2,291	7,703	9,994	22,739
Investment income	3e	169	-	169	46
		<u>43,757</u>	<u>17,549</u>	<u>61,306</u>	<u>57,494</u>
EXPENDITURE					
Charitable activities					
Total charitable costs	5	22,567	8,730	31,297	23,246
Administrative costs	6	20,225	903	21,128	16,442
		<u>42,792</u>	<u>9,633</u>	<u>52,425</u>	<u>39,688</u>
Net income for the year		965	7,916	8,881	17,806
Fund balances brought forward		6,914	17,247	24,161	6,355
Transfers between funds		(1,430)	1,430	-	-
Fund balances carried forward		<u>6,449</u>	<u>26,593</u>	<u>33,042</u>	<u>24,161</u>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

DARING TO DREAM

BALANCE SHEET


31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Current assets					
Debtors	9	2,968		2,131	
Cash at bank and in hand		<u>32,973</u>		<u>28,428</u>	
		<u>35,941</u>		<u>30,559</u>	
Creditors: Amounts falling due within one year	10	<u>2,899</u>		<u>6,398</u>	
Net current assets			33,042		24,161
Total net assets			<u>33,042</u>		<u>24,161</u>
Funds of the charity:					
Unrestricted funds	12		6,449		6,914
Restricted funds	12		26,593		17,247
Total funds			<u>33,042</u>		<u>24,161</u>

These financial statements were approved by the trustees on 25 July 2024 and signed on their behalf by:



.....
Barbara Chidgey


.....
John Chown

DARING TO DREAM

NOTE TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2024

1. Accounting Policies

a) Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102).

b) Going concern

The accounts have been prepared on a going concern basis as there are no material uncertainties over the charity's continuing operation.

c) Income

Income is recognised in the statement of financial activities when the charity is entitled to in income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

- Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relates directly to that activity.

c) Fund accounting

- Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.
- Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.
- Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

d) Debtors

Trade and other debtors are recognised at the settlement amount due after any relevant discount offered.

e) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any relevant discounts due.

DARING TO DREAM

NOTE TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2024

1. Accounting Policies (continued)

g) Taxation

The charity is exempt from Corporation Tax on its charitable activities.

h) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. Legal Status of the Charity

The charity is a charitable incorporated organisation (CIO) and has no share capital. In the event of the charity being wound up there is no liability for members of the charity who are the trustees.

3. Income

	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
a) Grants receivable (see note 4)				
Awards For All (National Lottery)	9,978		9,978	-
Arts Council Wales	9,839		9,839	-
Arnold Clark Automobiles	-	-	-	1,000
Community Foundation Wales	-	-	-	2,000
Postcode Community Lottery	11,700	-	11,700	7,890
Ty Cerdd	-	1,388	1,388	-
	<u>31,517</u>	<u>1,388</u>	<u>32,905</u>	<u>10,890</u>
b) Donations				
Voluntary giving	9,780	8,458	18,238	17,219
c) Donations-in-Kind				
Worshipful Company of Marketors	-	-	-	6,600
d) Other income				
Gift Aid	891	-	891	3,039
Sponsorship	-	-	-	4,000
Miscellaneous income	1,400	7,703	9,103	15,700
	<u>2,291</u>	<u>7,703</u>	<u>9,994</u>	<u>22,739</u>
e) Investment income				
Bank interest	169	-	169	46
Total	<u>43,757</u>	<u>17,549</u>	<u>61,306</u>	<u>57,494</u>

4. Purposes of grant funds

- Awards for All grant was received to support the 2024 Lleswyl music festival.
- Arts Council Wales provided grant funding to support production of the Lleswyl 2024 festival.
- The Postcode Community Lottery grant was provided to support the unrestricted core costs of the charity.
- Ty Cerdd grant was awarded to support a live music project for patients in Care for the Elderly wards at Princess of Wales Hospital, Bridgend

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2024

5. Expenditure on charitable activities

	Basis of allocation	2024 £	2023 £
Room transformation costs	Direct	2,542	7,604
Cardiac services activities	Direct	1,946	-
Wellbeing services activities	Direct	-	-
Artiste fees	Direct	6,980	7,412
Festival production costs	Direct	19,829	8,230
		<u>31,297</u>	<u>23,246</u>

6. Expenditure on administration

	Basis of allocation	2024 £	2023 £
Donation platform fees	Direct	428	544
Insurance	Direct	343	328
Marketing and promotion	Direct	7,726	12,283
Professional development	Direct	1,253	-
Printing and stationery	Direct	145	11
Consultancy fees	Direct	4,713	508
Legal and professional fees	Direct	-	1,220
Accountancy fees	Direct	1,876	360
Software subscriptions	Direct	3,698	632
Website hosting, etc	Direct	402	518
Charitable donations	Direct	150	-
Bank charges	Direct	38	38
Subscriptions	Direct	50	-
Miscellaneous expenses	Direct	306	-
		<u>21,128</u>	<u>16,442</u>

7. Net income / (expenditure) for the year

This is stated after charging:-

Independent examiner's fee	<u>436</u>	<u>360</u>
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8. Trustee expenses

No payment of expenses was made to any trustees for the period under review apart from reimbursement of amounts paid on behalf of the charity.

9. Debtors

	2024 £	2023 £
Debtors	475	-
Prepaid costs	2,493	2,131
	<u>2,968</u>	<u>2,131</u>

10. Current Liabilities

	2024 £	2023 £
Income in advance	-	990
Loan (unsecured)	2,499	5,000
Accruals	400	390
Other creditors	-	18
	<u>2,899</u>	<u>6,398</u>

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2024

11. Analysis of net assets between funds

		Net current assets / (liabilities) £	Total £
Unrestricted	Core	7,662	7,662
	Lleswyl	(1,213)	(1,213)
Restricted	Cardiac	15,299	15,299
	D2D Ball	3,343	3,343
	UHW Critical Care	6,788	6,788
	B5 Quiet room	-	-
	Ty Cerdd	1,163	1,163
Total funds		<u>33,042</u>	<u>33,042</u>
Summary of the above			
Unrestricted		6,449	6,449
Restricted		26,593	26,593
Total funds		<u>33,042</u>	<u>33,042</u>

12. Movement on funds

		At 1 April 2023 £	Income £	Expenditure £	Other movement £	At 31 March 2024 £
Unrestricted	Core	10,439	16,043	(17,390)	(1,430)	7,662
	Lleswyl	(3,525)	27,714	(25,402)	-	(1,213)
Restricted	Cardiac	15,925	1,410	(2,036)	-	15,299
	D2D Ball	-	7,903	(4,830)	270	3,343
	UHW Critical Care	1,322	6,848	(60)	(1,322)	6,788
	B5 Quiet room	-	-	(2,482)	2,482	-
	Ty Cerdd	-	1,388	(225)	-	1,163
Total funds		<u>24,161</u>	<u>61,306</u>	<u>(52,425)</u>	<u>-</u>	<u>33,042</u>
Summary of the above						
Unrestricted		6,914	43,757	(42,792)	(1,430)	6,449
Restricted		17,247	17,549	(9,633)	1,430	26,593
Total funds		<u>24,161</u>	<u>61,306</u>	<u>(52,425)</u>	<u>-</u>	<u>33,042</u>

Unrestricted general funds may be spent generally for the furthering the charitable work of Daring to Dream. The fund in this category is the Core Fund.

The unrestricted designated Lleswyl fund is for the purposes of producing and hosting an online music festival to aid fund raising in support of the charities aims.

Cardiac represents funding raised through ticket sales and donations towards the 2022 'Daring to Dream Ball and Auction in memory of Amy Penn' aimed at raising awareness of, and support for the emotional health and wellbeing of young cardiac patients.

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2024

12. Movement on funds (continued)

UHW Critical Care, UHW Cardiothoracic and B5 Quiet Room represent individual projects undertaken by the charity in performance of its principal charitable activities.

D2D Ball 2023 represents funding raised through ticket sales and donations towards refurbishments of the day rooms in the Care for the Elderly Wards, Princess of Wales Hospital, Bridgend

13. Comparative Statement of Financial Activities - Year ended 31 March 2023

	Unrestricted £	Restricted £	Total £
INCOME			
Charitable activities			
Grants receivable	10,890	-	10,890
Donations received	9,891	7,328	17,219
Donations-in-kind	6,600	-	6,600
Other income	6,819	15,920	22,739
Investment income	46	-	46
	<u>34,246</u>	<u>23,248</u>	<u>57,494</u>
EXPENDITURE			
Charitable activities			
Total charitable costs	16,464	6,782	23,246
Administrative costs	16,442	-	16,442
	<u>32,906</u>	<u>6,782</u>	<u>39,688</u>
Net income / (expenditure)	1,340	16,466	17,806
Fund balances brought forward	5,574	781	6,355
Fund balances carried forward	<u>6,914</u>	<u>17,247</u>	<u>24,161</u>

DARING TO DREAM

England & Wales - Charity number 1190590

Accounts

DARING TO DREAM
TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

DARING TO DREAM
INFORMATION
YEAR ENDED 31 MARCH 2023

Principal Address	4 Ynys Bridge Court Gwaelod Y Garth Cardiff CF15 9SS
Trustees	Barbara Chidgey John Chown Dr Navroz Masani Menai Owen-Jones (Resigned 8 December 2022) Kevin Phillips (Resigned 8 July 2022) Helen Presdee-Jones (Appointed 6 January 2023) Alison Taunton (Appointed 6 January 2023)
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiner	Bevan & Buckland LLP Ground Floor, Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA
Charity Registration Number	1190590

DARING TO DREAM

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YEAR ENDED 31 MARCH 2023**

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DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Constitution

Daring To Dream was set up as a Charitable Incorporated Organisation with the Charity Commission and registered on 28 July 2020 with charity registration number 1190590.

Principal activity and public benefit statement

The trustees are aware of the Charity Commission's guidance on public benefit and have regard to it in the administration of the charity.

They believe that the charity provides benefit to the public by providing funds:

- to support the emotional health & well-being of adult patients in clinical care in Wales.
- using funds that it has raised, the charity raises awareness & facilitates the improvement of non-clinical spaces in hospitals for patients, their families and the staff who care for them. It also facilitates activities and services that support wellbeing, for both inpatients and outpatients.

Financial review

There was an operating surplus for the year under review of £17,806, i.e., an excess of income over expenditure (2022 - surplus of £92).

Review of activities during the year 2022-2023

The trustees extend a sincere thank you to the many individuals, volunteers, donors, funders, and organisations who together with our ambassadors and patrons have supported Daring to Dream during the last financial year.

Their support is very much appreciated. It is deeply humbling to realise so many individuals and organisations actively share in and believe in our mission to support the emotional health and wellbeing of adults in Wales living with physical illness. Thank you so much.

This is our third financial year since registration and we continue to have many, many successes as well as to continue to gain much learning too. Steadily our young charity is continuing to build knowledge, networks, visibility, partnerships, clarity, and impact. We are definitely putting down roots.

Daring to Dream continues to strengthen its foundations, creating a secure platform for good growth and development as it plans its course towards an established, resilient, and sustainable charity.

Our aims and objectives:

Our charitable purpose (aim) is the advancement of health for public benefit by promoting the emotional health and wellbeing of individuals (aged 16 years and over) who are under the care of hospital clinics in Wales.

What we do (our objectives):

1. **Raise awareness** of the need to support emotional health & well-being for adults living with illness in Wales.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

2. **Create non-clinical, interior designed 'safe havens'** in hospitals for patients, their relatives and the staff who care for them. These much-needed comforting safe spaces offer recuperation and respite. Places for tough conversations, safe places to express emotions.
3. **Facilitate services and activities supporting the emotional well-being of patients** (at home or in hospital) including our flagship, free, live-streamed, dynamic, & engaging well-being festival 'Lleswyl'.

How we do it:

Daring to Dream raises funds by:

1. Successful grant applications
2. Donations via individual and organisational campaigns
3. Reclaiming Gift Aid
4. Corporate support and sponsorship
5. We also promote legacy bequests, although we are yet to receive a bequest.

The funds raised are used to support the delivery of our charitable activities.

The trustees monitor the financial health of the charity, ensuring allocated funds are used as intended.

Highlights of progress against our key strategic goals:

We have been steadily articulating our strategic goals and have now identified three main areas to focus on strategically. The board begins the next financial year with planned time out to discuss its Daring to Dream's Strategic Plan 2023-2026. Another major step in building structure into our strategic leadership role.

Our first goal is the one we have made most progress against in 2022-2023.

Strategic Goal one: Become a resilient and sustainable organisation.

Strategic leadership of the board

Building a board that is 'fit for purpose' for a developing charity was defined as a key objective. Trustee meetings in Summer 2022 debated this sharpened focus on strategy, conducted a review of the Board's composition which identified essential gaps in skills, reviewed again the Trustee Recruitment, Induction and Appraisal Policy and together these discussions informed the autumn trustee recruitment drive.

Trustees also identified our strategic 'small steps' strategy to building trusted working relationships with expert contractors and steadily transitioning operational roles from the CEO. Very good progress has been made with this approach with several excellent 'small steps' contracts in place, extending the operational team of the charity.

Governance developments by the board.

A recruitment pack and application form identified the need for all applicants to be able to evidence (with significant and relevant recent experience) at least one of the four essential criteria that the Board had defined: strategic leadership, governance, financial qualifications and financial management or legal qualifications and current experience. The trustees have set high expectations.

Recruitment processes were launched in the autumn of 2022, interviews in December 2022 and two new trustees joined the Board in January 2023. The charity's first formal recruitment process, leading to the development of an induction programme.

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TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

Financial and management control by the board of trustees:

The charity's financial systems and monitoring continue to develop with financial accounting and reporting provided with the use of QuickBooks. Trustee meetings includes an update on the financial activities to that stage of the financial year and opportunities for the Board to raise questions, concerns, comment and provide scrutiny of the accounts.

Financial forecasting is another area where we are now more able to identify core costs needed and project potential income levels, allowing for ambition as well as pragmatism.

Impact Report: last year we added our first Impact Report to our Annual Accounts and Report, both available on our website.

Income In 2022-2023: Income of £57,494 provided an increase of £22,343 on the previous year, approximately 63% growth in income over our second financial year. Very good progress, with some income analysis:

- 19% grant funding
- 30% donations, of which 5% was reclaimed from Gift Aid
- 11% donations-in-kind
- 7% corporate sponsorship
- 27% Amy's Daring to Dream Ball & Auction (and related fundraisers)

We were very pleased to be able to allocate the Postcode Community Trust grant this financial year which was for core costs for the 2022 calendar year. A new grant was won from the Fund for Wales (Community Foundation in Wales), to support the development of digital content.

In the current financial climate, the demands on grant funding are huge, so although we maintain a strong focus and commitment to grant submissions, we have had various disappointments over the year too. This meant that our income was less than we had hoped for, although our forecast was ambitious.

It is essential for resilience and sustainability that the charity does not put all its financial 'eggs' into grant funding. Therefore, the percentage of income from donations and fundraising campaigns is very positive indeed and assists the development of our fundraising foci and strategic tactics.

Independent examiner: the trustees will again appoint an external examiner.

Strategic Goal two: Deliver our mission in equal partnership with patients and professionals.

Always determined to put our beneficiaries (adults in Wales living with physical illness) at the heart of what we do, the last year has seen the development of ways to consult with patients, their relatives and health professionals in a more structured way. Ensuring our projects meet the needs of our beneficiaries is essential. Consulting appropriately with patients, their relatives and the staff who care for them is work in progress.

We continue to develop partnerships too with other charities who support a specific patient community, helping us spread our mission of supporting emotional health whilst also promoting the excellent work of those other charities. Some key developments include, but are not exclusive to, Youth at Heart, Tenovus Cancer Care, Kidney Wales, Popham Kidney Support, Innovate Trust, Digital Communities Wales.

Strategic Goal three: Adopt and spread: Expand engagement with and impact of our mission from 'pilot' to 'pan Wales'

From registration at the end of July 2020 to end of March 2023, Daring to Dream has delivered on the creation of eight transformed rooms (within University Hospital of Wales), two wellbeing live streamed festivals (Lleswyl 2021 and Lleswyl 2023) and some initial pre-pandemic services such as music.

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TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

- A very conservative estimate of the footfall across those eight 'safe spaces' during 2022-2023 is 10,000. A huge number of people who have been able to access and feel supported by those non-clinical safe spaces.
- A very conservative estimate of attendees and viewers of Lleswyl 2023 is approximately 1200 people.
- This year also saw the first 'Lleswyl watch parties', many supported by Innovate Trust across their members.

'Though she may be little, she be fierce' (Helena's description of Hermia in Shakespeare's 'Midsummer Night's Dream' certainly applies to Daring to Dream.

Certainly, the impact of Daring to Dream via our pilot projects, during a pandemic as well, has been significant. Over the last year, we have arrived at a point that strategically it is time for us to evaluate and gather the learning from our pilot work, pull together project teams, mechanisms, and processes so that we not only continue to work within Cardiff and Vale University Health Board, but are able to engage and work with health boards and clinical directorates across Wales.

This goal has been called: 'Adopt and spread: Expand engagement with and impact of our mission from 'pilot' to 'pan Wales' and since January has been an important focus of the operational team's efforts. Projects with two other health boards are now in development.

Highlights of delivery of our charitable activities (objectives):

Charitable activity one: Raise awareness of the need to support emotional health & well-being for adults living with illness in Wales.

This has been a year of many encouraging highlights and successes which have continued to increase our partnerships and collaborations across Wales. These partnerships and our charitable activities contribute to developing our visible presence across Wales.

Charity Partner with Seren Books of Cardiff Poetry Festival in July 2022

Our thanks to Seren Books, who invited us to be their charity partner for the Cardiff Poetry Festival. This was an excellent opportunity for Daring to Dream to be introduced to other sectors and networks. It was hugely enjoyable and beneficial, and we very much appreciated the support by Hamed Amiri, one of our ambassadors and the author of the book 'The Boy with Two Hearts'. Hamed joined us in our workshops as we explored the opportunities of literature and creative writing in helping support the emotional health and wellbeing of those living with illness.

Amy's Daring to Dream Ball & Auction in September was an enormously important event. Another first for the charity and very important for Amy's family, friends and the staff who had cared for her. In terms of raising awareness, as well as funds, it was amazingly successful.

Lleswyl 2023 was outstanding. The 'product' has now been developed as the foundation for growth. Lleswyl is a key strategic project for Daring to Dream, enabling delivery on all its three charitable activities. Lleswyl 2024 cemented further strategic partnerships with Digital Communities Wales and Innovate Trust, but also began new links with other health or arts charities too.

Lleswyl 2023 brought ministerial endorsements from Jane Hutt MS, Minister for Social Justice and Dawn Bowden MS, Deputy Minister for Arts and Sport, as well as significant media coverage already outlined.

Speaking engagements are increasing for our founder and Chair to speak at a range of high-profile NHS conferences, which is an important part of raising awareness of Daring to Dream and bringing us requests for room makeovers.

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TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

Charitable activity two: The creation of non-clinical, interior designed 'safe havens' in hospitals for patients, their relatives and the staff who care for them.

Summer 2022 saw the completion of the fifth room in the Cardiothoracic Directorate in University Hospital of Wales, the Cardiac Day Case Unit. A real milestone of achievement.

As the year developed, we have been engaged with the development of new projects in Nephrology, Critical Care and in Neurosciences too, within Cardiff & Vale UHB.

However, another exciting and important highlight is that we have begun planning projects beyond the University Hospital of Wales and Cardiff & Vale UHB.

Advanced planning discussions progress with the team from the 'Care for the Elderly' wards in the Princess of Wales Hospital, Cwm Taf Morgannwg University Health Board.

This is just such an important project as currently the two large ward day rooms are unusable (too cold, unsuitable furniture, not pleasant or relaxing spaces). Instead, we want to transform them into warm, homely, bright, and safe environments. Many patients will benefit greatly by being encouraged to be more mobile, to dress and walk to one of the day rooms to have coffee and a chat, to sit around a table to eat their lunch and to also take part in some activities that will support their wellbeing. Crucially, this will assist with a smoother (and sooner) transition back to their own home.

We are also collaborating with Velindre Cancer Centre to co-produce the refurbishment of one of its patient rooms in Cardiff. Patient rooms, or cubicles, are available for the care and support of patients who are undergoing cancer treatment such as chemotherapy, radiotherapy, palliative care, and end of life care. The rooms may be prioritised for different groups of patients including younger adult patients, patients who may have an infection and may need to be isolated from others as well as patients who require end of life care in order to provide them with the dignity they require and to enable their family to be with them too and patients with additional support needs such as learning disabilities, sensory impairment, dementia.

These projects highlight the potential extensive need of our work and the diversity of needs too. Each project is now underpinned with consultation surveys for patients, their families and the staff who care for them, so that we can indeed co-produce in equal partnership with patients and health professionals.

Charitable activity three: Facilitation of services and activities supporting the emotional well-being of patients (at home or in hospital) including our flagship, free, live-streamed, dynamic, & engaging well-being festival 'Lleswyl'.

Three areas of facilitation of wellbeing services and activities are now in development or, in the case of Lleswyl, happening:

- **Support for young adult cardiac patients under the care of teams at University Hospital of Wales.** This was the fundraising purpose of Amy's Daring to Dream Ball & Auction, which took place on 10 September 2022 at Voco St David's, Cardiff Bay. A hugely joyous and at times emotional event, celebrating Amy's life and taking forward her legacy to create the support for fellow young adult cardiac patients. The evening itself was a highlight of the year, and has, with some additional fundraising, provided an initial £15,729 for expenditure on services and activities to support the emotional health and wellbeing of young cardiac patients. Focus of and implementation of expenditure is now in development.
- **Lleswyl 2023, our free, live streamed, inclusive festival-at-home experience was** excellent, hosted live by Sian Lloyd and Jason Harrold with BSL interpretation. With a diverse range of bands, duets, and soloists, headlined by Afro Cluster and including our first forays into dance. Lleswyl 2023 also

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TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

showcased the 'Hear Our Voices' project led by Cwm Taf Morgannwg's Regional Partnership Board and the development, we hope of another important collaboration. Six different video inputs gave insight into inspirational patients and to the charities that directly support their patient community. We had live guests either via video links or 'on the sofa' with Sian and Jase. Importantly we also generated our first 'Lleswyl watch parties'. The feedback has been excellent – an outstanding evening.

Another important highlight was the ministerial endorsements from Jane Hutt MS, Minister for Social Justice and Dawn Bowden MS, Deputy Minister for Arts and Sport, as well as significant media coverage already outlined.

Highlights in core services and business development:

Fundraising strategy implementation:

A sharper focus on our fundraising strategy meant that fundraising events over the year included:

- Sponsored Firewalking by our treasurer and chair
- Amy's Daring to Dream Ball & Auction
- Lleswyl 2023
- Sponsored runners in the Sheffield Half Marathon and Cardiff Bay 10K run
- Increased individual fundraisers

Increasing visibility in the corporate sector leading to support from businesses, linked to Amy's Ball and to other projects.

Marketing strategy has borne fruit and provided:

- a) continued development in the success, reach and impact of our social media accounts has helped make the charity visible, engage new individuals and organisations to join with us in our work and provide an excellent online presence and
- b) a significant success of our Public Relations, by working with a trusted 'small steps' contractor, has led to
 - Increased media coverage
 - News item on BBC Cymru Wales
 - News item on ITV news at 6 Wales
 - Guest speaker slots on Huw Stephens (BBC Radio Wales), on Lynn Bowles (BBC Radio Wales) and on BBC Radio Cymru
- c) our website is regularly updated, kept up to date and its online donation mechanisms are very successful
- d) working with a graphic designer, another 'small steps' contractor, has meant our graphics, documents and more are now visually impactful, professional, and engaging

Digital strategy development and implementation:

- We are a very digitally focused charity, making excellent use of online banking and donation platforms, social media, and video conferencing meetings to ensure inclusion.
- Daring to Dream was selected as a pilot member of the Newid project of Digital Communities Wales, providing additional insight and support assisting us to develop our digital strategy better.

Reserves Policy

The trustees' reserves policy is to accumulate and retain prudent levels of funds in order to continue to maintain its main charitable objectives into the future

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2023

Annual budgets have been, and will continue to be prepared, in order to monitor actual financial performance against those budgets. If and when any issues are identified by that process corrective action will be taken to secure the future viability of the charity.

Risk Management Policy

The trustees have assessed risks to date in relation to the initial limited activities undertaken. It is intended that further reviews are undertaken to provide a comprehensive assessment of potential key risk areas and to ensure that relevant procedures are put in place to mitigate those risks.

Related Parties

No trustee received any remuneration or claim for expenses during the reporting period.

The charity received an interest-free loan of £5,000 from trustee and chair Barbara Chidgey in the year, with the full balance outstanding at the year end. At the date of reporting, there is £3,500 outstanding.

The charity has a clear policy that any activities which could result in a perceived conflict of interest are fully declared as and when relevant.

Statement of Trustees' Responsibilities

The trustees are responsible for the preparing the trustees' report and the financial statements for each financial period which give a true and fair view of the charity's state of affairs as at the balance sheet date and of its financial activities for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records that are sufficient to show and explain the transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees



Barbara Chidgey
Chair

Date: 17th August 2023

DARING TO DREAM

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF DARING TO DREAM YEAR ENDED 31 MARCH 2023

Independent examiner's report to the trustees of Daring to Dream

I report to the charity trustees on my examination of the accounts of Daring to Dream (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

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

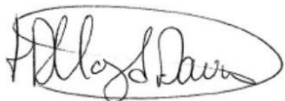
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 17 August 2023

DARING TO DREAM**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted £	2023 Restricted £	Total £	2022 Total £
INCOME					
Charitable activities					
Grants receivable	3a	10,890	-	10,890	11,196
Donations received	3b	9,891	7,328	17,219	22,097
Donations-in-kind		6,600	-	6,600	-
Other income	3c	6,819	15,920	22,739	1,851
Investment income	3d	46	-	46	7
		<u>34,246</u>	<u>23,248</u>	<u>57,494</u>	<u>35,151</u>
EXPENDITURE					
Charitable activities					
Total charitable costs	5	16,464	6,782	23,246	29,181
Administrative costs					
	6	16,442	-	16,442	5,878
		<u>32,906</u>	<u>6,782</u>	<u>39,688</u>	<u>35,059</u>
Net income for the year		1,340	16,466	17,806	92
Fund balances brought forward		5,574	781	6,355	6,263
Fund balances carried forward		<u>6,914</u>	<u>17,247</u>	<u>24,161</u>	<u>6,355</u>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

DARING TO DREAM

**BALANCE SHEET
31 MARCH 2023**

	Notes	2023		2022	
		£	£	£	£
Current assets					
Debtors	9	2,131		2,926	
Cash at bank and in hand		<u>28,428</u>		<u>19,284</u>	
		<u>30,559</u>		<u>22,210</u>	
Creditors: Amounts falling due within one year	10	<u>6,398</u>		<u>15,855</u>	
Net current assets			24,161		6,355
Total net assets			<u><u>24,161</u></u>		<u><u>6,355</u></u>
Funds of the charity:					
Unrestricted funds	12		6,914		5,574
Restricted funds	12		17,247		781
Total funds			<u><u>24,161</u></u>		<u><u>6,355</u></u>

These financial statements were approved by the trustees on 4th May 2023 and signed on their behalf by:



.....
Barbara Chidgey



.....
John Chown

John Chown

DARING TO DREAM

NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2023

1. Accounting Policies

a) Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102).

b) Going concern

The accounts have been prepared on a going concern basis as there are no material uncertainties over the charity's continuing operation.

c) Income

Income is recognised in the statement of financial activities when the charity is entitled to in income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

- Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relates directly to that activity.

c) Fund accounting

- Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.
- Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.
- Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

d) Debtors

Trade and other debtors are recognised at the settlement amount due after any relevant discount offered.

e) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any relevant discounts due.

DARING TO DREAM

NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2023

1. Accounting Policies (continued)

g) Taxation

The charity is exempt from Corporation Tax on its charitable activities.

h) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. Legal Status of the Charity

The charity is a charitable incorporated organisation (CIO) and has no share capital. In the event of the charity being wound up there is no liability for members of the charity who are the trustees.

3. Income

	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
a) Grants receivable (see note 4)				
Arnold Clark Automobiles	1,000	-	1,000	-
Community Foundation Wales	2,000	-	2,000	8,565
Postcode Community Lottery	7,890	-	7,890	2,631
	<u>10,890</u>	<u>-</u>	<u>10,890</u>	<u>11,196</u>
b) Donations				
Voluntary giving	9,891	7,328	17,219	22,097
c) Donations-in-Kind				
Worshipful Company of Marketors	6,600	-	6,600	-
c) Other income				
Gift Aid	2,819	220	3,039	1,851
Sponsorship	4,000	-	4,000	-
Miscellaneous income	-	15,700	15,700	-
	<u>6,819</u>	<u>15,920</u>	<u>22,739</u>	<u>1,851</u>
d) Investment income				
Bank interest	46	-	46	7
Total	<u>34,246</u>	<u>23,248</u>	<u>57,494</u>	<u>35,151</u>

4. Purposes of grant funds

- Arnold Clark Automobiles grant was received to support the 2023 Lleswyl music festival.
- Community Foundation Wales provided grant funding to assist ongoing core costs along with the 2023 Lleswyl festival.
- The Postcode Community Lottery grant was provided to support the unrestricted core costs of the charity.

DARING TO DREAM

NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2023

5. Expenditure on charitable activities

	Basis of allocation	2023 £	2022 £
Room transformation costs	Direct	7,604	12,111
Artiste fees	Direct	7,412	7,575
Festival production costs	Direct	8,230	9,495
		<u>23,246</u>	<u>29,181</u>

6. Expenditure on administration

	Basis of allocation	2023 £	2022 £
Donation platform fees	Direct	544	389
Insurance	Direct	328	264
Marketing and promotion	Direct	12,283	1,925
Printing and stationery	Direct	11	-
Consultancy fees	Direct	508	-
Legal and professional fees	Direct	1,220	1,834
Accountancy fees	Direct	360	360
Software subscriptions	Direct	632	492
Website hosting, etc	Direct	518	586
Bank charges	Direct	38	28
		<u>16,442</u>	<u>5,878</u>

7. Net income / (expenditure) for the year

This is stated after charging: -

Independent examiner's fee	<u>360</u>	<u>360</u>
----------------------------	------------	------------

8. Trustee expenses

No payment of expenses was made to any trustees for the period under review apart from reimbursement of amounts paid on behalf of the charity.

9. Debtors

	2023 £	2022 £
Debtors	-	1,080
Prepaid costs	2,131	1,846
	<u>2,131</u>	<u>2,926</u>

10. Current Liabilities

	2023 £	2022 £
Income in advance	990	7,890
Deposits held	-	7,605
Loan (unsecured)	5,000	-
Accruals	390	360
Other creditors	18	-
	<u>6,398</u>	<u>15,855</u>

DARING TO DREAM

NOTES TO THE ACCOUNTS YEAR ENDED 31 MARCH 2023

11. Analysis of net assets between funds

		Net current assets / (liabilities) £	Total £
Unrestricted	Core	10,439	10,439
	Lleswyl	(3,525)	(3,525)
Restricted	Amy's Ball	15,925	15,925
	B5 Quiet room	1,322	1,322
	UHW Cardio-thoracic	-	-
Total funds		<u>24,161</u>	<u>24,161</u>
Summary of the above			
Unrestricted		6,914	6,914
Restricted		17,247	17,247
Total funds		<u>24,161</u>	<u>24,161</u>

12. Movement on funds

		At 1 April 2022 £	Income £	Expenditure £	Other movement £	At 31 March 2023 £
Unrestricted	Core	5,562	18,517	(13,640)	-	10,439
	Lleswyl	12	15,729	(19,266)	-	(3,525)
Restricted	Amy's Ball	700	21,988	(6,763)	-	15,925
	B5 Quiet room	81	1,241	-	-	1,322
	UHW Cardiothoracic	-	19	(19)	-	-
Total funds		<u>6,355</u>	<u>57,494</u>	<u>(39,688)</u>	<u>-</u>	<u>24,161</u>
Summary of the above						
Unrestricted		5,574	34,246	(32,906)	-	6,914
Restricted		781	23,248	(6,782)	-	17,247
Total funds		<u>6,355</u>	<u>57,494</u>	<u>(39,688)</u>	<u>-</u>	<u>24,161</u>

Unrestricted general funds may be spent generally for the furthering the charitable work of Daring to Dream. The fund in this category is the Core Fund.

The unrestricted designated Lleswyl fund is for the purposes of producing and hosting an online music festival to aid fund raising in support of the charities aims.

Amy's Ball represents funding raised through ticket sales and donations towards the 'Daring to Dream Ball and Auction in memory of Amy Penn' aimed at raising awareness of, and support for the emotional health and wellbeing of young cardiac patients.

UHW Critical Care, UHW Cardiothoracic and B5 Quiet Room represent individual projects undertaken by the charity in performance of its principal charitable activities.

DARING TO DREAM**NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2023****13. Comparative Statement of Financial Activities - Year ended 31 March 2022**

	Unrestricted £	Restricted £	Total £
INCOME			
Charitable activities			
Grants receivable	4,281	6,915	11,196
Donations received	16,475	5,622	22,097
Other income	1,496	355	1,851
Investment income	7	-	7
	<u>22,259</u>	<u>12,892</u>	<u>35,151</u>
EXPENDITURE			
Charitable activities			
Total charitable costs	17,070	12,111	29,181
Administrative costs	5,878	-	5,878
	<u>22,948</u>	<u>12,111</u>	<u>35,059</u>
Net income / (expenditure)	(689)	781	92
Fund balances brought forward	6,263	-	6,263
Fund balances carried forward	<u>5,574</u>	<u>781</u>	<u>6,355</u>

DARING TO DREAM

England & Wales - Charity number 1190590

Accounts

DARING TO DREAM

TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

DARING TO DREAM

INFORMATION

YEAR ENDED 31 MARCH 2022

Principal Address	4 Ynys Bridge Court Gwaelod Y Garth Cardiff CF15 9SS
Trustees	Barbara Chidgey John Chown Dr Navroz Masani Menai Owen-Jones Kevin Phillips
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiner	Bevan & Buckland LLP Ground Floor, Cardigan House Castle Court Swansea Enterprise Park Swansea SA7 9LA
Charity Registration Number	1190590

DARING TO DREAM
INDEX TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2022

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Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes forming part of the financial statements	10 - 14

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2022

The trustees are pleased to present their annual trustees' report together with the financial statements of the charity for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Constitution

Daring To Dream was set up as a Charitable Incorporated Organisation with the Charity Commission and registered on 28 July 2020 with charity registration number 1190590.

Principal activity and public benefit statement

The trustees are aware of the Charity Commission's guidance on public benefit and have regard to it in the administration of the charity.

They believe that the charity provides benefit to the public by providing funds:

- to support the emotional health & well-being of adult patients in clinical care in Wales.
- using funds that it has raised, the charity raises awareness & facilitates the improvement of non-clinical spaces in hospitals for patients, their families and the staff who care for them. It also facilitates activities and services that support wellbeing, for both inpatients and outpatients.

Financial review

There was an operating surplus for the year under review of £92, ie. an excess of income over expenditure (2021 - surplus of £6,263).

Review of activities during the year

The trustees firstly want to give a massive, heartfelt thank you to the many individuals, volunteers, donors, funders, organisations together with our ambassadors, patrons and trustees that have supported Daring to Dream over the last year. Your support is so important; it is deeply humbling to realise you share and believe in our mission to support the emotional health of adults in Wales living with physical illness.

Thank you so much.

This is our second financial year since registration and we have had many, many successes and gathered much learning too. Steadily our young charity is beginning to build knowledge, networks, visibility, partnerships, clarity, and impact and is now putting down roots for good growth and development and planning its journey towards an established and sustainable charity. That is a huge highlight of the year.

Strategic leadership, governance, and management control by the board of trustees.

After the successes of the opening months for Daring to Dream, in the autumn 2021 the Board agreed to 'stop and take stock' and identified the need to adjust their focus in order to better fulfil their trustee role of strategic leadership, governance, and appropriate management control of the charity.

1. Strategic Leadership

Trustees identified the strategy that excellent governance, together with excellent executive and operational function were the approach to move the charity from 'start-up' to 'established' and towards 'sustainable'.

Trustee meetings in Spring 2022 reflected this sharpened focus on strategy and progress began with reflection on 'What we do: our charitable activities'.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2022

At the January 2022 trustee meeting this was the central topic of reflection, discussion, and refinement. By defining more clearly our charitable activities, this enables identification of the essential areas of inputs, outputs and outcomes needed to drive the charity forward and to measure its progress.

'What we do' was agreed as:

- a) Actively raising awareness of the need for support of emotional health and wellbeing for all adults, living with physical illness in Wales, and hence building a social movement of inclusion.
- b) Providing that support through the creation of non-clinical 'safe havens' in hospitals for patients, their relatives and the staff who care for them. (Transforming the environment of Quiet Rooms, Patient Day Rooms, and Relatives Rooms to make them conducive to promoting open conversations that are not only clinical but also acknowledge and support the emotional responses of patients, their families, and their clinical teams.)
- c) The charity facilitates services and activities that support the emotional wellbeing of patients (be they at home or in hospital) such as live music, hairdressing, including its annual flagship live-streamed Lleswyl festival (wellbeing festival). Lleswyl is free, inclusive and can be enjoyed from home or from a hospital bed.

Mission, vision, and values: The final trustee meeting of last financial year focused on a strategic discussion by the trustees on our vision, mission, and values statements; another cornerstone to building those foundation blocks of governance, strategic planning, and management control.

2. Financial Management

- a) **Financial systems:** The charity's financial systems and monitoring have been developed and financial accounting and reporting is now provided with the use of QuickBooks. We continue to build and maintain appropriate financial management systems.
- b) **Income in 2021-2022:** Income of £35,151 represented approximately a 400% growth in income over our first financial year. Truly excellent progress: even more so as this was during the pandemic as well.
- c) **Independent examiner:** with income in excess of £35,000 for last financial year, the trustees will appoint an external examiner.

3. Developing excellent governance

2022 was identified by trustees as the year of building an appropriate range of fit for purpose policies needed for good governance and also to put in place a three-year approach to sustainable business.

The policy development work prioritised the areas: a) Safeguarding and Wellbeing (resulting in interim policies by end of March) and b) Trustee Recruitment, Induction and Appraisal, including recruitment processes.

Highlights of delivery of our charitable activities and business development.

1. Financial objectives

The charity is building knowledge, systems, and processes to build income and sustainability.

- a) **Marketing:** the success of our marketing both in terms of social media engagement but also in terms of 'conversational' marketing to engage and build partnerships has been excellent. Marketing strategy is being developed and implemented well and we are moving into 'small steps' contracts with specialist providers to work alongside us and to increase our reach, engagement, and impact.
 - (i) Social media growth: with a focus on Twitter, Facebook, LinkedIn and Instagram our engagement levels and growth in followers is very encouraging indeed.
 - (ii) The charity's website is continually being improved and updated; feedback about its effectiveness in terms of content but importantly in terms of online donations is very good indeed.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2022

- (iii) Marketing strategies have helped identify organisations with whom we wish to develop partnerships; our approaches are always about conversations, building relationships and collaboration.
 - (iv) Media coverage relating to Lleswyl had a total coverage of 45 outlets and OTS (Opportunities To See) of 11.4 million
 - (v) Developing our voice and branding – our thanks to Scarlett Design Group for updating our logo and providing us with our Lleswyl logo so successfully.
- b) **Successful grant applications:** another success milestone is the charity's development means that we are now able to apply for and secure our first funding grants from trusts. Such successes not only provide income but demonstrate confidence from the funders in the charity. The feedback from the funding application process has been invaluable and helps inform the future development of the charity.
- (i) **The Postcode Community Trust:** advised us in November that they had approved a grant (in excess of £10,000) to us which has supported our core costs and some marketing too for the whole of 2022.
 - (ii) **The Marketors' Trust Charity:** following our marketing submission in January 2022, which assisted in the development of a clear marketing campaign, objectives, and success measurements for Lleswyl 2022, the charity has been allocated Out Reach support from the Trust, which is very much appreciated.
- c) **Donations, sponsorship, fundraising events / activities:** we are steadily building knowledge and systems and putting much in place which will be part of the charity's future digital strategy. This area is another significant highlight for Daring to Dream and identifies that the right management controls are also being put in place too.
- (i) **Online donation platforms in 2021 / 2022:**
 - Just Giving generated £1,345, nearly 200% increase 2020/2021
 - Stripe and GoCardless generated £7,035, a 375% increase
 - PayPal: this was our first year of income from a small number of birthday fundraisers and text donations via Donr (which we tested for Lleswyl).
 - (ii) **Fundraising events:** Lleswyl was our main fundraising event; importantly we have begun to generate some individual fundraisers from supporters.
 - (iii) **Ticket sales progressed rapidly for Amy's Daring to Dream Ball & Auction,** in September 2022.
 - (iv) **Sponsorship:** was obtained in support of Lleswyl
 - (v) **Other donations:** a significant level of donations came through also via individuals and businesses straight into our bank account, a proportion were in support of the funding needed for Lleswyl.
 - (vi) **Gift Aid:** this is reclaimed regularly and makes a difference for our overall donations. Our challenge is to encourage those donating via Just Giving to gift aid it.
 - (vii) **Donation totals:** £22,098, an increase of approximately 260% over the previous year.
2. **Human objectives:** the charity's human objectives are to ensure that the emotional health and wellbeing of its beneficiaries, volunteers and trustees, and staff is at the heart of all that the charity does. We approach what we do in the spirit of co-production, co-creation, and collaboration.
- a) **Developing patient (beneficiary) involvement:** the charity began in the Cardiothoracic Directorate at University Hospital Wales and with beneficiaries who are cardiac patients. However, a particular highlight is that there has been real success in developing patient (beneficiary) voice and involvement across other clinical directorates and health boards. In the co-creation of room transformations,

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2022

feedback of the value of transformed rooms, our growing website section that highlights individual patient stories (<https://daringtodream.wales/patient-stories/>), in the development and provision of feedback for Lleswyl 2021 and of course in our wonderful celebration event at the end of March 2022.

We are beginning to build partnerships with charities that support particular patient communities such as Kidney Wales, Paul Popham Fund, youth@heart amidst others and that is an important approach to us connecting with more and more adults across Wales living with physical illness.

We are indeed building our approaches to co-production, co-creation, and collaboration.

- b) **Governance policies and procedures:** working towards the relevant policies being in place for-
 - (i) Safeguarding and Wellbeing; and
 - (ii) Recruitment, induction and appraisal of trustees and board as a whole is also part of delivering on the 'human objectives'.

3. **Organic objective:** as a charity we need to be able to be sustainable, to survive, to maintain growth and build income.

- a) Trustee discussions and operational approaches demonstrate that Daring to Dream may well be about 'volunteers but the charity is definitely not amateur'. We are indeed planning for growth and for sustainability
- b) **Partnerships and collaborations:** Development of partnerships and collaborative working with a range of stakeholders demonstrates collaborative leadership e.g., individual clinical directorates and healthcare professionals and networks, other health charities such as Kidney Wales, Paul Popham Foundation, Youth@Heart, Innovate Trust as well as with key organisations such as Digital Communities Wales, John Lewis & Partners and many more. Our partnership with Hospital Radio Glamorgan takes us into a different media channel and directly to our beneficiaries, their families and the staff who care for them. It helps us engage in ways, other than our social media.
- c) **A visible presence within Wales:** the really successful inaugural and flagship Lleswyl music festival-at-home, not only raised awareness of the need for emotional support and wellbeing for those living with physical illness, it also is leading the way as an inclusive event for those for whom going to live gigs and festivals is not possible.

The musicians, inspirational patients, amazing live hosts, and the quality digital production put Daring to Dream 'on the map', created partnerships and made the chronically ill feel valued. It attracted significant donations too.

Without doubt Lleswyl 2021 was another significant highlight.

- d) **Celebrating success:** Our end of year celebration on March 29th was hosted by Sian Lloyd; this event was important, successful, and professionally produced by Ratio Studios. Celebrating successes (<https://daringtodream.wales/2022/04/01/daring-to-dream-celebrates/>) is critical in terms of visibility and generating interest, support and credibility as well as motivating the charity's volunteers and trustees as they see the results of their enthusiastic hard work showcased.
- e) Business development and delivery: Additionally, the planning in place is identifying objectives needed to build the charity's portfolio and delivery mechanisms for wellbeing activities in hospitals and different health boards. It will continue as work in progress but is already informing future developments.

4. **Social objectives:** the charity's social objectives include the development of room transformations, their completion, and also facilitation of wellbeing activities both in and out of hospital. Everything we do, we aim to do with care, compassion, quality, and ethically.

- a) Another significant and major success in 2021/2022 was the completion of **four more room transformations** in University Hospital of Wales during the pandemic.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2022

In **Critical Care Directorate**, we co-created and put in place the transformation of both the Quiet Room and their Relatives' Room – providing much needed safe spaces for families and staff to take time out, to have those tough conversations, to feel safe. We also raised the funds to do this. We achieved everything virtually too.

In **Cardiothoracic Directorate** both the Out Patients' Department Quiet Room and Ward B1 Day rooms were completed with assistance from the grant provided by The National Lottery.

The determination of the staff to work with us and to be innovative to support their patients and staff whilst dealing with everything relating to the COVID and all the increased operational challenges was nothing short of inspirational.

As chair, this really was one of the standout highlights of the last financial year.

- b) **Wellbeing activities:** although facilitation of in-hospital wellbeing activities continued to be inappropriate, behind the scenes research has continued into potential future activities. However, the pandemic opened the doors to us holding our first ever Lleswyl!
- c) **Lleswyl 2021:** our first ever wellbeing festival-at-home experience was another absolute standout highlight. It did indeed shine a light on the emotional needs of those living with physical illness in Wales. It also provided some first steps towards building a social inclusion movement that highlights and reduces social isolation created via physical illness

Reserves Policy

The trustees' reserves policy is to accumulate and retain prudent levels of funds in order to continue to maintain its main charitable objectives into the future.

Annual budgets have been, and will continue to be prepared, in order to monitor actual financial performance against those budgets. If and when any issues are identified by that process corrective action will be taken to secure the future viability of the charity.

Risk Management Policy

The trustees have assessed risks to date in relation to the initial limited activities undertaken. It is intended that further reviews are undertaken to provide a comprehensive assessment of potential key risk areas and to ensure that relevant procedures are put in place to mitigate those risks.

Related Parties

During the period under review no trustee received any remuneration or claim for expenses.

The charity has a clear policy that any activities which could result in a perceived conflict of interest are fully declared as and when relevant,

Statement of Trustees' Responsibilities

The trustees are responsible for the preparing the trustees' report and the financial statements for each financial period which give a true and fair view of the charity's state of affairs as at the balance sheet date and of its financial activities for that period. In preparing those financial statements the trustees are required to:

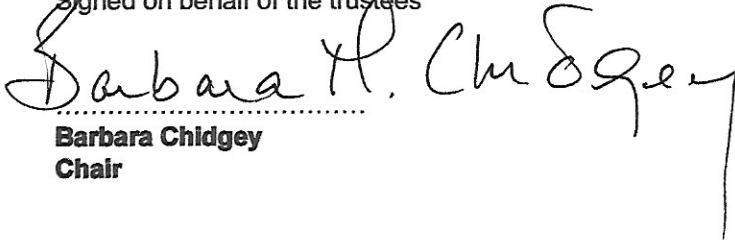
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate.

DARING TO DREAM

**TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2022**

The trustees are responsible for keeping proper accounting records that are sufficient to show and explain the transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees

A handwritten signature in black ink that reads "Barbara H. Chidgey". The signature is written in a cursive style. Below the signature, there is a dotted line.

Barbara Chidgey
Chair

6 September 2022

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF DARING TO DREAM

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

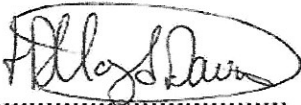
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Harri Lloyd Davies
for and on behalf of
Bevan & Buckland LLP
Ground Floor
Cardigan House Castle Court
Swansea Enterprise Park
Llansamlet
Swansea
SA7 9LA

14/10/22
.....
Date

DARING TO DREAM**STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted	2022	Total	2021
		£	Restricted	£	Total
			£	£	£
INCOME					
Charitable activities					
Grants receivable	3a	4,281	6,915	11,196	-
Donations received	3b	16,475	5,622	22,097	8,433
Other income	3c	1,496	355	1,851	353
Investment income	3d	7	-	7	-
		<u>22,259</u>	<u>12,892</u>	<u>35,151</u>	<u>8,786</u>
EXPENDITURE					
Charitable activities					
Total charitable costs	5	17,070	12,111	29,181	1,403
Administrative costs	6	5,878	-	5,878	1,120
		<u>22,948</u>	<u>12,111</u>	<u>35,059</u>	<u>2,523</u>
Net income for the year		(689)	781	92	6,263
Fund balances brought forward		6,263	-	6,263	-
Fund balances carried forward		<u>5,574</u>	<u>781</u>	<u>6,355</u>	<u>6,263</u>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

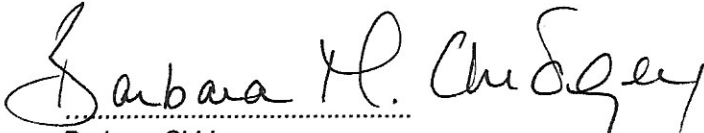
DARING TO DREAM

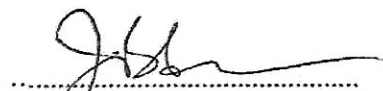
BALANCE SHEET

31 MARCH 2022

	Notes	2022		2021	
		£	£	£	£
Current assets					
Debtors	9	2,926		344	
Cash at bank and in hand		19,284		10,249	
		<u>22,210</u>		<u>10,593</u>	
Creditors: Amounts falling due within one year	10	<u>15,855</u>		<u>4,330</u>	
Net current assets			6,355		6,263
Total net assets			<u><u>6,355</u></u>		<u><u>6,263</u></u>
Funds of the charity:					
Unrestricted funds	12		5,574		6,263
Restricted funds	12		781		-
Total funds			<u><u>6,355</u></u>		<u><u>6,263</u></u>

These financial statements were approved by the trustees on 6 September 2022 and signed on their behalf by:


.....
Barbara Chidgey


.....
John Chown

DARING TO DREAM

NOTE TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2022

1. Accounting Policies

a) Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102).

b) Going concern

The accounts have been prepared on a going concern basis as there are no material uncertainties over the charity's continuing operation.

c) Income

Income is recognised in the statement of financial activities when the charity is entitled to in income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

- Grants are recognised in full in the Statement of Financial Activities in the year in which they are receivable.
- Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relates directly to that activity.

c) Fund accounting

- Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.
- Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.
- Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

d) Debtors

Trade and other debtors are recognised at the settlement amount due after any relevant discount offered.

e) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any relevant discounts due.

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2022

1. Accounting Policies (continued)

g) Taxation

The charity is exempt from Corporation Tax on its charitable activities.

h) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2. Legal Status of the Charity

The charity is a charitable incorporated organisation (CIO) and has no share capital. In the event of the charity being wound up there is no liability for members of the charity who are the trustees.

3. Income

	Unrestricted funds £	Restricted funds £	2022 Total £	2021 Total £
a) Grants receivable (see note 4)				
National Lottery Community Fund	1,650	6,915	8,565	-
Postcode Community Lottery	2,631	-	2,631	-
	<u>4,281</u>	<u>6,915</u>	<u>11,196</u>	<u>-</u>
b) Donations				
Voluntary giving	16,475	5,622	22,097	8,433
c) Other income				
Gift Aid	596	355	951	353
Sponsorship	900	-	900	-
Miscellaneous income	-	-	-	-
	<u>1,496</u>	<u>355</u>	<u>1,851</u>	<u>353</u>
d) Investment income				
Bank interest	7	-	7	-
Total	<u>22,259</u>	<u>12,892</u>	<u>35,151</u>	<u>8,786</u>

4. Purposes of grant funds

a) National Lottery Community Fund -

- Grant funding of £6,915 was received to assist with structural improvements and fitting out of three rooms within the University Hospital of Wales Cardiothoracic department.
- £1,650 was received towards the costs of staging the Lleswyl Music festival

b) The Postcode Community Lottery grant was provided to support the unrestricted core costs of the charity.

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2022

5. Expenditure on charitable activities

	Basis of allocation	2022 £	2021 £
Room transformation costs	Direct	12,111	1,403
Artiste fees	Direct	7,575	-
Festival production costs	Direct	9,495	-
		<u>29,181</u>	<u>1,403</u>

6. Expenditure on administration

	Basis of allocation	2022 £	2021 £
Donation platform fees	Direct	389	210
Insurance	Direct	264	144
Marketing and promotion	Direct	1,925	418
Legal and professional fees	Direct	1,834	-
Accountancy fees	Direct	360	-
Software subscriptions	Direct	492	75
Website hosting, etc	Direct	586	260
Bank charges	Direct	28	13
		<u>5,878</u>	<u>1,120</u>

7. Net income / (expenditure) for the year

This is stated after charging:-

Independent examiner's fee	<u>360</u>	<u>-</u>
----------------------------	------------	----------

8. Trustee expenses

No payment of expenses was made to any trustees for the period under review apart from reimbursement of amounts paid on behalf of the charity.

9. Debtors

	2022 £	2021 £
Debtors	1,080	-
Prepaid costs	1,846	344
	<u>2,926</u>	<u>344</u>

10. Current Liabilities

	2022 £	2021 £
Income in advance	7,890	-
Deposits held	7,605	3,330
Loan (unsecured)	-	1,000
Accruals	360	-
	<u>15,855</u>	<u>4,330</u>

DARING TO DREAM

NOTE TO THE ACCOUNTS YEAR ENDED 31 MARCH 2022

11. Analysis of net assets between funds

		Net current assets / (liabilities) £	Total £
Unrestricted	Core	5,562	5,562
	Lleswyl	12	12
Restricted	Amy's Ball	700	700
	UHW Critical Care	81	81
	UHW Cardio-thoracic	-	-
	B5 Quiet room	-	-
Total funds		<u>6,355</u>	<u>6,355</u>
Summary of the above			
Unrestricted		5,574	5,574
Restricted		781	781
Total funds		<u>6,355</u>	<u>6,355</u>

12. Movement on funds

		At 1 April 2021 £	Income £	Expenditure £	Other movement £	At 31 March 2022 £
Unrestricted	Core	6,263	3,036	(3,737)	-	5,562
	Lleswyl	-	19,223	(19,211)	-	12
Restricted	Amy's Ball	-	700	-	-	700
	UHW Critical Care	-	81	-	-	81
	UHW Cardiothoracic	-	4,795	(4,795)	-	-
	B5 Quiet room	-	7,316	(7,316)	-	-
Total funds		<u>6,263</u>	<u>35,151</u>	<u>(35,059)</u>	<u>-</u>	<u>6,355</u>
Summary of the above						
Unrestricted		6,263	22,259	(22,948)	-	5,574
Restricted		-	12,892	(12,111)	-	781
Total funds		<u>6,263</u>	<u>35,151</u>	<u>(35,059)</u>	<u>-</u>	<u>6,355</u>

Unrestricted general funds may be spent generally for the furthering the charitable work of Daring to Dream. The fund in this category is the Core Fund.

The unrestricted designated Lleswyl fund is for the purposes of producing and hosting an online music festival to aid fund raising in support of the charities aims.

Amy's Ball represents funding raised through ticket sales and donations towards the 'Daring to Dream Ball and Auction in memory of Amy Penn' aimed at raising awareness of, and support for the emotional health and wellbeing of young cardiac patients.

UHW Critical Care, UHW Cardiothoracic and B5 Quiet Room represent individual projects undertaken by the charity in performance of its principal charitable activities.

DARING TO DREAM**NOTE TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2022****13. Comparative Statement of Financial Activities - Year ended 31 March 2021**

	Unrestricted	Restricted	Total
	£	£	£
INCOME			
Charitable activities			
Donations received	8,433	-	8,433
Other income	353	-	353
	<u>8,786</u>	<u>-</u>	<u>8,786</u>
EXPENDITURE			
Charitable activities			
Total charitable costs	1,403	-	1,403
Administrative costs	1,120	-	1,120
	<u>2,523</u>	<u>-</u>	<u>2,523</u>
Net income / (expenditure)	6,263	-	6,263
Fund balances brought forward	-	-	-
Fund balances carried forward	<u><u>6,263</u></u>	<u><u>-</u></u>	<u><u>6,263</u></u>

DARING TO DREAM

England & Wales - Charity number 1190590

Accounts

Registered Charity No. 1190590

DARING TO DREAM
TRUSTEES' ANNUAL REPORT AND FINANCIAL STATEMENTS
PERIOD ENDED 31 MARCH 2021

DARING TO DREAM
INFORMATION
PERIOD ENDED 31 MARCH 2021

Principal Address 4 Ynys Bridge Court
 Gwaelod Y Garth
 Cardiff
 CF15 9SS

Trustees Barbara Chidgey
 John Chown
 Dr Navroz Masani
 Menai Owen-Jones
 Kevin Phillips

Bankers Triodos Bank
 Deanery Road
 Bristol
 BS1 5AS

Charity Registration Number 1190590

DARING TO DREAM
INDEX TO THE ACCOUNTS
PERIOD ENDED 31 MARCH 2021

	Page
Trustees' Annual Report	1 - 4
Income Account	5
Balance Sheet	6
Notes forming part of the financial statements	7
Detailed income and expenditure account - Income account	8

Note: Page 8 does not form part of the statutory accounts

DARING TO DREAM

TRUSTEES' ANNUAL REPORT PERIOD ENDED 31 MARCH 2021

The trustees are pleased to present their annual report and accounts of the charity for the first period of operation ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Constitution

Daring To Dream was set up as a Charitable Incorporated Organisation with the Charity Commission and registered on 28 July 2020 with charity registration number 1190590.

Review of activities during the period

Registration: It was extremely exciting to have our submission to the Charity Commission for registration as a 'Charitable Incorporated Organisation' immediately accepted and we became an official CIO on 28th July 2021, registered number 1190590. Hot on the heels with that registration followed the opening of our Triodos bank account and Gift Aid registration with HMRC.

Website development was ongoing over summer 2020 (<https://daringtodream.wales/>) putting in place not only content but also many online payment platforms. It continues to be 'work in progress' and an important showcase of our work and source of donations.

Social Media reach continues too on twitter (@DaringtoDream5), Instagram (@DaringtoDream5), facebook (<https://www.facebook.com/daringtodream5>) and data analytics are steadily being collated. Twitter has been most successful, having grown from 0 to 458 followers. Tweet impressions have grown from 0 to 576 per day. Long way to go yet.

Trustees have willingly engaged in more meetings and conversations and have been successfully 'forming, norming and storming', we are moving towards 'performing' (source: Bruce Tuckman). Essential to the trustees building a cohesive team and working well together have been our discussions on clarifying our shared understanding about what 'Daring to Dream is famous for'. Those discussions led to a rewrite of <https://daringtodream.wales/what-we-do/>. They have contributed to us laying down a foundation of trusted working relationships, putting good governance policies and processes in place and will lead us into our future recruitment of additional trustees.

Hamed and Hessam Amiri welcomed as ambassadors. Interwoven into understanding the need to support patients' emotional health and wellbeing are the Amiri brothers, Hussein, Hamed and Hessam. Hamed, in his recently published book "The Boy with Two Hearts", refers to the three of them as the "Three Musketeers". His book tells the story of the family's desperate flight from danger, to seek asylum in the UK, needed not only for the whole family but to access essential cardiothoracic treatment for Hussein Said. Hussein's and his family's story is interwoven into the fabric of Daring to Dream.

Transformation of General Surgery Quiet Room

Against many odds and with lots of help from Gail Prosser (ward manager) and her colleagues, General Surgery at University Hospital of Wales now have a safe and comforting space for patients and families. A cwtsh for private and supportive conversations, all furnishings provided by Daring to Dream. Completed in November 2020 during the pandemic.

Zoom opening of the General Surgery Quiet Room

In December 2020, we were also able to officially open the General Surgery Quiet Room by Zoom and with guest speaker Swansea-born Neil Hopper, a vascular surgeon working in Cornwall. In April 2019 Neil became unwell with sepsis and then in May 2019 he underwent bilateral below-knee amputations.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT PERIOD ENDED 31 MARCH 2021

The Daring to Dream 2020 Winter Festival, in support of Critical Care at UHW:

On December 31st 2020, Daring to Dream experimented with its very first online #WinterFestival.

Aware of how much we were all missing live music, and also that going out or having friends or family round was a total 'no-no' on December 31st last year, we decided to test out an online festival.

Arranged within days, we were also focused on raising funds in order to transform the Quiet Room in Critical Care at University Hospital of Wales. It was good fun and hugely successful. It raised substantial donations.

As a result, in the final quarter of this financial year the trustees decided to research the possibility of delivering live-streamed Festivals, to deliver the festival experience to the chronically ill and disabled, right into their homes. An experience whereby music is the catalyst to reconnect family, friends, and neighbours (including the chronically ill) into a joyous evening complete with festival make up, clothes and food. The research was well developed by the end of the financial year, moving into a planning phase of the first ever Daring to Dream Festival.

Partnership with John Lewis & Partners Home Design Team Cardiff: the ongoing working with the John Lewis team is a delight. Their interior design skills cut through the normal 'clinical' room décor and their passion to work with us is heartening.

Partnership developed with Hospital Radio Glamorgan: connecting patients (either on a ward or at home) with music (face to face or digitally) is developing as a key theme of what Daring to Dream wishes to develop. Music connects, uplifts and is fundamental to improving emotional wellbeing. Our partnership with Hospital Radio Glamorgan means two nights per week, their programmes are brought to listeners 'thanks to Daring to Dream'. Their listeners are our beneficiaries. Excellent PR, raising awareness of Daring to Dream.

Welsh cake treats to spread a little love for St Dwynwen's Day and also again for Valentine's Day – with huge thanks to Fabulous Welshcakes Ltd. Another partnership that was brought together during lockdown as we showed kindness and solidarity with the staff in all of the clinical areas within which we had already built relationships and involvement.

Our patrons: Sophie Howe (The Future Generations Commissioner) and Neil Hopper are now both patrons. Information about each of them and an important video can be accessed at <https://daringtodream.wales/our-patrons/>.

Staff champions: in spite of the pandemic and pressures on them, there are a growing band of staff champions who support us and spread the word and help us engage with other staff and patients.

Total funds raised in 9 months: Against many odds, our income in our opening 9 months was £8,785. We have also built a small number of individuals who are doing individual fundraisers for us. Very much 'work in progress', but developing further our fundraising strategy is high on the agenda in 2021 / 2022.

The National Lottery 'Awards for All' grant obtained to support Cardiothoracic room transformations £8,565! We heard this good news at the very end of the financial year. The grant is to support the transformation of additional rooms within the Cardiothoracic Directorate.

Thank you: Finally, from small beginnings we are putting the foundation bricks in place. As chair, I wish to thank my fellow trustees for their commitment, input, and enthusiasm. May I also thank our growing group of individual fundraisers, organisational partners and supporters, patient supporters and finally our staff champions for their faith and support also.

We look forward to building greater engagement and increasing our fundraising and impact through a variety of tangible means that will support the emotional health and wellbeing of patients in Wales.

DARING TO DREAM

TRUSTEES' ANNUAL REPORT PERIOD ENDED 31 MARCH 2021

"What we are trying to do as a charity is to raise awareness of the impact of emotional health and wellbeing on a patient's clinical progress, through tangible means. We are creating spaces where patients, their families and medical teams can talk kindly about really tough, and often life or death, issues. To be able to offer that space to patients, carers and also at times to our staff, then it alters the way that those really tough issues are perceived, so that everyone can talk about them more easily – not just the clinical details but also, importantly, about what it feels like emotionally.

Currently the kind of rooms we sit in for these conversations make this kind of real openness and sharing of vulnerability and understanding extremely difficult to hold." Dr Nav Masani, Consultant Cardiologist, University Hospital of Wales, and trustee of Daring to Dream. (Source: <https://daringtodream.wales/what-we-do/>)

Public Benefit Statement

The trustees are aware of the Charity Commission's guidance on public benefit and have regard to it in the administration of the charity.

They believe that the charity provides benefit to the public by providing funds:

- to support the emotional health and well-being of patients within clinical care in Wales
- by making grant to organisations such as hospitals to provide items and services that support patients' emotional well-being with grants also used to improve facilities for patients.

Financial review

There was a surplus for the period under review of £6,263. These are the total funds carried forward into the next year and they consist of solely unrestricted funds.

Reserves Policy

The trustees' reserves policy is to accumulate and retain prudent levels of funds in order to continue to maintain its main charitable objectives into the future.

Annual budgets have been, and will continue to be prepared, in order to monitor actual financial performance against those budgets. If and when any issues are identified by that process corrective action will be taken to secure the future viability of the charity.

Risk Management Policy

The trustees have assessed risks to date in relation to the initial limited activities undertaken. It is intended that further reviews are undertaken to provide a comprehensive assessment of potential key risk areas and to ensure that relevant procedures are put in place to mitigate those risks.

Related Parties

During the period under review no trustee received any remuneration or claim for expenses.

The charity has a clear policy that any activities which could result in a perceived conflict of interest are fully declared as and when relevant,

Statement of Trustees' Responsibilities

The trustees are responsible for the preparation of the accounts for each financial period which give a true and fair view of the charity's state of affairs as at the balance sheet date and of its financial activities for that period. In preparing those accounts the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue to operate

DARING TO DREAM

**TRUSTEES' ANNUAL REPORT
PERIOD ENDED 31 MARCH 2021**

Statement of Trustees' Responsibilities (continued)

The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, at any time the charity's financial position and enable them to ensure that the accounts comply with the Charities Act 2011. They are also responsible for safeguarding the church's assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees

**Barbara Chidgey
Chair**

Barbara M. Chidgey

Date

29-07-21

DARING TO DREAM
STATEMENT OF FINANCIAL ACTIVITIES
PERIOD ENDED 31 MARCH 2021

	2021	
	Unrestricted	
	£	£
INCOME		
Charitable activities		
Donations received	8,433	
Gift Aid	342	
Other income	11	
	8,786	
EXPENDITURE		
Charitable activities		
Donations made	1,403	
Administrative costs	1,120	
	(2,523)	
Net income for the period		6,263

There were no recognised surpluses and deficits other than the net income for the period shown above.

The charity's activities commenced 28 July 2020 and no activities were discontinued during the period under review.

All funds are unrestricted.

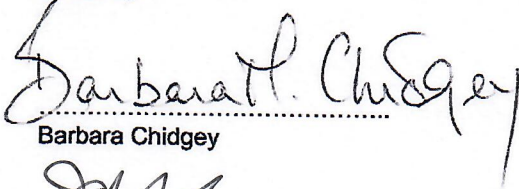
DARING TO DREAM

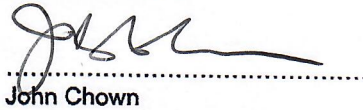
BALANCE SHEET

31 MARCH 2021

	Notes	2021	
		£	£
CURRENT ASSETS			
Debtors	4	344	
Cash at bank and in hand		<u>10,249</u>	
		<u>10,593</u>	
LESS: CURRENT LIABILITIES			
	5	<u>4,330</u>	
NET CURRENT ASSETS			6,263
TOTAL NET ASSETS			<u><u>6,263</u></u>
Representing:			
GENERAL FUNDS			<u><u>6,263</u></u>

These financial statements were approved by the trustees on 29-07-21 and signed on their behalf by:


.....
Barbara Chidgey


.....
John Chown

DARING TO DREAM

NOTE TO THE ACCOUNTS

PERIOD ENDED 31 MARCH 2021

1. Accounting Policies

- a) The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102).
- b) Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.
- c) Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- d) Resources expended are allocated to the particular activity where the cost relates directly to that activity.
- e) The accounts have been prepared on a going concern basis as there are no material uncertainties over the charity's continuing operation.

2. Legal Status of the Charity

The charity is a charitable incorporated organisation (CIO) and has no share capital. In the event of the charity being wound up there is no liability for members of the charity who are the trustees.

3. Taxation

The charity is exempt from Corporation Tax on its charitable activities.

	2021 £
4. Debtors	
Prepaid costs	<u>344</u>
5. Current Liabilities	
Deposits held	3,330
Loan	1,000
	<u>4,330</u>

6. Trustee expenses

No payment or expenses was made to any trustees for the period under review apart from reimbursement of amounts paid on behalf of the charity.

DARING TO DREAM

**DETAILED FINANCIAL STATEMENT - INCOME ACCOUNT
PERIOD ENDED 31 MARCH 2021**

	2021	
	£	£
INCOMING RESOURCES		
Donations received	4,746	
Gift Aid	342	
Legacy donations received	3,687	
Other income	11	
	<hr/>	<hr/>
		8,786
Less: RESOURCES EXPENDED		
Donation collection charges	210	
Computer, website and internet costs	260	
Insurance	144	
Marketing and promotional costs	418	
Bank charges	13	
Subscriptions and regulatory fees	75	
	<hr/>	
	1,120	
Charitable donations made	1,403	
	<hr/>	
		(2,523)
Surplus for the period		<hr/> <hr/>
		6,263

This page does not form part of the statutory accounts