PeopleSpeakUp Ltd

Charity number: 1193117

Company Registration Number: 10752538

Trustees' report and financial statements
for the year ended 31st May 2021

(Period 1.6.20 – 13.1.21 Pre-Charity Registration and 14.1.21 to 31.5.21 Charitable Status)

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Legal and administrative information

Charity Name: PeopleSpeakUp Ltd (A company Limited by Guarantee)

Charity Registration Number: 1193117

Company Registration Number: 10752538

Address:	Ffwrnes Fach C/O Ffwrnes Theatre Park Street Llanelli Carmarthenshire SA15 3YE
Trustees & Directors:	Alison Diane Franks (resigned September 2022) Carole Ann Smith Summar Jade Ackery Ioan Hefin (appointed 18th August.2020) Kate Marie Williams (resigned January 2022) Stuart Harries (appointed July 2022) Christy Louise Anson-Harris (appointed July 2022)
Independent Examiner:	Nicola Lewis EasyBooks (Wales) Ltd Unit 4 Dragon 24 North Dock Llanelli Carmarthenshire, SA15 2LF
Bankers:	Lloyds Bank Victoria PO Box 1000 BX1 1LT

Report of the Trustees including Directors' Report

For the year ended 31 May 2021

The trustees present their report and the financial statements for the year ended 31 May 2021. The trustees who served during the year and up to the date of this report are set out on page 1.

Structure, governance and management

The Charity is managed by trustees who are appointed by the leadership board.

Governing Document

The charity is governed by its Memorandum and Articles of Association as a Company Limited by Guarantee.

Objectives and activities / Public Benefit

The trustees of the charity are committed to providing a public benefit and have taken into account the Charity Commissions guidance into this area. We aim to adopt a theory of change structure where we work from need to delivery, to evaluation to strategy. People Speak Up (PSU), creates projects by the people for the people through direct referrals from our partners and walk in's from the communities we work in and around. Collaboration with key partners is important to our growth and learning experience as a third sector organisation.

During this financial year our main objectives were to survive financially during the Covid-19 pandemic and to deliver services that met the needs of our community, partners and stakeholders by working to our objectives set out in our Articles of Association. In summary our key objectives are:

- Sustain current project delivery to meet the needs of current participants and referrals from Carmarthenshire United Support Project (CUSP).
- Source funding – Secure full time salary staffing, core costs, long term funding, more freelance job opportunities.
- Investigate expansion across Hywel Dda health board footprint.
- Improve on hybrid model of face to face and online delivery at our physical base in Llanelli.
- To continue to work with all ages, so people have the time and space to find their voice and work through post Covid–19 issues.

Achievements and performance

People Speak Up is a social, arts & health, mental health and well-being organisation based in The Ffwrnes Fach, The Old Zion Chapel in Llanelli and works across South West Wales. We offer training, volunteering, workshops, one to one be-friending and events for individuals and communities to find their voice.

Our board of trustees are made up of passionate people from the local area that are leading advocates in social change.

Our main partners and stakeholders are:

- Llanelli Town Council
- Carmarthenshire County Council (Youth Service, Children's Services, older people day services, Theatrau Sir Gar)
- Carmarthenshire Associate of Voluntary Services (CAVS)
- Carmarthenshire United Support Partnership (CUSP) (CAVS, British Red Cross, Age Cymru Dyfed, Sense, Tircoed, Delta Well-being CCC, Hywell Dda HB, Carers Trust West Wales)
- Pembrokeshire Arts & Health Network
- West Wales Action for Mental Health (WWAMH)
- Wales Arts & Health Well-being Network (WAHWN)
- University of Wales Trinity St David
- The Awen Institute, Centre for Innovation of Ageing/ Swansea University
- Youth Arts Network Cymru (YANC)
- Social Business Wales
- UNLTD

Newly formed in 2017 as a limited company and obtaining charity status in January 2021. One full time equivalent member of staff who is the founder/ Artistic & Business Director, 3 part time equivalent, 15 freelance artists, storytellers, poets, writers and practitioners, 5 young people volunteers and 3 volunteers.
Ioan Hefin joined the board August 2020.

June 2020 – May 2021 was the most challenging year to date for our organisation, we needed to keep our team and participants safe by navigating the constant change in lockdown restrictions with realistic aims, understanding need, measuring risk, and keeping the well-being of the PSU team and all participants forefront in all strategic planning decisions. Over the year we worked with 273 individuals across 20 different creative- wellbeing, bilingual, inclusive projects and we provided paid work for 16 creative well-being professionals. Our total project attendance figures: 2,449
These projects included:

- Story Care & Share (SCS)– Creative well-being gatherings for ages 18+. This became our flagship project during lockdown; PSU supported participants on tech support and our weekly sessions became a space for people to re-connect, we then moved to hybrid delivery when restrictions changed and a mix of face to face and online delivery.
- SCS Pembrokeshire – A new pilot project to expand our work over the Hywell Dda HB Footprint, collaborating with Fishguard Storytelling and funded by Voluntary Arts Wales to support older people that are feeling lonely and isolated. Online & garden visits.
- Spoken Word Saturday – A mix of inclusive online community spoken word community collections, online delivery, face to face at The Ffwrnes Fach and at Parc Howard Gardens in Llanelli. 12 sessions/ 25 individuals/total attendance: 251
- Young People Speak Up (YPSU) – Well-being creative sessions for young people ages 11+ to find their voice and sense of place in their community through workshops, events, volunteering in care homes and on inter-generational projects.
- Square Stories – A project in Lockdown for the community to engage with heritage sites within 15 minutes from their home. Our young people created an online digital resource with guest artist and speakers to create an online cultural resource for the local primary school children.
- Creative Companions – A time and place in the winter months of lockdown for the younger generation to be-friend an older person through creative companionship sessions; by phone, zoom, doorstep. Monthly group sessions over zoom brought the people together to share their creative work.
- Care Home Creative Gatherings – Zoom gatherings with our PSU team, guest storytellers, local school children and our young people speak up volunteers. A time for our community to connect through storytelling share time.
- Stories By Phone - Adapted from our stories to the door project, a time for older people that did not use online devices. Referrals from our community received weekly story gifts from our storytellers, a time for quality deep listening and open chats.
- Inter-generational/ Story Gathering - Four projects based around Carmarthenshire, adapted during lockdown to a collection of online and doorstep visits to bring the older and younger generation together/
- Carers Speak Up – A pilot project supported by Carers Trust Crossroads, Creating a space for carers to speak, listen and share in a non-judgemental space.
- Men In Conversation – A project led by volunteers, online sessions for men to talk, share and listen.
- Virtual Day Centre – Started on the last week of June, our first contract from Carmarthenshire County Council to lead facilitate a virtual day centre for Connect service users through Delta Well-being.
- Birth Café – Re-launch of Birth Café to support mothers in lockdown. A space to talk through birth trauma stories and to be in a space of re-connection.
- Cuppa Time – Launched in April 2021 for individuals and small groups to test out re-entering public spaces post lockdown.
- Well-being extra curriculum sessions for Coed Cae School, Llanelli: A creative non-judgemental space for referrals through the Youth Service and Coed Cae School. Discussing issues of mental health, well-being, loneliness and isolation.
- PSU Blog – Created by a participant, capturing stories from our projects and the people of our community.
- PSU Podcast – an online space to collect stories from the people we work with in the community.
- Unloved Heritage Lockdown - An online time and space to re-connect the young people from The Unloved Heritage Project – Spoken Word Creativity.
- Poetry By Phone/ Hold the Line publication - PSU's first publication in partnership with Write4Word, stories and poetry created by professional writers and poets from their time with older people living in the community, referred from The Carmarthenshire United Support Project.

Future Plans

- To create full & part- time salary posts in the organisation.
- To receive long term sustainable funding.
- To secure further long-term contacts with HB & Local authority.
- Provide staff with further training and staff development

People Speak Up would like to thank: our team of creative well-being practitioners, admin support, writers, poets, storytellers, artists, all partners, funders and stakeholders and to all of our Speak Up community for sharing and listening from the heart.

Financial review

Policy on reserves

The Charity's policy is to keep a minimum in general funds to run the organisation for 3 months.

Statement of trustees' responsibilities

The trustees are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which 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. Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the trustees' report above.

On behalf of the board

Signed:.....Director & Trustee Date:... 14th November 2021

Print Name.....Ioan Hefin Evans.....

Independent Examiner's Report
to the Trustees & Directors of People Speak Up Ltd

I report on the accounts of the Charity for the year ended 31st May 2021

Respective responsibilities of directors and examiner
The company's directors (who are also trustees) are responsible for the preparation of the accounts, and they consider an audit is not required for this year (under section 144) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Charities Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act);
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matters have come to my attention:

(1) Which gives me reasonable cause to believe that in any material respect the requirements
   a. to keep accounting records in accordance with section 386 of the Charities Act; and
   b. to prepare accounts which accord with the accounting records; and
   c. to prepare accounts which comply with the accounting requirements of Section 396 of the Companies Act 2006 and in accordance with the Charities SORP (FRS102)

   have not been met; or

(2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed..... N.J ... Nicola Jayne Lewis Date..... 13th September 2021

STATEMENT OF FINANCIAL ACTIVITIES

for the period split 1.6.20 to 13.1.21 and 14.1.21 to 31.5.21

Including Summary Income and Expenditure Account

	notes	1.6.20 to 13.1.21 Pre-Charity	14.1.21 to 31.5.21 Unrestricted	14.1.21 to 31.5.21 Restricted	Total Funds Year	*last year (Pre-Charity)*
Income	3					
Donations & Legacies						
Donations Income		0	120	0	120	*0*
Grants Received - Unrestricted		40850	74831		115681	*0*
Grants Received - Restricted		12500		891	13391	*59296*
Other Trading Activities & Income		23801	17200	0	41001	*31510*
TOTAL INCOME		77151	92151	891	**170193**	*90806*
Expenditure	4					
Charitable Activities		78667	48748	3189	130603	*91232*
TOTAL EXPENDITURE		78667	48748	3189	130603	*91232*
NET INCOME (EXPENDITURE) before Transfers		(1516)	43404	(2298)	39590	*(426)*
Transfers Between Funds		0	0	0	0	*0*
NET INCOME (EXPENDITURE) after Transfers		(1516)	43404	(2298)	39590	(426)
NET MOVEMENT IN FUNDS		**(1516)**	**43404**	**(2298)**	**39590**	*(426)*
Total Funds Brought Forward year start		1252			1252	*1678*
Funds at 13.1.21		(264)	(2742)	2479		
Total Funds Carried Forward			40662	181	40842	1252

Balance Sheet
as at 31st May 2021

	notes	*As at 13.1.2021 Pre Charity*	Unrestricted Funds	Restricted Funds	Total Funds	*last year (Pre-Charity)*
Fixed Assets -Tangible						
Fixed Assets -Tangible	9	*4833*	5004	0	5004	*1963*
Current Assets						
Debtors, Accrued Income & Prepayments	10	*675*	1225	0	1225	*880*
Bank & Cash		*23579*	26495	10139	36634	*26843*
		24254	27720	10139	37859	*27723*
Current Liabilities (falling due within 1 year)						
Creditors, Deferred Income & Accruals	11	*(1740)*	(7938)	9958	2020	*28434*
		(1740)	(7938)	9958	2020	*28434*
Net Current Assets		*25994*	35658	181	35839	*(711)*
Total Assets less Current Liabilities		***30827***	**40662**	**181**	**40842**	***1252***
Total Net Assets		***30827***	**40662**	**181**	**40842**	***1252***
Fund Balances						
Funds B/fwd		*1252*	0	0	1252	*1678*
Net movement of funds 1.6.20 to 31.5.21		*(1516)*			(1516)	
		(264)	(2742)	2479		
Net movement of funds14.1.21 to 31.5.21			43404	(2298)	41106	(426)
TOTAL FUNDS			**40662**	**181**	**40842**	***1252***

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies

The members have not required the charitable company to obtain an audit in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the Board of Trustees on ...14.11.21..... and were signed on its behalf by:

Signed..... I.H Evans

Director & Trustee

Print Name: Ioan Hefin Evans

Notes to the financial statements
for the year ended 31 May 2021

1. Basis of preparation

1.1 Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

1.2 Going Concern
The financial statements have been prepared under the historical cost convention. These financial statements are prepared on the going concern basis. The trustees have taken steps to secure the financial future of the organisation for the foreseeable future and there are no material uncertainties.

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

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of Section 3 Financial Statement Presentation paragraph 3.17(d);
- the requirements of Section 11 Financial Instruments paragraphs 11.41(b), 11.41(c), 11.41(e), 11.41(f), 11.42, 11.44,11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of Section 12 Other Financial Instruments paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of Section 33 Related Party Disclosure paragraph 33.7.

1.3 Change in Basis of Accounting
There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

1.4 Changes to previous Accounts
No changes have been made to accounts for the previous years.

1.5 Company Limited by Guarantee
People Speak Up Ltd is a charitable company limited by guarantee. Members' liability on winding up is £1.

1.6 Basic Financial Instruments
Basic financial instruments are initially accounted for at their transaction price except for financing transactions (such as certain debt instruments) which are measured at the present value of the future payments discounted using a market rate of interest. Subsequently, basic financial instruments are measured as follows:

1. Debt instruments shall be measured using the effective interest method. For debt instruments expected to be settled within one year, they shall be measured at the undiscounted amount of cash expected to be received or paid. Interest free loans may require fair value adjustments. As an accounting policy choice, an entity may choose to measure debt instruments at fair value with changes in fair value recognised in the profit and loss account.
2. Investments in publicly traded non-convertible preference shares, and non-puttable ordinary shares, shall be measured at fair value with changes in fair value recognised in the profit and loss account.
3. Commitments to make or receive a loan shall be measured at cost less impairment. With the exception of the requirement to fair value, certain publicly traded investments, FRS 102 will not result in a change in how most entities value basic financial instruments.

2. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

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

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Tax Reclaims are included in the SoFA at the same time as the gift to which they relate.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable. In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Income from investments is included in the year in which it is receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made or property transferred and the amount involved can be quantified.

2.2 Expenditure
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Resources expended are recognised in the year in which they are incurred. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management.

2.3 Tangible fixed assets and depreciation
Expenditure is capitalised if the asset has a useful life of more than 1 year and its cost exceeds £100.

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, on a straight-line basis as follows:

Equipment	25%

2.4 Provision for Liabilities
A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

2.5 Debtors
Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3. Analysis of Income
Income consists of various grants and fees for services. Where these grants are given for a specific purpose, they are held in a restricted fund.

The income includes the following:

	1.6.20 to 13.1.21 pre charity	14.1.21 to 31.5.21 Charity	Total
Unrestricted & Designated			
Birth Cafe	0	200	200
Bwlch Youth Club	0	4515	4515
Coedcae Wellbeing	0	1770	1770
Cuppa Time	0	850	850
Friend in Need Creative Companions	1000	1693	2693
Men in Conversation	0	100	100
Pembrokeshire Story Care and Share	0	2000	2000
People Speak Up Blog	0	1025	1025
Poetry by Phone	1000	0	1000
Speak Up Pod	0	11536	11536
Square Stories	9100	400	9500
Stories by Phone	3500	5400	8900
Story Care & Share	5000	1600	6600
Story Gatherers	20150	4890	25040
Unloved Heritage	1100	0	1100
Virtual Day Centre	0	32500	32500
Young People Speak Up	0	6352	6352
	40850	74831	115681
Restricted			
CCC - Spoken Word Saturday	0	891	891
Young People Speak Up *	12500	0	12500
	12500	891	13391
*Young People Speak Up this year includes the following:			
Children In Need	10000	0	0
Arts Council for Wales	2000	0	0
CAVS	500	0	0
	12500	0	0

4. Analysis of Expenditure
Grants awarded – Grants are given in accordance with the objectives of the charity. All decisions on grant awards are considered and decided upon by the trustees.

The financial value of volunteer time has not been included in the financial statements but forms a crucial part of the success of the organisation.

Breakdown of Expenditure on Charitable Activities:

	1.6.20 to 13.1.21 pre charity	14.1.21 to 31.5.21 Charity	**TOTAL this year**	*last year (pre charity)*
Contractors and Facilitators	55318	29979	**85297**	*75478*
Purchases	13501	17030	**30531**	*2978*
Rent and Rates	2078	1389	**3467**	*3870*
Administration Costs	1859	617	**2476**	*3534*
Small Tools and Equipment	463	0	**463**	*1011*
Travel and subsistence	934	332	**1267**	*1363*
Translation Costs	1160	640	**1800**	*0*
Hospitality Costs	46	146	**192**	*0*
Insurance	337	0	**337**	*449*
Bank Interest and Charges	86	40	**126**	*84*
Book Keeping & Accounting	1237	280	**1517**	*1434*
Subscriptions and Memberships	735	805	**1540**	*406*
Depreciation	912	678	**1590**	*625*
	78667	**51936**	**130603**	***91232***

5a. Trustees Remuneration and Benefits

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

5b. Trustees Expenses

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

6. Support Costs

	This year	Last Year
Payroll, Book-keeping & Accounting	1167	1434

7. Governance Costs

	This year	Last Year
Independent Examination of Accounts	350	0

8. Staff Expenditure

8.1 Staff Costs

	This Year	Last Year
Gross Wages & Salaries (incl. ER NI & ER Pension)	0	0
Other Costs	0	0

8.2 Number of Employees

	This Year	Last Year
Full time employees (or equivalent)	0	0

9. Fixed Assets

	Equipment		TOTAL
Opening Balance Cost	2914		2914
Additions in Year	4630		4630
Disposals in Year	0		0
Closing Balance at Cost	**7544**		**7544**
Opening Accumulated Depreciation	950		950
Charge for year	1590		1590
Released on Disposal	0		0
Closing Accumulated Depreciation	**2540**		**2540**
Closing Net Book Value	**5004**		**5004**

No assets have been re-valued during the year.

10. Debtors and prepayments

Amounts falling due within 1 year are as follows:	This Year	Last Year
Grant Carmarthenshire County Council	£ 550	£ 0
Prepayments	£ 0	£ 205
Rental Bond	£ 675	£ 675
	£ 1225	**£ 880**

11. Creditors and Accruals

Amounts falling due within 1 year are as follows:	This Year	Last Year
Trade Creditors	£ 0	£ 224
Accruals	£ 2020	£ 720
Deferred Income (note 17)	£ 0	£ 27490
	£ 2020	**£ 28434**

Amounts falling due after 1 year are as follows:		
	£ 0	**£ 0**

12. Transactions with Related Parties

There were no related party transactions for the year ended 31st May 2021 nor for the year ended 31st May 2020.

13. Additional Disclosures

In order to assist project cashflow, sometimes funds are transferred from general funds to designated project funds and then returned once cash availability permits. This does not affect the overall position of the organisation as the transfers are all internal.

Brought forward funds show a negative balance due to an overspend on several projects.

There are no further disclosures for this year.

14. Corporation tax

The company has received exemption from payment of corporation tax on its charitable activities.

15. Funds Summary

	Period 1.6.20 to 13.1.21 Pre Charity					Period 14.1.21 to 31.5.21 Charity			
	B/Fwd	Income	Expenditure	Transfers	C/Fwd	Income	Expenditure	Transfers	C/Fwd
Unrestricted Funds:									
General	1252	23801	38249	(505)	(13701)	17319	3146	(926)	(454)
Designated Funds:									
Birth Café	0	0	100	0	(100)	200	100	0	0
Bwlch Youth Club	0	0	1400	0	(1400)	4515	3115	0	0
Care Homes	0	0	0	0	0	0	1238	0	(1238)
Coedcae Wellbeing	0	0	0	0	0	1770	1770	0	0
Cuppa Time	0	0	0	0	0	850	1483	633	0
Friend in Need Companion	0	1000	1914	0	(914)	1693	779	0	0
Men in Conversation	0	0	100	0	(100)	100	.0	0	0
Pembrokeshire Story Care and Share	0	0	0	0	0	2000	300	0	1700
People Speak Up Blog	0	0	935	0	(935)	1025	270	0	(180)
Poetry by phone	0	1000	0	0	1000	0	1293	293	0
Speak Up Pod	0	0	1240	0	(1240)	11536	2838	0	7458
Square Stories	0	9100	5875	0	3225	400	3625	0	0
Stories by Phone	0	3500	4260	0	(760)	5400	5710	0	(1070)
Story Care & Share	0	5000	4120	0	880	1600	2934	0	(454)
Story Gatherers	0	20150	8847	0	11303	4890	16193	0	0
Unloved Heritage	0	1100	1605	505	0	0	0	0	0
Virtual Day Centre	0	0	0	0	0	32500	1400	0	31100
Young People Speak Up	0	0	0	0	0	6352	2553	0	3799
Total Unrestricted	1252	64651	68645	0	(2742)	92150	48747	0	40661
Restricted Funds:									
Spoken Word Saturday	0	0	710	0	(710)	891	0	0	181
Young People Speak Up	0	12500	9311	0	3189	0	3189	0	0
Total Restricted	0	12500	10021	0	2479	891	3189	0	181
Total Funds	**1252**	**77151**	**78667**	**0**	**(264)**	**93041**	**51935**	**0**	**40842**

Designated Funds are used as follows:

Birth Café
Re-launch of Birth Café to support mothers in lockdown. A space to talk through birth trauma stories and to be in a space of re-connection.

Bwlch Youth Club
An opportunity to research traditional stories of the area, meet and speak to residents in the Morfa Area and come together to create landscape art.

Care Homes
Zoom gatherings with our PSU team, guest storytellers, local school children and our Young People Speak Up volunteers. A time for our community to connect through storytelling share time.

Coedcae Wellbeing
Creative non-judgemental space for referrals through the Youth Service and Coed Cae School. Discussing issues of mental health, well-being, loneliness and isolation.

Cuppa Time
Launched in April 2021 for individuals and small groups to test out re-entering public spaces post lockdown.

Friend in Need Creative Companions
A time and place in the winter months of lockdown for the younger generation to be-friend an older person through creative companionship sessions.

Men in Conversation
A project led by volunteers, online sessions for men to talk, share and listen.

Pembrokeshire Story Care & Share
Creative well-being gatherings for ages 18+ This became our flagship project during lockdown, PSU supported participants on tech support and our weekly sessions became a space for people to re-connect, we then moved to hybrid delivery when restrictions changed and a mix of face to face and online delivery.

People Speak Up Blog
Created by a participant, capturing stories from our projects and the people of our community.

Poetry by Phone
PSU's first publication in partnership with Write4Word, stories and poetry created by professional writers and poets from their time with older people living in the community, referred from The Carmarthenshire United Support Project.

Speak Up Pod
An online space to collect stories from the people we work with in the community.

Spoken Word Saturday
A mix of inclusive online community spoken word community collections, online delivery, face to face at The Ffwrnes Fach and at Parc Howard Gardens in Llanelli.

Square Stories
A project in lockdown for the community to engage with heritage sites within 15 minutes from their home. Our young people created an online digital resource with guest artist and speakers to create an online cultural resource for the local primary school children.

Stories by Phone
Adapted from our stories to the door project, a time for older people that did not use online devices. Referrals from our community received weekly story gifts from our storytellers, a time for quality deep listening and open chats.

Story Care & Share
Creative well-being gatherings for ages 18+ This became our flagship project during lockdown, PSU supported participants on tech support and our weekly sessions became a space for people to re-connect, we then moved to hybrid delivery when restrictions changed and a mix of face to face and online delivery.

Story Gatherers
Four projects based around Carmarthenshire, adapted during lockdown to a collection of online and doorstep visits to bring the older and younger generation together.

Unloved Heritage
An online time and space to re-connect the young people from The Unloved heritage project – Spoken Word Creativity.

Virtual Day Centre
Started on the last week of June, our first contract from Carmarthenshire County Council to lead facilitate a virtual day centre for Connect service users through Delta Well-being.

Young People Speak Up
Well-being creative sessions for young people ages 11+ to find their voice and sense of place in their community through workshops, events, volunteering in care homes and on inter-generational projects.

Restricted Funds are used as follows:

Spoken Word Saturday
A mix of inclusive online community spoken word community collections, online delivery, face to face at The Ffwrnes Fach and at Parc Howard Gardens in Llanelli.

Young People Speak Up
Well-being creative sessions for young people ages 11+ to find their voice and sense of place in their community through workshops, events, volunteering in care homes and on inter-generational projects.

17. Deferred Income

No Income is deferred this year.

Income is deferred due to funds being received for the above projects before they have been fully delivered.

PeopleSpeakUp Ltd

Charity number: 1193117

Company Registration Number: 10752538

Trustees' report and financial statements
for the year ended 31st May 2022

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Legal and administrative information

Charity Name: PeopleSpeakUp Ltd (A company Limited by Guarantee)

Charity Registration Number: 1193117

Company Registration Number: 10752538

Address:	Ffwrnes Fach C/O Ffwrnes Theatre Park Street Llanelli Carmarthenshire SA15 3YE
Trustees & Directors:	Alison Diane Franks (resigned September 2022) Carole Ann Smith Summar Jade Ackery Ioan Hefin Kate Marie Williams (resigned January 2022) Stuart Harries (appointed July 2022) Christy Louise Anson-Harris (appointed July 2022)
Independent Examiner:	Nicola Lewis EasyBooks (Wales) Ltd Unit 4 Dragon 24 North Dock Llanelli Carmarthenshire, SA15 2LF
Bankers:	Lloyds Bank Victoria PO Box 1000 BX1 1LT

Report of the Trustees including Directors' Report

For the year ended 31 May 2022

The trustees present their report and the financial statements for the year ended 31 May 2022. The trustees who served during the year and up to the date of this report are set out on page 1.

Structure, governance and management

The Charity is managed by trustees who are appointed by the leadership board.

Governing Document

The charity is governed by its Memorandum and Articles of Association as a Company Limited by Guarantee.

Objectives and activities / Public Benefit

The trustees of the charity are committed to providing a public benefit and have taken into account the Charity Commissions guidance into this area. We aim to adopt a theory of change structure where we work from need to delivery, to evaluation to strategy. People Speak Up (PSU), creates projects by the people for the people through direct referrals from our partners and walk in's from the communities we work in and around. Collaboration with key partners is important to our growth and learning experience as a third sector organisation.

During this financial year our main objectives were to survive financially during the Covid-19 pandemic and to deliver services that met the needs of our community, partners and stakeholders by working to our objectives set out in our Articles of Association. In summary our key objectives are:

- Sustain current project delivery to meet the needs of current participants and referrals from Carmarthenshire United Support Project (CUSP).
- Source funding – Secure full time salary staffing, core costs, long term funding, more freelance job opportunities.
- Investigate expansion across Hywel Dda health board footprint.
- Improve on hybrid model of face to face and online delivery at our physical base in Llanelli.
- To continue to work with all ages, so people have the time and space to find their voice and work through post Covid–19 issues.

Achievements and performance

- Job Salary Creation; 3 full time members of staff, 3 part time (2 x 2 days & 1 x 4 days) and freelance job opportunities for 25 arts practitioners.
- Secured a new contract with HDHB on a collective arts and health project for children and young people living with low level mental health issues – Arts Boost.
- Secured a new lease with Carmarthenshire County Council (CCC) for The Ffwrnes Fach, to develop The Llanelli Arts, health & wellbeing hub in partnership with CCC & Llanelli Town Council.
- Provided a service for: 1594 individuals
- Designed and delivered: 26 projects
- Total Participatory attendance: 5,460
- Created a weekly arts and health programme at The Ffwrnes Fach for all ages: Over 50's social, School girls project, Arty Afternoon, Story Care & Share, People Sing Up, Street play, Young People Speak Up, Elevenses, Spoken Word Saturday.
- Created an out and about model with our mobile pod, taking our services to communities across South & West Wales.
- Asked to join the Localmotion initiative in Carmarthen, working with new partners and large UK Funders to investigate new ways of funding and social change community working. In the planning of stages of designing a project with S4C Egin.
- A member of the dementia Carmarthenshire Coalition and task force – creating space for families living with dementia to be part of the making change process.
- Our Founder & Director Eleanor Shaw was part of delivering an arts and health well-being programme for artists across Wales and has been nominated for the 'women in social enterprise' award from social Business Wales/ Cwmpas.
- Created new links with Menter Cwm Gwedraeth Elli - developing Welsh language projects in Llanelli.

- Street Play Sir Gar has developed to a county wide provision, developing free open play sessions for children and families across the county.
- Continuing to deliver a creative and well-being provision for older people in care homes and those living independently. Working with our partners on a referral basis.
- Stories on Prescription project was celebrated by The Wales Arts Health and well-being network and the evaluation can be read on https://wahwn.cymru/en/knowledge-bank/evaluation-reports
- Created a bilingual PSU website
- We were successful in our applications for grants to the Arts Council of Wales, Awards for All, Local Giving, CAVS, Garfield Weston, Pembrokeshire Above and Beyond, BBC Children in Need and the Oakdale Trust.

Future Plans

- To develop a well-being programme for all staff.
- To develop our community consultation, building on our community asset approach - To develop The Ffwrnes Fach.
- To develop the Out and About model.
- To receive long term sustainable funding.
- To secure further long-term contracts with Hywel Dda Health Board and other local authorities
- Provide staff with further training and staff development

People Speak Up would like to thank and acknowledge: - PSU Team, our passionate creative well-being practitioners, admin support, writers, poets, storytellers, artists. All partners, funders and stakeholders and to all of our speak up community for sharing and listening from the heart.

Financial review

Policy on reserves

The Charity's policy is to keep a minimum in general funds to run the organisation for 3 months.

Statement of trustees' responsibilities

The trustees are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which 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. Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the trustees' report above.

On behalf of the board

Signed: I. H. Evans Director & Trustee Date: 18.01.23

Print Name: JOAN H. EVANS

Independent Examiner's Report
to the Trustees & Directors of People Speak Up Ltd

I report on the accounts of the Charity for the year ended 31st May 2022

Respective responsibilities of directors and examiner
The company's directors (who are also trustees) are responsible for the preparation of the accounts, and they consider an audit is not required for this year (under section 144) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Charities Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act);
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matters have come to my attention:

(1) Which gives me reasonable cause to believe that in any material respect the requirements
   a. to keep accounting records in accordance with section 386 of the Charities Act; and
   b. to prepare accounts which accord with the accounting records; and
   c. to prepare accounts which comply with the accounting requirements of Section 396 of the Companies Act 2006 and in accordance with the Charities SORP (FRS102)

have not been met; or

(2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed..... N.J ... Nicola Jayne Lewis Date..... 9th January 2023

STATEMENT OF FINANCIAL ACTIVITIES for the year ending 31st May 2022

Including Summary Income and Expenditure Account

	notes	Unrestricted Funds	Restricted Funds	Total Funds	*last year*
Income	3				
Donations & Legacies					
Donations Income		20	0	20	*120*
Grants Received - Unrestricted		164500		164500	*114681*
Grants Received - Restricted			21080	21080	*14391*
Other Trading Activities & Income		21945	0	21945	*41001*
TOTAL INCOME		186464	21080	**207544**	*170193*
Expenditure	4				
Charitable Activities		196267	10506	206773	*130603*
TOTAL EXPENDITURE		196267	10506	206773	*130603*
NET INCOME (EXPENDITURE) before Transfers		(9802)	10573	771	*39590*
Transfers Between Funds		(1726)	1726	0	*0*
NET INCOME (EXPENDITURE) after Transfers		(11529)	12300	771	*39590*
NET MOVEMENT IN FUNDS		**(11529)**	**12300**	**771**	*39590*
Total Funds Brought Forward		40660	181	40842	*1252*
Total Funds Carried Forward		29132	12481	41613	*40842*

Balance Sheet
as at 31st May 2022

	notes	Unrestricted Funds	Restricted Funds	Total Funds	*last year*
Fixed Assets -Tangible					
Fixed Assets -Tangible	9	4000	0	4000	*5004*
Current Assets					
Debtors, Accrued Income & Prepayments	10	29528	1520	31048	*1225*
Bank & Cash		51400	20920	72320	*36634*
		80928	22440	103368	*37859*
Current Liabilities (falling due within 1 year)					
Creditors, Deferred Income & Accruals	11	55797	9958	65755	*2020*
		55797	9958	65755	*2020*
Net Current Assets		25131	12481	37613	*35839*
Total Assets less Current Liabilities		**29132**	**12481**	**41613**	*40842*
Total Net Assets		**29132**	**12481**	**41613**	*40842*
Fund Balances					
Funds B/fwd		40660	181	40842	*1252*
Net movement of funds		(11529)	12300	771	*39590*
TOTAL FUNDS		**29132**	**12481**	**41613**	*40842*

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies

The members have not required the charitable company to obtain an audit in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the Board of Trustees on .....18/01/2023..... and were signed on its behalf by:

Signed. I H Evans ..... Print Name. IOAN H EVANS .....
Director & Trustee

Notes to the financial statements
for the year ended 31 May 2022

1. Basis of preparation

1.1 Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

1.2 Going Concern
The financial statements have been prepared under the historical cost convention. These financial statements are prepared on the going concern basis. The trustees have taken steps to secure the financial future of the organisation for the foreseeable future and there are no material uncertainties.

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

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of Section 3 Financial Statement Presentation paragraph 3.17(d);
- the requirements of Section 11 Financial Instruments paragraphs 11.41(b), 11.41(c), 11.41(e), 11.41(f), 11.42, 11.44,11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirements of Section 12 Other Financial Instruments paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;
- the requirement of Section 33 Related Party Disclosure paragraph 33.7.

1.3 Change in Basis of Accounting
There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

1.4 Changes to previous Accounts
No changes have been made to accounts for the previous years.

1.5 Company Limited by Guarantee
People Speak Up Ltd is a charitable company limited by guarantee. Members' liability on winding up is £1.

1.6 Basic Financial Instruments
Basic financial instruments are initially accounted for at their transaction price except for financing transactions (such as certain debt instruments) which are measured at the present value of the future payments discounted using a market rate of interest. Subsequently, basic financial instruments are measured as follows:

1. Debt instruments shall be measured using the effective interest method. For debt instruments expected to be settled within one year, they shall be measured at the undiscounted amount of cash expected to be received or paid. Interest free loans may require fair value adjustments. As an accounting policy choice, an entity may choose to measure debt instruments at fair value with changes in fair value recognised in the profit and loss account.
2. Investments in publicly traded non-convertible preference shares, and non-puttable ordinary shares, shall be measured at fair value with changes in fair value recognised in the profit and loss account.
3. Commitments to make or receive a loan shall be measured at cost less impairment. With the exception of the requirement to fair value, certain publicly traded investments, FRS 102 will not result in a change in how most entities value basic financial instruments.

2. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

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

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Tax Reclaims are included in the SoFA at the same time as the gift to which they relate.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable. In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Income from investments is included in the year in which it is receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made or property transferred and the amount involved can be quantified.

2.2 Expenditure
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Resources expended are recognised in the year in which they are incurred. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management.

2.3 Tangible fixed assets and depreciation
Expenditure is capitalised if the asset has a useful life of more than 1 year and its cost exceeds £100.

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, on a straight-line basis as follows:

Equipment	25%

2.4 Provision for Liabilities
A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

2.5 Debtors
Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3. Analysis of Income
Income consists of various grants and fees for services. Where these grants are given for a specific purpose, they are held in a restricted fund.

The income includes the following into:

	this year	last year
Unrestricted & Designated		
Beyond the Border Festival	2270	0
Birth Cafe	0	200
Bwlch Youth Club	0	4515
Coedcae Wellbeing	5000	1770
Cuppa Time	25	850
Elevenses	5000	0
Friend in Need Creative Companions	0	2693
Men in Conversation	240	100
Nursing Conference	800	0
Pembrokeshire Story Care and Share	0	2000
People Sing Up	500	0
People Speak Up Blog	0	1025
Poetry by Phone	0	1000
Speak Up Pod	3432	11536
Square Stories	0	9500
Stories by Phone	0	8900
Stories on Prescription	45000	0
Story Care & Share	3731	6600
Story Gatherers	0	25040
Street Play Llanelli	48173	0
Unloved Heritage	0	1100
Virtual Day Centre	50329	32500
Young People Speak Up	3242	5352
	164500	114681
Restricted		
Hywel Dda UHB - Arts Boost	4000	0
CCC - Spoken Word Saturday	2580	891
Young People Speak Up *	14500	13500
	21080	14391

*Young People Speak Up this year includes the following:

Children In Need	10000
Local Giving	500
CAVS	4000
	14500

4. Analysis of Expenditure
Grants awarded – Grants are given in accordance with the objectives of the charity. All decisions on grant awards are considered and decided upon by the trustees.

The financial value of volunteer time has not been included in the financial statements but forms a crucial part of the success of the organisation.

Breakdown of Expenditure on Charitable Activities:

	this year	last year
Contractors and Facilitators	76321	85297
Wages and Salaries	68607	0
Purchases	22761	30531
Rent and Rates	10481	3467
Administration Costs	8774	4468
Small Tools and Equipment	149	463
Travel and subsistence	8972	1267
Insurance	368	337
Bank Interest and Charges	90	126
Book Keeping & Accounting	2652	1517
Subscriptions and Memberships	5665	1540
Depreciation	1932	1590
	206773	**130603**

5a. Trustees Remuneration and Benefits

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

5b. Trustees Expenses

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

6. Support Costs

	This year	Last Year
Payroll, Book-keeping & Accounting	2282	1167

7. Governance Costs

	This year	Last Year
Independent Examination of Accounts	370	350

8. Staff Expenditure

8.1 Staff Costs

	This Year	Last Year
Gross Wages & Salaries (incl. ER NI & ER Pension)	68607	0
Other Costs	0	0

8.2 Number of Employees

	This Year	Last Year
Full time employees (or equivalent)	3	0

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

8.3 Key Management Personnel
Total remuneration paid to key management personnel during the year was £23,950.

8.4 Pension
All employees are auto enrolled in the company's pension scheme when they reach the required criteria.

9. Fixed Assets

	Equipment		TOTAL
Opening Balance Cost	7544		7544
Additions in Year	929		929
Disposals in Year	143		143
Closing Balance at Cost	**8330**		**8330**
Opening Accumulated Depreciation	2540		2540
Charge for year	1849		1849
Released on Disposal	60		60
Closing Accumulated Depreciation	**4330**		**4330**
Closing Net Book Value	**4000**		**4000**

No assets have been re-valued during the year.

10. Debtors and prepayments

Amounts falling due within 1 year are as follows:	This Year	Last Year
Grant Carmarthenshire County Council	£ 0	£ 550
Prepayments & Accrued Income	£ 25073	£ 0
Hywel Dda Health Board	£ 5300	£ 0
Rental Bond	£ 675	£ 675
	£ 31048	**£ 1225**

11. Creditors and Accruals

Amounts falling due within 1 year are as follows:	This Year	Last Year
Trade Creditors	£ 0	£ 0
Accruals	£ 2070	£ 2020
PAYE, Pension & Net Pay Creditor	£ 3438	£ 0
Deferred Income (note 17)	£ 60247	£ 0
	£ 65755	**£ 2020**

Amounts falling due after 1 year are as follows:

	£ 0	**£ 0**

12. Transactions with Related Parties

There were no related party transactions for the year ended 31st May 2022 nor for the year ended 31st May 2021.

13. Additional Disclosures

In order to assist project cashflow, sometimes funds are transferred from general funds to designated project funds and then returned once cash availability permits. This does not affect the overall position of the organisation as the transfers are all internal.

Brought forward funds show a negative balance due to an overspend on several projects.

There are no further disclosures for this year.

14. Corporation tax

The company has received exemption from payment of corporation tax on its charitable activities.

15. Funds Summary

	B/Fwd	Income	Expenditure	Transfers	C/Fwd
Unrestricted Funds:					
General	51	33505	46123	35223	22657
Designated Funds:					
Coedcae Wellbeing	0	5000	5000		0
Elevenses	0	5940	5000		940
Speak Up Pod	7458	3432	7074	(3816)	0
Stories on Prescription	0	45000	45000		0
Street Play Llanelli	0	48173	45021	(3152)	0
Virtual Day Centre	31100	35607	32500	(34207)	0
Young People Speak Up	3294	2242	0	0	5536
Other Projects	(1242)	7566	10549	4225	0
Total Unrestricted	40660	186465	196267	(1726)	29132
Restricted Funds:					
Hywel Dda UHB - Arts Boost	0	4000	1795		2205
Spoken Word Saturday	181	2580	4487	1726	0
Young People Speak Up	0	14500	4224		10276
Total Restricted	181	21079	10506	1726	12481
Total Funds	**40842**	**207544**	**206773**	**0**	**41613**

Designated Funds are used as follows:

Beyond the Border Festival
A story gathering project to collect Voices from The West, working with our community towards creating an exhibition for Beyond The Border International storytelling festival.

Care Homes
Zoom gatherings with our PSU team, guest storytellers, local school children and our Young People Speak Up volunteers. A time for our community to connect through storytelling share time.

Coedcae Wellbeing
Creative non-judgemental space for referrals through the Youth Service and Coed Cae School. Discussing issues of mental health, well-being, loneliness and isolation.

Cuppa Time
Launched in April 2021 for individuals and small groups to test out re-entering public spaces post lockdown.

Elevenses
A creative time for people and their families that are on a dementia journey to meet new friends, share stories, smile and remember.

Men in Conversation
A weekly gathering for men to creatively connect with each other and guest artists, writers, practitioners and storytellers.

Nursing Conference
To facilitate a conference.

Pembrokeshire Story Care & Share
Creative well-being gatherings for ages 18+ This became our flagship project during lockdown, PSU supported participants on tech support and our weekly sessions became a space for people to re-connect, we then moved to hybrid delivery when restrictions changed and a mix of face to face and online delivery.

People Sing Up
A weekly singing group connecting the community through creative song exploration.

People Speak Up Blog
Created by a participant, capturing stories from our projects and the people of our community.

Speak Up Pod
Our mobile Speak Up Pod trailer visiting communities in our Out and About programme.

Stories by Phone
Adapted from our stories to the door project, a time for older people that did not use online devices. Referrals from our community received weekly story gifts from our storytellers, a time for quality deep listening and open chats.

Stories on Prescription
Four projects exploring ways in which storytelling workshops can improve participants' mental health and wellbeing.

Story Care & Share
Creative well-being gatherings for ages 18+ This became our flagship project during lockdown, PSU supported participants on tech support and our weekly sessions became a space for people to re-connect, we then moved to hybrid delivery when restrictions changed and a mix of face to face and online delivery.

Story Gatherers
Four projects based around Carmarthenshire, adapted during lockdown to a collection of online and doorstep visits to bring the older and younger generation together.

Street Play Llanelli
Commissioned by Carmarthenshire County Council. Visiting communities to create a safe space for children and young people to play and make friends.

Virtual Day Centre
A contract from Carmarthenshire County Council to lead facilitate a virtual day centre for Connect service users through Delta Well-being.

Young People Speak Up
Well-being creative sessions for young people ages 11+ to find their voice and sense of place in their community through workshops, events, volunteering in care homes and on inter-generational projects.

Restricted Funds are used as follows:

Arts Boost
Secured a new contract with Hywel Dda Health Board on a collective arts and health project for children and young people living with low level mental health issues.

Spoken Word Saturday
A mix of inclusive online community spoken word community collections, online delivery, face to face at The Ffwrnes Fach and at Parc Howard Gardens in Llanelli.

Young People Speak Up
Well-being creative sessions for young people ages 11+ to find their voice and sense of place in their community through workshops, events, volunteering in care homes and on inter-generational projects.

17. Deferred Income

Deferred Income is as follows:

Virtual Day Care Centre	£50289
Young People Speak Up	£9958
Total	**£60247**

Income is deferred due to funds being received for the above projects before they have been fully delivered.

No income was deferred last year.