



# **Advocates and Angels**

(CIO) Registered 21 Jul 2021

Charity Number: 1195239

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

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FOR THE YEAR ENDED 29 FEBRUARY 2024**

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## 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	Lily 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**

<b>RECEIPTS</b>			<b>2023-2024</b>
			£
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
		<b>Total Receipts</b>	<b>43,814.10</b>
<b>PAYMENTS</b>			
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





Volunteer Expenses			343.61
Accountancy Fees			295.00
Postage			772.11
Subscriptions			96.96
Insurance			326.36
Bank Charges			18.08
Volunteer Counselling			280.00
Volunteer Training			284.00
		<b>Total Payments</b>	<b>26,120.00</b>
		<b>Surplus/(Deficit)</b>	<b>17,694.10</b>

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

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

**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.

  
\_\_\_\_\_  
Nicola Harley FCCA

31/01/2025  
\_\_\_\_\_  
**Date**

Nicola Harley (FCCA)  
Christies Accountants  
Dalgety Bay