

Trustee Annual Report and Financial Statements

For the year ended 28 February 2025



Advocates and Angels

Prepared by
Janine Massey



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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 n it's behalf by:

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



Advocates and Angels





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
Accommodation & 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:

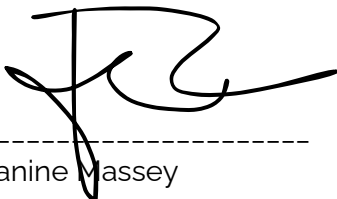
1. Funding stability – partly mitigated by securing an extension from WWU.
2. Growing service demand – addressed through improved processes and volunteer support.
3. Volunteer capacity – supported by ongoing recruitment and clearer communication.

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 Morriston 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