

ADVOCATES AND ANGELS

England & Wales - Charity number 1195239

Details

Status Registered

Legal form CIO

Registered 2021-07-21

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

Contact

Address Unit 1 - Advocates and Angels
270 Cockett Road
Cockett
Swansea
SA2 0FN

Phone 03300439794

Email courage@advocatesandangels.com

Website www.advocatesandangels.com

Activities

Objects: THE OBJECT OF THE CIO IS:FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF SICK OR DISABLED CHILDREN AND BY EXTENSION THEIR FAMILIES AND CARERS AND ANY OTHER INDIVIDUAL INVOLVED IN THE PROVISION OF CAREGIVING WITHOUT REMUNERATION, INCLUDING THOSE SUFFERING FROM BEREAVEMENT BY THE DEATH OF A PERSON THEY CARE FOR, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF APPROPRIATE INFORMATION, RESOURCES, ADVICE AND SUPPORT.

Activities: To provide parent carers and advocates with support to help navigate the world of disabilities.

Classification

- **How:** Makes Grants To Organisations
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£56,758	£43,470	-	-
2024-02-29	£43,814	£26,120	-	-
2023-03-01	£9,364	£11,827	-	-
2022-03-01	£14,769	£14,249	-	-

Trustees

Name	Role	Appointed
Christopher Gwynne Jenkins		2025-03-02
David Germon		2025-06-21
Janine Massey		2021-03-25

ADVOCATES AND ANGELS

England & Wales - Charity number 1195239

Accounts

Trustee Annual Report and Financial Statements

For the year ended 28 February 2025



Advocates and Angels

Prepared by
Janine Massey

Contents

	Page
Reference and Administration Details	2 & 3
About Advocates and Angels	4
Objectives and Activities	5
Achievements and Performance	6, 7 & 8
Financial Review	9, 10, 11 & 12
Independent Examiners Report	13

Reference and administrative details

Current Trustees

Trustee	Appointed on	Stepped down
Bethan Germon		21.06.2025
Janine Massey	25.03.2021	
Christopher Jenkins	02.03.2025	
David Germon	21.06.2025	

Charity Registration number

1195239

Registered address

Suite 1, 270 Cockett Road
Cockett
Swansea
SA2 0FN.

Registered Telephone Number

0330 043 9794

Independent Examiner

Christies Accountants and Tax Advisors, Dalgety Bay, Scotland

Recruitment and Appointment of Trustees

The initial trustees were appointed at the inauguration of the Angels and Advocates (CIO). Trustees appointed after this followed a recruitment process including interview and selection conducted by existing trustees.

Governing Document

The founding document of the Charity is the Constitution.

Charitable Purpose:

SORP reference Para 1.17: Summary of the purposes of the charity as set out in its governing document

The object of the CIOs: for the public benefit, to relieve the needs of sick or disabled children and by extension their families and carers and any other individual involved in the provision of caregiving without remuneration, including those suffering from bereavement by the death of a person they care for, in particular but not exclusively by the provision of appropriate information, resources, advice and support.

Structure, Governance and Management

Advocates and Angels is governed by a Board of Trustees and operates under a charitable constitution.

Reference and administrative details

Trustee Recruitment

During the year, the charity advertised for new Trustees with the aim of appointing at least two suitable candidates who aligned with the charity's values. Interviews took place at the beginning of 2025 and selection was made.

Christopher Jenkins was appointed following this process and officially confirmed at a board meeting several weeks later.

Chris already supported the charity and brought:

- Business expertise
- Board experience in a men's charity/community group
- A strong alignment with Advocates and Angels' values

His appointment has strengthened the charity's governance capacity. Chris was selected February 2025 then appointed early March in the following reporting period.

Trustees During the Reporting Period (1 March 2024 – 28 February 2025)



Bethan Germon

Appointed 25.03.2021



Janine Massey

Appointed 25.03.2021

Statement of Trustees' Responsibilities

Trustees are responsible for:

- Maintaining proper accounting records.
- Preparing financial statements that comply with the Charities Act.
- Safeguarding the charity's assets.
- Ensuring compliance with all relevant legislation and governance requirements.

Approved by order of the board of Trustees on 27th December 2025 and were signed in its behalf by:

A handwritten signature in black ink, appearing to be 'Janine Massey', written over a dashed horizontal line.

Janine Massey - Trustee



About Advocates and Angels

The Trustees of Advocates and Angels present their annual report and financial statements for the year 1 March 2024 to 28 February 2025.

Advocates and Angels provides emotional, practical and wellbeing support to parent carers and families navigating hospital admissions, disabilities, palliative care and bereavement. The charity works to reduce stress, isolation and emotional burden during the most challenging moments.

Mission

Our Mission is to help parent carers navigate the complex world of disabilities, hospital admissions, palliative care and bereavement. Providing tangible, practical resources, guidance and support that makes life a little easier day by day.

Values

Compassion - always. Families deserve gentleness in the hardest of times.

Courage - in action. We speak up and create change, even when it is uncomfortable.

Community - over competition. We grow stronger by connecting, sharing and lifting each other up.

Sustainability - we build models that protect our team, our planet and our families from burnout.

Authenticity- We don't do false comfort or sugar coating. We meet families where they are with honesty and empathy.

Consistency- and simplicity. No over promises, no red tape, no jargon. We keep it real and keep it simple.

Fun - whether it's the Courage Club, a care package, or a volunteering shift, we want people to feel that little 'Yes'

Objectives and Activities

The charity's objectives for public benefit are to:

- Support parent carers facing hospital stays, bereavement, disability or crisis
- Provide wellbeing and hygiene items that reduce emotional and practical stress
- Deliver inclusive, child-centred resources through the Courage Club and seasonal support
- Reduce loneliness, isolation and financial burden for families
- Provide kindness, connection and community during difficult times

Activities delivered in 2024–25 included:

- Care packages for parent carers across multiple hospitals
- Seasonal wellbeing packs (Mother's Day, Easter, Father's Day, Christmas)
- Warm packs for families at risk of fuel poverty
- Design and research for the Courage Club, a reward based initiative for children receiving care or treatment in hospital
- Community fundraising and awareness events
- Volunteer-led outreach
- Sourcing grants for families whilst in hospital or returning home after a hospital admission
- Delivery of the Wales & West Utilities (WWU) funded programme, including expansion into South West England.



Achievements and Performance

Care Packages and Family Support

In 2024–25 the charity delivered:

- 3,275 care packages for parent carers in hospital.
- 35 Mother's Day parcels, containing hygiene essentials and a special item for mums unexpectedly spending the day in hospital with their children.
- 100 Easter packs for families in hospital during Easter.
- 20 Easter baskets delivered to Morgan's Army in support of their families.
- 75 pamper packs delivered to Ronald McDonald House in a short collaboration with another charity and parent.
- 45 Father's Day packs, including hygiene items and gifts for dads spending the day in hospital.
- 120 Christmas stockings for children in Morriston Hospital (Swansea), Torbay Hospital (Devon) and Noah's Ark Children's Hospital (Cardiff). These were carefully designed to be suitable for all children, including those nil by mouth or too unwell for toys.
- 80 warm packs containing items to help families at risk of fuel poverty stay warm during winter.
- Sourced thousands of pounds worth of grants for families in crisis or times of hardship during a hospital admission

These outputs reflect sustained demand and continued growth in the charity's reach.

Feedback from both hospital staff and families has been positive throughout the year. By delivering these resources directly to wards, the charity supports frontline staff by reducing the time and cost involved in sourcing essential items, allowing them to focus on patient care.

"I received one of these whilst staying in Ronald McDonald in Cardiff and it was so useful. It was just so nice to be able to brush my teeth as I didn't have anything with me. It's brilliant what you do"
Parent Carer, Childrens Ward, Royal Glamorgan Hospital, South Wales



Achievements and Performance

Advocate FC – Community Football Engagement

David continued to lead the charity's football team, Advocate FC, which played matches against other charities and community groups throughout the year.

Achievements included:

- A regular schedule of friendly matches.
- An awards night to recognise the team's commitment.
- Appointment of Chris as Manager to support organisation and planning.
- Establishing a full kit and a regular training location.

Advocate FC provides community visibility, connection and a positive outlet for supporters.



Events and Community Engagement

A Christmas concert was held with charity volunteers, a local church and members of the local community. The event featured carols, music and conversations that raised awareness about the charity's work. A raffle was held and funds were raised for the charity. This money went on essential tube feeding kits for children. This included a Tube Feeding log, patterned tube tape, cleansing wipes and alcohol gel. This was all packaged in a fun backpack style package for children to enjoy,

Sarah's Driving School held a raffle and bucket collection, raising funds and making a cash donation to support the charity's mission. The donation money from this was put towards Easter packs for children that were in hospital during the Easter period and they were thoughtfully curated so that they were suitable for all children, whether nil by mouth, tubefed or on specialist diets.





Achievements and Performance

Investment in our volunteers

Volunteers are at the heart of Advocates and Angels, and the charity would not be able to deliver its services without their time, commitment and compassion. Throughout the year, volunteers supported the preparation and distribution of care packages, assisted with events, and helped deliver practical support to families and hospital wards.

Recognising the emotional demands involved in this work, the charity made a conscious decision to invest in volunteer wellbeing. During volunteering days, lunch and refreshments were provided, ensuring volunteers felt supported and valued while giving their time. Advocates and Angels also provided branded or appropriate clothing for volunteers to wear while volunteering, helping to ensure comfort, consistency, and clear identification when working in hospital and community settings.

In addition, the charity was able to fund a small amount of counselling support for volunteers, during this financial year. This was an important step in acknowledging the emotional impact of supporting families through hospital admissions, palliative care and bereavement, and reflects the charity's commitment to sustainability and preventing burnout.

Advocates and Angels currently operates on a volunteer-led basis, and no trustees or volunteers received a wage during the reporting period. All contributions of time and expertise were given freely in support of the charity's mission.

The trustees wish to place on record their sincere thanks to all volunteers for their dedication, empathy and continued support.

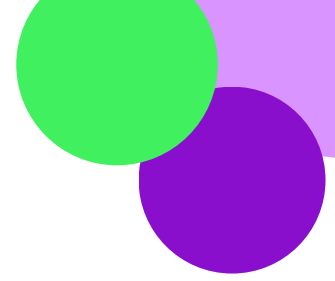
Financial Review

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 28 FEBRUARY 2025

RECEIPTS		2024-2025
		£
Donations		1,181.93
Grant Funding		8,615.09
Advocate FC		1,395.42
Grant Funding - WWU		44,500.00
Grant - Groundworks (Tesco)		375.00
EasyFundraising		63.71
One Lottery		626.84
	Total Receipts	56,757.99

PAYMENTS		2024-2025
		£
Hygiene Packs		10,991.42
Respite Equipment		1,371.09
Bereavement Resources		4,202.81
Volunteer Training		189.00
Volunteer Counselling		2,120.00
Advocate FC		445.71
Volunteer Clothing		428.42
Venue Hire		150.00

Mileage	306.76	
Rent	6,000.00	
Electricity	200.00	
Website	113.94	
Computer Software	29.88	
Computer Hardware	344.99	
Office Equipment	266.16	
Internet/Telephone	1,081.44	
Printing	4,173.14	
Stationery	806.68	
Sundries	82.41	
Motor Expenses	6,660.16	
Volunteer Expenses	53.72	
Advertising	783.95	
Accomodation & Meals	878.01	
Legal & Professional Fees	78.80	
Accountancy Fees	395.00	
Postage	566.92	
Subscriptions	374.88	
Bank/Finance Charges	17.81	
Insurance	356.40	
	Total Payments	43,469.50
	Surplus/(Deficit)	13,288.49



Financial Review

STATEMENT OF BALANCES FOR THE YEAR ENDED 28 FEBRUARY 2025

	2024-2025
Bank and Cash Balance	£
Opening Bank Balance	21,879.81
Starting Paypal Balance	0.00
Surplus/(Deficit) for Year	13,288.49
Closing Bank Balance	34,393.12
Closing Paypal Balance	716.94
Bethan Germon - Account	58.24
Overall Charity Funds	35,168.30

Reserves

At year end, unrestricted reserves totalled £2,000.

Reserves Policy

The charity aims to hold 3 months of operating costs as reserves. Current reserves will be reassessed once full financial statements are finalised.

Financial Review

Risk Management

Key risks identified:

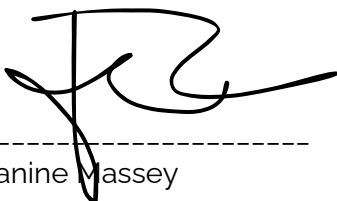
1. Funding stability – partly mitigated by securing an extension from WWU.
2. Growing service demand – addressed through improved processes and volunteer support.
3. Volunteer capacity – supported by ongoing recruitment and clearer communication.

Plans for 2025–26

The charity aims to:

- Deliver expanded services across South West England under the WWU contract. Build up stronger relationships with the wards by getting out and meeting everyone
- Increase the volume of care packages and seasonal support
- Strengthen Courage Club and children's resource provision - launch this in Morrision to begin with
- Recruit and train additional volunteers - improve volunteer incentives and include them in social media campaigns
- Grow community fundraising and partnerships, including Advocate FC, CO-OP and Tesco Stronger Starts Grants
- Further strengthen governance and sustainability - recruit more trustees and update all policies and procedures

The financial statements were approved by the board of Trustees and authorised for issue on 27th December 2025 and were signed on it's behalf by:



Janine Massey
Trustee

Independent Examiners Report

INDEPENDENT EXAMINERS REPORT

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination is carried out in accordance with the Regulations. An examination includes a review of the accounting records kept by Advocate & Angels and a comparison of the accounts presented with those records.

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. I do not accept responsibility to anyone other than Advocate & Angels members as a body, for my work and this report.

Independent Examiners Report:

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements to:
 - (a) to keep accounting records in accordance with the Regulations, and
 - (b) to prepare accounts which agree with the accounting records and comply with the Regulations 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.

N. Harley
Nicola Harley FCCA

19/12/2025
Date

ADVOCATES AND ANGELS

England & Wales - Charity number 1195239

Accounts



Advocates and Angels

(CIO) Registered 21 Jul 2021

Charity Number: 1195239

Trustee Annual Report
And Financial Statements
For the Year Ended 29 February 2024

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

	Page
Report of the Trustees	4
Receipt and Payments Account	8
Statement of Balances	10
Independent Examiners Report	11

Reference and administrative details

Current Trustees:

Bethan Germon

Janine Massey

Charity Registration number:

1195239

Registered address:

Suite 1, 270 Cockett Road

Cockett

Swansea

SA2 0FN.

Registered Telephone Number:

0330 043 9794

Independent Examiner:

Christies Accountants and Tax Advisors, Dalgety Bay, Scotland

Recruitment and Appointment of Trustees:

The initial trustees were appointed at the inauguration of the Angels and Advocates (CIO)

Governing Document:

The founding document of the Charity is the Constitution.

Charitable Purpose:

SORP reference Para 1.17: Summary of the purposes of the charity as set out in its governing document

The object of the CIOs: for the public benefit, to relieve the needs of sick or disabled children and by extension their families and carers and any other individual involved in the provision of caregiving without remuneration, including those suffering from bereavement by the death of a person they care for, in particular but not exclusively by the provision of appropriate information, resources, advice and support.

Financial Review

We have a really successful year with obtaining grants and receiving donations especially via the Charity Football team, Advocate FC. Activities which have contributed to our success. Advocates and Angels principal sources of funding are;

- Direct donations from individuals
- National Lottery Grants
- Raffles on Instagram & Facebook
- Tesco Community Grants
- Sponsored events
- Advocate FC
- Our Lottery – Regulated by OneLottery
- Easy Fundraising – Cashback scheme

Trustee Remuneration and Expenses:

During the year under review no remuneration was paid to the Trustees as all Trustees are Volunteers.

Reserves:

The Accounts set out in Page 7 and 8 show the financial position as at 02 March 2023 and the receipts and payments of the accounting period. The trustees anticipate a continuation of income along the same lines in future and will continue to administer both the income and expenditure of the Charity in accordance with established practice.

Objectives and activities

The object of the CIO is: for the public benefit, to relieve the needs of sick or disabled children and by extension their families and carers and any other individual involved in the provision of caregiving without remuneration, including those suffering from bereavement by the death of a person they care for, in particular but not exclusively by the provision of appropriate information, resources, advice and support.

Our main objectives are

- Provide dignity during emergency hospital admissions
- Building a community to introduce families to others in the same or similar situation
- Provide resources to organise and navigate the complex care and support at home
- Show the bereaved that their child is not forgotten

We welcome those in the SEND community to become a beneficiary, we are not exclusive and do not turn anyone away. We explain what we can offer and the individuals can decide if our support groups are for them. Some families self-refer, and others are referred by friends and families. The beneficiaries have a conversation with me to see how we can help and we go from there. The hospitals we provide the 'Chrysalis Care Packages' to have high dependency children ward which in turn identifies that they are families/individuals that we can help.

We aim to support families at all stages so that we are there every step of the way. Advocates and Angels began as the symbolic life of a butterfly to illustrate the different stages that families are at and the different levels and types of support that they need.

- Chrysalis – Diagnosis, Pregnancy
- Caterpillar - Disability, SEN, PICU and Tube Feeding
- Butterfly - Child loss and Bereavement

Our beneficiaries are the families we support, this includes, parents, carers, advocates, children and siblings. They are at the forefront of what we do and why we do it. Our purpose is to support them step by step and help them to navigate the world of disabilities and palliative care, long term hospital admissions and child loss.

Our purpose is to make sure that nobody goes through this alone and we can provide guidance and support to empower the beneficiaries to be the best advocates for their children that they can be whilst feeling a sense of belonging in a community of likeminded people.

We apply the Charity Ethical Principles in everything we do. We constantly ask for feedback from our beneficiaries and this has enabled us to develop the support and resources that we offer.

All of the Advocates and Angels trustees have had regard to and have read and understood the guidance issued by the charity commission on public benefit.

Achievements and Performance

We have had a busy year, making lots of connections and delivering the projects we aimed to do. We received our First WWU and Millenium Stadium grants, this has strengthened the charities position, enabling us to continue delivering on a larger scale, with a volunteers expenses budget to be able to provide mileage and meals for regular volunteers. The charity has no paid staff, so to be able to give back to the volunteers has meant we have been able to provide them with this small gesture as a way of thanking them. We are still utilising the office space and welcome a number of beneficiaries to use the space.

Following is a list of deliverables and details of how it went

1. Chrysalis Care Packages

During a hospital admission it is easy to forget the essentials and when on a high dependency ward during an emergency admission it is not as simple as popping to the shop to get things.

The packages offer an essential collection of items that provide dignity in a time of distress. They can include, flannel, sanitary products, deodorant, toothpaste, toothbrush, shower gel, hair bands and soap.

During key dates throughout the year i.e Mother's Day, Father's Day and Christmas, we will provide a few additional items to help make this time in hospital a little lighter.

This year we were able to provide these packs to every children's ward in Wales, serving 24 wards. In total 2,000 packs went out serving 4,000 families. Each pack now provides hygiene essentials for 2 parents/advocates. We were also able to send packages to the two children's hospices in Wales and Children's wards in Birmingham, Bristol, Torquay and Plymouth.

2. Resources for Parents/Advocates

With funding from The National Lottery, resources such as medica binders and tube feeding trackers have been produced and made available for free for families who require support with their children's medical and hospital needs. The funding has meant that no cost has come to the beneficiaries of the charity and we have been able to post these out to those that have applied for them.

3. Bereavement acknowledgement and Support

Bereavement packs have continued to be sent out to families who have lost a child. This is in the hopes that we can show families that their child is always a part of the Advocate and Angels family. Beth has spent time gathering feedback on bereavement resources she is creating. This isn't time sensitive as the importance is on getting it right, so a lot of time is being spent in the background to ensure these resources when released will be suitable for as many families as possible.

4. Advocate FC

A charity football club has been set up, consisting of both dads of the charity and supporters of the charity. This was set up as a wellbeing activity and players pay a fee to play, which also subsidises dads who play, so they don't pay. The fee they donate goes towards pitch and referee fees. The team meet weekly and have 2 or 3 games a month against other local teams and also other Chairty teams. The team meet socially for get together and we have had feedback that these activities help the men to talk and to also to meet socially to combat any social inclusion barriers that come with looking after a child with significant disabilities or those that have lost their child.

5. Carbon Monoxide awareness

Funding from WWU has been received to raise awareness of CO and also signpost families of the charity to the PSR and other energy saving benefits or information. This collaboration has enabled the Charity to use its funds for core running costs of the office and it's volunteers. We utilise the care packages and send out information within them about WWU. We have held coffee mornings to raise awareness, and all Volunteers have received CO Awareness training.

6. Child of Courage Award

We have continued to send out the Child of Courage Award; this is awarded via nominations on social media. A certificate and a knitted caterpillar are sent out to the child who is nominated each month. This is to provide recognition and a smile to an individual who may be in hospital, just had surgery or going through a particularly challenging time.

Collaborations, donations, and strong working relationships.

Everything we do it a team effort and we have work with some fabulous businesses, independent companies and individuals within these 12 months including;

Bound Creative	Inkind Direct
Tekeez	Moondance Foundation
Welsh Brew	National Lottery
Tesco	Wales and West Utilities
Millenium Stadium Foundation	Llily Ivy Rose

We have a few more regular volunteers this year and we are now able to provide them with a lunch whilst at the office and reimburse fuel for volunteering activities. Some of our volunteers are on low income, not in employment or retired, so this small gesture has been something the trustees are grateful from. The funding from WWU allows us to do this and we will continue to do this. We will also be providing this and a few other things next year to ensure the wellbeing of all the Advocates and Angel's Volunteers


**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 29 FEBRUARY 2024**


RECEIPTS			2023-2024
			£
Donations			2,642.41
Grant Funding (Millennium Stadium)			7,500.00
Advocate FC			824.40
Grant Funding (Lottery) - Restricted			10,000.00
Grant Funding - WWU			15,000.00
Grant - Tesco (Restricted)			3,625.00
Grant - Moondance (Restricted)			4,000.00
EasyFundraising			31.23
One Lottery			191.06
		Total Receipts	43,814.10
PAYMENTS			
Legal & Professional Fees			20.00
Hygiene Packs			6,597.30
Respite Equipment			6.99
Advocate FC			1,047.32
Volunteer Clothing			14.00
Volunteer Mileage			224.48
Rent			6,000.00
Electricity			180.49
Website			1,825.51
Venue Hire			160.00
Computer Software			36.75
Computer Hardware			4,112.48
Office Equipment			637.53
Internet & Phone			998.64
Printing			959.09
Stationery			829.73
Sundries			29.68
Accommodation/Meals			248.37

**STATEMENT OF BALANCES
FOR THE YEAR ENDED 29 FEBRUARY 2024**

				2023-2024
Bank and Cash Balance				£
Opening Bank Balance				3,925.60
Opening Paypal Balance				260.11
Surplus/(Deficit) for Year				17,694.10
				0.00
Closing Bank Balances				21,879.81
Reserves				
General Funds				4,185.71
Restricted Fund				17,694.10
C/F Balance				21,879.81

Approved by the Trustees and signed on their behalf by:

Signed: 
Janine Massey
Trustee

Signed: 
Bethan Gernmon
Trustee

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination is carried out in accordance with the Regulations. An examination includes a review of the accounting records kept by Advocate & Angels CIO and a comparison of the accounts presented with those records.

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. I do not accept responsibility to anyone other than Advocate & Angels CIO members as a body, for my work and this report.

Independent Examiners Report:

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements to:
 - (a) to keep accounting records in accordance with the Regulations, and
 - (b) to prepare accounts which agree with the accounting records and comply with the Regulations 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.

N Harley
Nicola Harley FCCA

31/01/2025
Date

Nicola Harley (FCCA)
Christies Accountants
Dalgety Bay

ADVOCATES AND ANGELS

England & Wales - Charity number 1195239

Accounts



Advocates and Angels

(CIO) Registered 21 Jul 2021

Charity Number: 1195239

**Trustee Annual Report
And Financial Statements**

For the Year Ended 01 March 2023

Current Trustees:

- Mrs Bethan Germon
- Miss Janine Massey

Charity Number:

1195239

Administrative Address:

Unit 1
270 Cockett Road
Cockett
Swansea
SA2 0FN

Telephone Number: 0330 043 9794

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 01 MARCH 2023**

	Page
Report of the Trustees	4
Receipt and Payments Account	9
Statement of Balances	10

TRUSTEES' ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 01 MARCH 2023

Charity Number: 1195239

Current Trustees:

- Mrs Bethan Germon
- Ms Janine Massey

Recruitment and Appointment of Trustees:

The initial trustees were appointed at the inauguration of the Angels and Advocates (CIO)

Administrative Address:

Unit 1
270 Cockett Road
Cockett
Swansea
SA2 0FN

Governing Document:

The founding document of the Charity is the Constitution.

Charitable Purpose:

The object of the CIO is: for the public benefit, to relieve the needs of sick or disabled children and by extension their families and carers and any other individual involved in the provision of caregiving without remuneration, including those suffering from bereavement by the death of a person they care for, in particular but not exclusively by the provision of appropriate information, resources, advice and support.

Our main objectives are

- Provide dignity during emergency hospital admissions
- Building a community to introduce families to others in the same or similar situation
- Provide resources to organise and navigate the complex care and support at home
- Show the bereaved that their child is not forgotten

We welcome those in the SEND community to become a beneficiary, we are not exclusive and do not turn anyone away. We explain what we can offer and the individuals can decide if our support groups are for them. Some families self-refer, and others are referred by friends and families. The beneficiaries have a conversation with me to see how we can help and we go from there. The hospitals we provide the 'Chrysalis Care Packages' to have high dependency children ward which in turn identifies that they are families/individuals that we can help.

We aim to support families at all stages so that we are there every step of the way. Advocates and Angels began as the symbolic life of a butterfly to illustrate the different stages that families are at and the different levels and types of support that they need.

- Chrysalis – Diagnosis, Pregnancy
- Caterpillar - Disability, SEN, PICU and Tube Feeding
- Butterfly - Child loss and Bereavement

Our beneficiaries are the families we support, this includes, parents, carers, advocates, children and siblings. They are at the forefront of what we do and why we do it. Our purpose is to support them step by step and help them to navigate the world of disabilities and palliative care, long term hospital admissions and child loss.

Our purpose is to make sure that nobody goes through this alone and we can provide guidance and support to empower the beneficiaries to be the best advocates for their children that they can be whilst feeling a sense of belonging in a community of like minded people.

We apply the Charity Ethical Principles in everything we do. We constantly ask for feedback from our beneficiaries and this has enabled us to develop the support and resources that we offer.

All of the Advocates and Angels trustees have had regard to and have read and understood the guidance issued by the charity commission on public benefit.

Activities and Achievements:

We have had a busy year, making lots of connections and delivering the projects we aimed to do. We received our First National Lottery Grant at the end of last financial year, so this year was busy delivering on this. We are still utilising the office space and welcome a number of beneficiaries to use the space.

Following is a list of deliverables and details of how it went

1. Chrysalis Care Packages ©

During a hospital admission it is easy to forget the essentials and when on a high dependency ward during an emergency admission it is not as simple as popping to the shop to get things.

The packages offer an essential collection of items that provide dignity in a time of distress.

They can include, flannel, sanitary products, deodorant, toothpaste, toothbrush, shower gel, hair bands and soap.

During key dates throughout the year i.e Mother's Day, Father's Day and Christmas, we will provide a few additional items to help make this time in hospital a little lighter.

Between March 2022 and March 2023, we were able to provide these packs to every children's ward in Wales, serving 24 wards. In total 1,600 packs went out serving 3,200 families. Each pack now provides hygiene essentials for 2 parents/advocates.

2. Support Groups

The three groups offer open conversation for the communities to talk and discuss concerns, hot topics, and provide peer support. There are now dedicated groups for each stage a family is at, whether this is pregnancy, birth, diagnosis, hospital admissions or bereavement. Having a dedicated group ensures that we can provide targeted peer to peer support and remove any necessary trauma.

3. Advocates and Angels Medical Binder

One place to keep all the relevant information required for hospital admissions, medical appointments and daily care tasks at home. They are downloadable and printable inserts available. After a successful launch last year, we have been able to send out a further 120 to families living in the UK. Thanks to the donations provided we have been able to get these printed and posted out for free to the families who have requested them.

4. Bereavement acknowledgement and Support

Packs include a card, personalised bear and butterfly to remind loved ones that their child is not forgotten and the hope that families have a feeling of being heard and recognised. We continue to send these out after the launch last year and we have had incredibly positive feedback.

We have held 4 Bereavement craft evenings where bereaved parents, grandparents, family members or advocates attended. This was well attended with a maximum of 6 attendees at a time was suggested, due to space and trying to keep an intimate feeling. Refreshments were provided and craft materials. Several suggestions were made, and these were taken on board and executed. Feedback was positive and these will continue.

5. Tube Feeding Resources

We created a tube feeding resource to track tube feeding, with the idea that it would take the pressure off families in remembering and making something colourful and nicer to look at than a plain computerised table. We were able to use funds from fundraising excersises to buy tube tape from Tubie Cheeks, to include free tapes into every resource. We were able to send out 250 of these all over the UK free of charge for families to use.

Feedback was positive and we were able to take some comments on board to make the next lot to go out, even better.

6. Christmas Sibling Gifts

December 2022, we were able to send out 15 Christmas gifts to siblings whose brother/siter has complex medical needs, whether they had shown true support and love for their brother or sister or if they were having a really tough time, we were able to send them out to wish them a Merry Christmas. We were able to use leftover funds from donations that came from a Bucket collection in Tesco Forestwatch.

By doing this we are able to deliver and carry out Advocate and Angels purpose. Putting this into practice for the public benefit and continuously developing and improving what we do.

7. Child of Courage Award

This year we launched our Child of Courage Award; this is awarded via nominations on social media. A certificate and a knitted caterpillar are sent out to the child who is nominated each month. This is to provide recognition and a smile to an individual who may be in hospital, just had surgery or going through a particularly challenging time. We have had lots of positive feedback from this and will continue to do this next year.

8. Collaborations, donations, and strong working relationships.

Everything we do it a team effort and we have work with some fabulous businesses, independent companies and individuals within these 12 months including;

Tubie Cheeks	Inkind
Tekeez	RockFire
Welsh Brew	National Lottery
Tesco	Whizzknits
SJP	Channel 4

We have also worked with 6 Swansea Based Schools to hold the Butterfly Cup, a Rounders competition in Legacy of Lydia Germon. We were able to raise £400, thanks to the children at these schools, playing rounders and holding fun days during the summer term in 2022.

Our Volunteers are extra special to us, they provide time and expertise to help fundraise, pack care packages and offer administration support. This year we have awarded Fundraiser of the Year and Volunteer of the Year as a way of saying thank you. This is something that will continue next year.

Trustee Remuneration and Expenses:

During the year under review no remuneration was paid to the Trustees as all Trustees are Volunteers.

Reserves:

The Accounts set out in Page 7 and 8 show the financial position as at 02 March 2023 and the receipts and payments of the accounting period. The trustees anticipate a continuation of income along the same lines in future and will continue to administer both the income and expenditure of the Charity in accordance with established practice.

Trustees have decided that the £2,000 will be held back this financial year to support the payment of rent in the following financial year to secure 4 months of office space. No other funds will be held in reserve for any other reason.

As a charity we feel there is an extremely low risk of the charity facing any financial problems as we work on the basis of securing funds before spending anything.

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 01 MARCH 2023**

				2022-2023
Receipts				£
Grant Funding				2500.00
Grant Funding (Restricted)				1750.00
Donations				1097.22
Fundraising Activities				3112.13
One Lottery				904.86
Total Receipts				9364.21
PAYMENTS				
Rent				6000.00
Electricity				550
Internet & Telephone				981.60
Office Equipment				128.45
Volunteer Expenses				243.21
Website Hosting				1200.00
Project delivery costs				986.00
Project delivery costs (Restricted)				5947.35
Total Payments				16036.61
Surplus/(Deficit) For Year				- 6672.40

**STATEMENT OF BALANCES
FOR THE YEAR ENDED 01 MARCH 2023**

				2022-2023
Bank and Cash Balance				£
Opening Bank Balance				10598.00
Surplus/(Deficit) for Year				- 6672.40
Closing Bank Balances				3925.60
Reserves				
General Funds				2175.60
Restricted Fund				1750.00
C/F Balance				3925.60

Approved by the Trustees and signed on their behalf by:

Signature:	Signature:
Print Name:	Print Name:
Role: Chairperson	Role: Treasurer

Date of Approval:	
--------------------------	--

ADVOCATES AND ANGELS

England & Wales - Charity number 1195239

Accounts



Advocates and Angels

Report and Financial Statements

For the Year Ended 31 March 2022

Charity number 1195239

CIO - FOUNDATION Registered 21 Jul 2021

Page of Contents

Objectives and activities.....	3
Achievements and performance.....	4
Financial Review	7
Structure, governance and management.....	10
Reference and administrative details.....	11
Board of Trustees.....	11

Objectives and activities

SORP reference Para 1.17: *Summary of the purposes of the charity as set out in its governing document*

The object of the cio is: for the public benefit, to relieve the needs of sick or disabled children and by extension their families and carers and any other individual involved in the provision of caregiving without remuneration, including those suffering from bereavement by the death of a person they care for, in particular but not exclusively by the provision of appropriate information, resources, advice and support.

Our main objectives are

- Provide dignity during emergency hospital admissions
- Building a community to introduce families to others in the same or similar situation
- Provide resources to organise and navigate the complex care and support at home
- Show the bereaved that their child is not forgotten

Identifying Charitable Need

SORP reference Para Para 1.17 and 1.19 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.

We welcome those in the SEND community to become a beneficiary, we are not exclusive and do not turn anyone away. We explain what we can offer and the individuals can decide if our support groups are for them. Some families self-refer, and others are referred by friends and families. The beneficiaries have a conversation with me to see how we can help and we go from there. The hospitals we provide the 'Chrysalis Care Packages' to have high dependency children ward which in turn identifies that they are families/individuals that we can help.

We aim to support families at all stages so that we are there every step of the way. Advocates and Angels began as the symbolic life of a butterfly to illustrate the different stages that families are at and the different levels and types of support that they need.

- Chrysalis – Diagnosis, Pregnancy
- Caterpillar - Disability, SEN, PICU and Tube Feeding
- Butterfly - Child loss and Bereavement

Our beneficiaries are the families we support, this includes, parents, carers, advocates, children and siblings. They are at the forefront of what we do any why we do it. Our purpose is to support them step by step and help them to navigate the world of disabilities and palliative care, long term hospital admissions and child loss. Our purpose is to make sure that nobody goes through this alone and we can provide guidance and support to empower the beneficiaries to be the best advocates for their children that they can be whilst feeling a sense of belonging in a community of likeminded people.

We apply the Charity Ethical Principles in everything we do. We constantly ask for feedback from our beneficiaries and this has enabled us to develop the support and resources that we offer.

Achievements and performance

SORP reference Para 1.20: 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.

Advocates and Angels engage with the public on a daily basis via social media, Providing charity updates and news. Useful information and recognition of others who are advocating equality and inclusion in the world of SEND are sent out daily. We do not solely rely on Social Media, we also have the following methods of engagement;

We have 251 members signed up to our website mailing list

Currently support 259 members in our online support groups

Social Media – analytics present our current reach of 71k for 2021

300 Chrysalis Care Packages have been given to families during emergency hospital admissions

50 Bereavement acknowledgement and resource packs have been sent out

Sent out 250 printed resource packs including Advocates and Angels Medical Binder

A quarterly magazine is produced for the community; in accessible formats

We have a Live chat box on our Website to offer quick responses to questions, queries and support required

Hold weekly online social activities for 20 families

By doing this we are able to deliver and carry out Advocate and Angels purpose. Putting this into practice for the public benefit and continuously developing and improving what we do.

The scope of what we provide

Following is a list of current deliverables

Deliverable	
Chrysalis Care Packages	<p>During a hospital admission it is easy to forget the essentials and when on a high dependency ward to during an emergency admission it is not as simple as popping to the shop to get things.</p> <p>The packages offer an essential collection of items that provide dignity in a time of distress.</p> <p>They can include, flannel, sanitary products, deodorant, toothpaste, toothbrush, comb, shower gel, hair band and pin.</p>
Support Groups	<p>The three groups offer open conversation for the communities to talk and discuss concerns, hot topics, and provide peer support</p> <p>Family social activities</p> <p>Online, so can be accessible to people all over the country / world</p> <p>Increase confidence when stepping into a medical setting</p> <p>Empowered to make decisions</p>

Advocates and Angels Medical Binder	One place to keep all the relevant information required for hospital admissions, medical appointments and daily care tasks at home Downloadable and printable inserts available Ever-growing library of contents
Bereavement acknowledgement and Support	Packs include a card, personalised bear and butterfly to remind loved ones that their child is not forgotten Feeling heard and recognised
Quarterly Magazine	A chance for siblings to and family members to take part in activities Useful information for the SEND world Stories and articles about current affairs Signposting to agencies, businesses and projects that could offer additional support
Online family events	Weekly quizzes Online competitions Raffles Sibling cooking activities

SORP reference Para 1.38: Contribution made by volunteers

What we have done so far has been as a result of our volunteers and donations. No profit has been made from the activities that we have carried out and we do not intend to make profit. We want to provide our resources, support and packages for free and will be exclusively charitable. All donations raised are allocated to charitable activities and the running costs of the charity.

Donations have been supplied by a number of different businesses for this charity. For Advocates and Angels to succeed we rely on donations as well as grants. We like to work collaboratively with others and have been lucky enough to received donations from the following companies

Companies who have donated so far	
Morrisons	Tubie Doodles
Tubie Cheeks	Welsh Brew
Farmfoods	Caru Bach
Rivers Boutique	Joxie Studios
Not Everyone's Cup of Tea	Snap Wax Melt
Name a Star	Candy Free Kids
Whizzknits	Amazing Grace Brows
Mary Margaret Mix	

SORP reference Para 1.18: Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

All of the Advocates and Angels trustees have had regard to and have read and understood the guidance issued by the charity commission on public benefit.

Financial review

SORP Reference Para 1.21: Review of the charity's financial position at the end of the period

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £
Income					
Income and endowments from:					
Donations and legacies	2,924	10,000		14,769	2,445
Charitable activities					7,633
Other trading activities	1844				
Investments					
Separate material item of income					
Other					
Total	4,768	10,000		14,769	10,078
Expenditure					
Expenditure on:					
Raising funds	1,623	1,740		3,363	-
Charitable activities	2,343	8,000		10,343	-
Separate material expense item	543			543	
Other					-
Total	4,509	9,740		14,249	-
Net income/(expenditure) before tax for the reporting period	259	260		520	10,078
Tax payable					-
Net income/(expenditure) after tax before investment gains/(losses)	259	260		520	10,078
Net gains/(losses) on investments					-
Net income/(expenditure) Extraordinary items	259	260		520	10,078
Transfers between funds					-

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use

Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

				-
-	-	-	-	-
259	260	-	520	10,078
-	-	-	10,078	-
259	260	-	10,598	

Balance sheet

	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
	£	£	£	£	£
Fixed assets					
Intangible assets	-	-	-	-	-
Tangible assets	-	-	-	569	778
Heritage assets	-	-	-	-	-
Investments	-	-	-	-	-
Total fixed assets	-	-	-	569	778
Current assets					
Stocks	-	-	-	-	-
Debtors	-	-	-	-	-
Investments	-	-	-	-	-
Cash at bank and in hand	-	-	-	520	10,078
Total current assets	-	-	-	520	10,078
Creditors: amounts falling due within one year					
	-	-	-	-	-
Net current assets/(liabilities)	-	-	-	520	10,078
Total assets less current liabilities	-	-	-	1,089	10,856

Creditors: amounts falling due after one year	-	-	-	-	-
Provisions for liabilities	-	-	-	2,000	-
Total net assets or liabilities	-	-	-	3,089	10,856
Funds of the Charity					
Endowment funds	-				-
Restricted income funds		-		-	10,078
Unrestricted funds			-	520	
Revaluation reserve				-	
Fair value reserve					
Total funds	-	-	-	520	10,078

SORP reference Para 1.22: Statement explaining the policy for holding reserves stating why they are held

Trustees have decided that the £2,000 will be held back this financial year to support the payment of rent in the following financial year to secure 4 months of office space. No other funds will be held in reserve for any other reason.

SORP reference Para 1.22: Amount of reserves held

£2,000 from the donations received within this financial year.

SORP reference Para 1.47: The charity's principal sources of funds (including any fundraising)

Advocates and Angels main source of funds have come from a mixture of;

- Direct donations from individuals
- National Lottery Grants
- Raffles on Instagram & Facebook
- Selling donated items at a craft fair
- Sponsored events
- Bucket collections

SORP reference Para 1.46: A description of the principal risks facing the charity

As a charity we feel there is an extremely low risk of the charity facing any financial problems as we work on the basis of securing funds before spending anything.

Structure, governance and management

SORP reference Para 1.25: How is the charity constituted?

CIO registered

SORP reference Para 1.25: 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

Eligibility for trusteeship

- a) Every charity trustee must be a natural person.
- b) No individual may be appointed as a charity trustee of the CIO:
 - if he or she is under the age of 16 years; or
 - if he or she would automatically cease to hold office under the provisions of clause 12(1)(e).
- c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.
- d) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

Number of charity trustees

- a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee
- b) There is no maximum number of charity trustees that may be appointed to the CIO.

Appointment of charity trustees

- 1) Apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.
- 2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

SORP reference Para 1.51: Policies and procedures adopted for the induction and training of trustees

Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts
- c) full induction of charity policy and procedures to be given
- d) all trustees to have a full DBS check

Reference and administrative details

Advocates and Angels, not known by any other names.

Registration number: 1195239

Registered address: Unit 1, 270 Cockett Road, Cockett, Swansea, SA2 0FN.

Key holder nominated trustee Bethan Germon

Board of Trustees

Bethan Germon

Janine Massey

Claire Baker (Resigned October 2021)

Advocates and Angels		Charity No	1195239	
		Company No		
Annual accounts for the period				
Period start date	21.7.2021	To	Period end date	31.03.2022

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Income (Note 3)						
Income and endowments from:						
Donations and legacies	S01	2,924	10,000		14,769	2,445
Charitable activities	S02					7,633
Other trading activities	S03	1,844				
Investments	S04					
Separate material item of income	S05					
Other	S06					
Total	S07	4,768	10,000		14,769	10,078
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	1,623	1,740		3,363	-
Charitable activities	S09	2,343	8,000		10,343	-
Separate material expense item	S10	543			543	
Other	S11					-
Total	S12	4,509	9,740		14,249	-
Net income/(expenditure) before tax for the reporting period						
	S13	259	260		520	10,078
Tax payable	S14					-
Net income/(expenditure) after tax before investment gains/(losses)						
	S15	259	260		520	10,078
Net gains/(losses) on investments	S16					-
Net income/(expenditure) Extraordinary items	S17	259	260		520	10,078
Transfers between funds	S18					
Other recognised gains/(losses):	S19					-
Gains and losses on revaluation of fixed assets for the charity's own use	S20					-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	259	260	-	520	10,078
Reconciliation of funds:						
Total funds brought forward	S23	-	-	-	10,078	-
Total funds carried forward	S24	259	260	-	10,598	

Section B Balance sheet

		Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	569	778
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	569	778
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	-	-	-	520	10,078
Total current assets		B10	-	-	-	520	10,078
Creditors: amounts falling due within one year	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	-	-	-	520	10,078
Total assets less current liabilities		B13	-	-	-	1,089	10,078
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	2,000	-
Total net assets or liabilities		B16	-	-	-	3,089	10,078
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	-	-	-	10,000
Unrestricted funds		B19	-	-	-	520	78
Revaluation reserve		B20	-	-	-	-	-
Fair value reserve		B21	-	-	-	-	-
Total funds		B22	-	-	-	520	10,078

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the 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.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
Janine Massey	12/27/2022

Signature of director authenticating accounts being sent to
Companies House

Signature	Date dd/mm/yyyy
B.Germon	12/27/2022
Bethan Germon	Print name