



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **01/04/24** Period start date To Period end date **31/03/25**

Charity name: **4tom**

Charity registration number: **1194191**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AFFECTED BY POOR MENTAL HEALTH AND SUICIDAL BEHAVIOUR BY: PROMOTING A BETTER UNDERSTANDING IN SOCIETY OF SUICIDE, SUICIDAL BEHAVIOUR AND THE VALUE OF EXPRESSING FEELINGS WHICH MAY OTHERWISE LEAD TO SUICIDE OR IMPAIRED EMOTIONAL HEALTH; - RAISING AWARENESS OF THE SUBSTANCE ABUSE OR ADDICTION ISSUES THAT RELATE TO SUICIDAL
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	RAISING AWARENESS THROUGH WEBSITE, SOCIAL MEDIA, PUBLIC EVENTS. Providing training on suicide awareness and on substance misuse and affects on mental health. Providing counselling to those suffering poor mental health and those bereaved by suicide. Providing support groups for those bereaved by suicide
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	THE TRUSTEES CONFIRM THEY HAVE HAD REGARD TO THE GUIDANCE ISSUED BY THE CHARITY COMMISSUI9N ON PUBLIC BENEFIT

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
	Para 1.38	

Policy on social investment including program related investment		
Contribution made by volunteers	Para 1.38	Volunteers contribution is the administration and organisation of charity activities
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	This financial year main achievements have been continuing delivery of support groups for those bereaved by suicide and offering wellness sessions whilst also expanding our counselling service throughout our area of activity in order to help those struggling with poor mental health or bereaved by suicide as per purpose of organisation

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.4	PROMOTING A BETTER UNDERSTANDING IN SOCIETY OF SUICIDE, SUICIDAL BEHAVIOUR AND THE VALUE OF EXPRESSING FEELINGS WHICH MAY OTHERWISE LEAD TO SUICIDE OR IMPAIRED EMOTIONAL HEALTH; - RAISING AWARENESS OF THE SUBSTANCE ABUSE OR ADDICTION ISSUES THAT RELATE TO SUICIDAL
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	spend on counselling service and support group provision
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	none
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	none

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public fundraising and grants
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	To ensure continued fundraising from events or grant applications
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	cio
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	4tom
Other name the charity uses	
Registered charity number	1194191
Charity's principal address	Ty derwen Oakland street Bedlinog cf466te

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lewis smerdon			Nicola smerdon
2	Laurie Davies			Nicola smerdon
3	Richard Jones			Nicola Smerdon
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Nicola smerdon

Position (eg Secretary,
Chair, etc)

trustee

Date

26/11/25



CHARITY COMMISSION
FOR ENGLAND AND WALES

4TOM

1194191
1194191

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31.03/25

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
National lottery grant	19,980	-	-	19,980	-
Community donations	17,402	-	-	17,402	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	37,382	-	-	37,382	-
A2 Asset and investment sales, (see table).					
loan from nsmerdon	1,000	-	-	1,000	-
	-	-	-	-	-
Sub total	1,000	-	-	1,000	-
Total receipts	38,382	-	-	38,382	-
A3 Payments					
marketing exp0ences	1,083	-	-	1,083	-
venue hire	750	-	-	750	-
administrative expences	535	-	-	535	-
training and development	989	-	-	989	-
operating expences - volunteers	767	-	-	767	-
sessional counsellors	23,769	-	-	23,769	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	27,892	-	-	27,892	-
A4 Asset and investment purchases, (see table)					
repayment of loan to nsmerdon	1,000	-	-	1,000	-
	-	-	-	-	-
Sub total	1,000	-	-	1,000	-
Total payments	28,892	-	-	28,892	-
Net of receipts/(payments)	9,490	-	-	9,490	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	9,490	-	-	9,490	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		9,490	-	-
		-	-	-
		-	-	-
	Total cash funds	9,490	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Nicola Smerdon	120126

Independent examiners report for Receipts and payments Accounts

Charity 4TOM

Accounts for year ending 31/03/25

Examiners Name – Jennie McNally

Position – Assistant Quantity Surveyor

Relevant Qualifications if any – AAT Level 4

To whom it may concern,

This examination was conducted according to the Charity Commission Regulations
Section 145 of the Charities Act 2011 UK and followed prescribed directions.

The Trustees of 4Tom prepared accounts that meet legal requirements

The accounts examined are a true and fair view of receipts and payments ensuring
compliance with accounting records and regulations.

No significant issues arose on examination

Examiners signature

A handwritten signature in black ink, appearing to be 'JMcNally', written in a cursive style.

Name – Jennie McNally

Date – 20/01/2026