



BRONWEN'S WISH

FINANCIAL STATEMENTS
01 April 2023 – 31 March 2024

Charity Number 1195777



BRONWEN'S WISH

TRUSTEES ANNUAL REPORT: 1st April 2023 – 31st MARCH 2024

Reference and Administrative Information:

Charity Name:

Bronwen's Wish

Charity Number:

1195777

Charity address:

133 Lake Road West, Cardiff. CF23 5PJ

Trustees:

Haydn Morgan (Chair)

Amy David (Treasurer)

Tesni Morgan (Secretary)

Amelia Melvin

Annabel Gibbons

Russell Vanstone

Christopher Scott (resigned January 2024)

Shannon Rich (resigned July 2024)

Accountants:

Carston ETL, 16 Cathedral Road, Cardiff. CF11 9LJ

Bankers:

Metro Bank, Newport Road, Cardiff. CF23 9AD

Solicitors:

Loosemores, High Street, Cardiff. CF10 1PT



Trustee Report for Bronwen's Wish Charity for the Financial Year 2023/24.

The Trustee's present their 3rd annual report and financial statements for the year ended 31st March 2024. The financial statements have been prepared in accordance with the accounting policies and direction provided by the Charity Commission and comply with the charity's trust deed.

Brief History of our Charity

Bronwen's W;sh is a new charity established 3 years ago and this is our third Trustee's Annual Report. We feel that it is worth providing some background information which will help readers understand our charity and our motivation in trying to make a positive impact into the mental health of children and young people.

Bronwen's W;sh charity was named after Bronwen Grace Morgan who sadly took her life in August 2020, aged 26 years, after suffering with her mental health for several years. Bronwen was a second-year student at Cardiff University studying Mental Health Nursing.

On the day after her death, Bronwen's best friends immediately started fundraising for mental health awareness and suicide prevention. Her friends also came up with the name of our charity, "Bronwen's W;sh".

We wanted to make use of the semicolon as it symbolises the continuation of Mental Health awareness. Created to symbolise affirmation and solidarity against suicide, depression, addiction, and other mental health issues. It inspires strength in the midst of suffering. We want people to see this when they see the name "W;sh" and know our charity is mental health related.

As a new charity, our main aim and focus is providing unique Wellbeing Pods/Dens for Primary Schools in our area. These Pods will be located away from the main school building and the hustle and bustle. It will be a safe place to go when a child is experiencing challenges with their mental health. It will be a place to sit and talk with a mentor, therapist, teacher or friend and learn from a young age how important it is to talk about your feelings.

We have now finished our first project at Lakeside Primary School in Cardiff and have other schools requesting Wellbeing Pods also. Our ultimate wish would be for every school (who wanted one) to have such safe spaces within the school premises. There is also much scope here for Secondary Schools and other primary schools with less outdoor space. This is something our charity are aware of and will be trying to achieve with our designers and specialist craftsmen in the future.

Bronwen's W;sh

A Charity whose aim is to provide Wellbeing Pods in schools for children and young people to access as a place of safety away from the busy school life, to practice self-help skills and to talk.

Campaigning to encourage children and young people to speak out about their mental health and to normalise the concept of struggling.

Instagram: @Bronwenswish
Website: bronwenswish.org
Email: bronwenswish@outlook.com

Charity Reference Number: 1195777



The highlight of the year has been the grand opening of our first well-being pod at Lakeside Primary School in Cardiff this summer. The official opening was performed by Deputy Minister for Mental Health & Well-Being Jayne Bryant and local football legend Paul Parry. It was an absolute honour to have both people in attendance that day. This unique building has been used by the staff and students many times. Within all schools, pupil wellbeing is of paramount importance. During a recent Estyn school inspection, Lakeside Health & Wellbeing provision was highly praised. All staff are engaged in maintaining wellbeing for all pupils, and actions are swiftly put in place when the need is perceived.

One such need is for a place to have “quiet time”: time away from the hustle and bustle of school life, a chance to simply be and to lose oneself in nature, silence and peace. This has become even more of a need since the Covid pandemic. Many current pupils spent two or more years in social isolation, away from friends and interaction with anyone outside their immediate family. Time will tell how deep the impact of the pandemic on young people actually is, but there is a definite necessity for nurture and empathy, where the need to retreat and seek sanctuary is validated, respected and acted upon.

Objectives and Activities for the Public Benefit

The objectives of the charity are to relieve the needs of children and young people, aged between 4 – 18 years living in Cardiff and the surrounding area by providing funding for and support to primary and secondary schools to create well-being pods as safe spaces for children and young people in particular, but not exclusively those experiencing mental health challenges or distress, anxiety, depression or other moments of crisis. It will also be a place to encourage our younger generation to open up and talk about their feelings, and to help get rid of the stigma surrounding mental health.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning future activities.

Our vision (and Wish) is for every Primary and Secondary school to be offered the opportunity to have a unique Wellbeing Pod within the grounds of the school. The Pods will be located away from the hustle and bustle of the school setting and positioned in an outdoor learning environment as a safe space for any children who are suffering from feelings of anxiety, worry, trauma, or other mental health related challenge and in need of a quiet moment. The Pods will also be timetabled for children who have been identified as experiencing ACE'S (adverse childhood experiences), to access therapy. Also, any outside agencies who work with children who have social and emotional difficulties will use the Pod to meet and work with the children in a quiet, safe, and relaxed place where the children feel less stressed.

The Charity carries out these objectives by:

- Carrying out many fundraising activities throughout the year to try and create the necessary funds to build the Wellbeing Pods.
- Liaising with local schools with a view to providing these unique Pods within a time frame.
- Liaising with the Local Authority with regards to Building Regs, Health & Safety and any unforeseen issues that may arise before, during and after the build.
- Source specialist constructors to create and build these Pods.



- Provide the necessary funds and resources to provide these Pods to each school as and when the charity has sufficient reserves.
- Keeping members of the public updated of how the Pod is progressing, as well as our fund-raising events and mental health awareness raising. This is done through our Website (Bronwenswish.org).

Our well-being Pods are provided within the school setting. A quiet and safe environment for children and young people to escape to during school when they may be experiencing emotional distress or dysregulation. We also intend for these Pods to be used for educational purposes, bringing all pupils to these spaces throughout their school life and learn that mental health is important and talking about how they are feeling and learning how to manage this is a good thing to do. We aim for the children in these schools to feel comfortable at any point to take themselves away from their stress and learn self-help tools from an early age. It is vital that children build an education around their emotional wellbeing and we strongly believe the earlier this intervention occurs the better their future will be in managing the challenges that life throws at you.

Given our charity's aspirations, we and our designers (Studio Propolis) wanted to create a healthy space using locally and regionally sourced natural materials with good provenance. Tactile cypress columns invite touch. A highly aromatic cedar floor and breathable, textured hemp lime plastered walls all contribute to a warm, inviting and highly sensory environment with excellent natural light. Our Sanctuary/Pod is un-serviced so totally dependent on good daylight for both visual and solar gain which pours in through its south facing saw tooth roof.

As a Charity, we also try our best to help raise awareness on mental health and suicide. We do this mainly through social media, events and also our website. Our charity will continue to campaign for shared decision making to be a legal requirement. Over the past 12 months, our charity has been in contact with local MP's, Government Ministers and most importantly, young adults experiencing their own challenges with their mental health. Our charity will continue to push for our cause over the years as we feel that our campaign will improve the mental health of our most vulnerable and reduce the number unacceptable number of suicides in the UK.

All Trustees are close friends and family of Bronwen. Once the team of Trustees were in place, we worked hard on building our constitution to register our charity officially. In September 2021, just over a year after Bronwen's passing, Bronwen's Wish became a registered charity for which we are very proud.



Our Values

The values outlined below are what inspire the Bronwen's Wish team to keep fighting, keep motivated and to keep the users of our Pods and their needs at the forefront of all our minds.

Courage

Having courage as our Charities value is extremely important. Firstly, to express the courage and bravery of Bronwen's family and friends for stepping up in the darkness of grief, to do all they can to make a change and create a positive memory in honour of Bronwen. Secondly, to show the individuals who will benefit from the Pods we provide, that there is great courage in taking time out to breathe and to talk about their emotions.

Acceptance

Acceptance is important as the members of Bronwen's Wish endeavour for all individuals to feel accepted for who they are and their needs. The Pods will provide them with a space where they can feel truly accepted, supported, and cared for.

Hope

To remember that despite the darkness, there is always hope. Hope for a better future for the younger generation and hope for change within the mental health system – to provide a service that meets the needs of those who require it.

Achievements and Performance

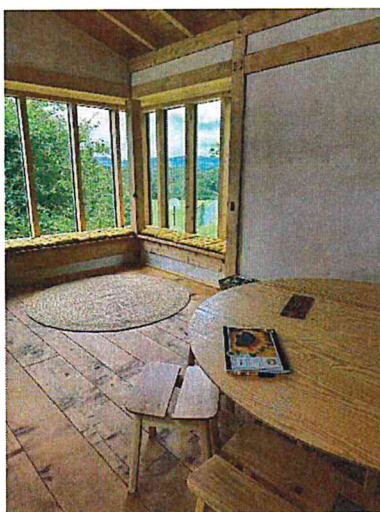
Over the past year, our trustees have worked very hard to continue to raise awareness on mental health and suicide. We provide regular wellbeing updates and literature on our website (Bronwenswish.org) as well as providing information on the development of our first wellbeing pod project at Lakeside Primary School. We are continuing to look at ways on improving our marketing and trying to promote our charity and its goals. We have linked in with other national and local mental health charities with a view to working together to help spread awareness. A great example of this was when all our trustees, family and friends joined up with the "3 Dad's Walking" when they arrived in Wales and offered them all our support and backing with regards to suicide awareness. Our charity was also part of the organising team for the "Baton of Hope" when it arrived in Cardiff this summer. This included a national tour with the Baton and was the largest suicide awareness event ever in the UK. It is our intention to continue to work alongside and support other mental health charities in order to raise awareness, and to promote our charity.

We would also like to state that all the funds raised has come from the kind generosity of donations and some fantastic fundraising events. We have 3 key events throughout the year that generate the majority of our funds: The Sunflower Ball; Charity Golf Day and quiz evenings. It is our intention to continue these fundraising events every year and build momentum. In addition to the 3 events, our charity also organises and participates in other amazing fundraising activities such as the Christmas Raffle and the January Walk.



We are also very proud and excited that other establishments are offering their support to our charity and its cause. Lakeside Primary School; Rhydypenau Primary School; Greenway Primary School; Cardiff High School; St. David's College and Swansea University; David Lloyds Leisure Club and Mooneerams have all had fundraising events to help support our charity. We are very excited to announce that a local Solicitors company named Mooneerams have made Bronwen's Wish their "Charity of the year" and we are looking forward to future events. We cannot thank these people enough for all that they have done to help raise the necessary funds to build our first Well-being Pod/Sanctuary, as well as spreading mental health and suicide awareness.

It is with great delight that we can say that we have found an amazing carpenter/builder who is willing and keen to take on our project to our specific budget. This woodworking company (Griffinwood) have much experience in building some fantastic outdoor wooden structures and fully support our charity and its cause. We are hoping that this is the first of many Pods being constructed by this particular company for continuity and understanding.





Financial Review

In the period to 31 March 2024, Bronwen's Wish received income of £57,913 (2023: £42,789) from donations and fundraising. Expenditure for the period was £53,923 (2023: £36,450). Net receipts for the period were £3,990 (2023: £6,339), and reserves total £39,438 (2023: £35,448) which are represented by the cash at bank balances at 31 March 2024 and are wholly unrestricted, free reserves.

The reserves are considered to be appropriate by the trustees as they will be built up for the purpose of building pods and so will only be spent when sufficient funds are available. There are no ongoing overheads. Therefore, the trustees feel there is no reason to believe the charity cannot continue as a going concern.

Plans for future periods

The trustees feel that once the first project has been completed, the following ventures will run more efficiently, and we will have a better understanding of costs. We intend to try and build our Pods/Sanctuary to a budget of £50,000 which we now know is attainable at this time.

With a finished product to show and a better understanding of prices and outlays, the trustees are now applying for grants and other funding. We would like to aim to build at least one well-being Pod a year for local schools and expand from there as we gain more experience and raise much needed funding. Which is obviously our largest hurdle.

We want to use the same original design for each pod in primary schools where the school is located on a large site and there is sufficient space to build. Although each project will be based on our original design for Lakeside Primary, our designers and ourselves feel that each design is slightly different from the other. This gives the building uniqueness. However, we are aware that not all schools have large grounds that can accommodate our well-being pods. With this in mind, our future plans will look at a new design that can be used in smaller schools.



Our charity also recognises that there is much scope to providing Wellbeing Sanctuaries/Pods to Secondary schools. We have spoken with other local High Schools, and all have said they would benefit from having a wellbeing pod within the grounds of their school.

The aim of our next project is to design, build and furnish approximately 30 sqm, purpose-built well-being space at Rhydypenau Primary school in Cardiff. The building will be used for early intervention mental health sessions where staff listen to, support and engage with children in a way that enables them to grow awareness of their emotional state. In understanding their feelings and learning to communicate their needs, it is hoped that children will better manage and regulate their emotions themselves and thereby building resilience.

Childhood and adolescence can be challenging. These crucial years are when children and young people gain vital knowledge in social and emotional skills that will shape their future. Across the spectrum of mental health issues that young people face, the statistics are painfully astounding and at the extremity of the problem, according to the British Medical Association, suicide is the biggest killer of under 35's in the UK. This alarming Stat. has to be reduced drastically.

The British Psychological Society advocates for an evidence based preventative approach which puts an emphasis on introducing effective interventions early on incorporating them throughout our children's lives with broader focus on wider issues around children's development and psychological wellbeing. Putting preventative measures in place will, in return, reduce the demand on primary and secondary Mental Health services for children as well as adults.

Rhydypenau Primary already has a well developed mental health strategy in place. However, the school is really struggling with space to carry out their work. Their efforts will be greatly amplified by having a purpose built space in a relaxed, calm and tranquil environment on the edge of the school orchard, away from the hustle and bustle of a busy school.

For our charity, this will be our second "Safe Space" well-being Pod that we will deliver. It is ultimately our aim to make a network of these Sanctuaries in Cardiff and surrounding area so as to start making a real impact on children's mental health awareness and how it is talked about and dealt with in the wider community.

Structure, Governance and Management

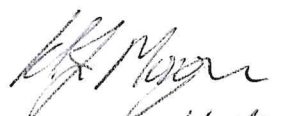
The charity is a CIO – Foundation, registered on 10 September 2021.

The charity is run by a committee comprising the trustees, who are the trustees appointed on registration. New trustees would be appointed as and when required.

Signed on behalf of the trustees:


..... Signed
Trustee

A. DAVID.
.....
Print Name


H. MORGAN

Date 23/01/2025



**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BRONWEN'S WISH
For the Year Ended 31 March 2024**

I report to the trustees on my examination of the financial statements of Bronwen's Wish ('the charity') for the year ended 31 March 2024 which are set out on pages 10 to 12.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act;
or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Farzana Ahmed ACCA
Independent Examiner
1st Floor, Tudor House
16 Cathedral Road
Cardiff
CF11 9LJ

Date: 27/01/2025

**RECEIPTS & PAYMENTS ACCOUNT****FOR THE YEAR ENDED 31 MARCH 2024**

| | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ | Total 2023 £ |
|----------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| RECEIPTS | | | | |
| Donations and legacies | 12,181 | | 12,181 | 17,929 |
| Justgiving and Paypal | 19,081 | | 19,081 | 19,716 |
| Fundraising & Events | 26,651 | | 26,651 | 5,145 |
| TOTAL RECEIPTS | 57,913 | - | 57,913 | 42,789 |
| PAYMENTS | | | | |
| Pod Design & Construction costs | 33,473 | | 33,473 | 25,780 |
| Fundraising event costs | 16,430 | | 16,430 | 10,206 |
| Website costs | 239 | | 239 | 288 |
| Legal & professional fees | 2,100 | | 2,100 | - |
| Accountancy fees | 1,680 | | 1,680 | - |
| Subscription | - | | - | 176 |
| TOTAL PAYMENTS | 53,923 | - | 53,923 | 36,450 |
| NET RECEIPTS / (PAYMENTS) | 3,990 | - | 3,990 | 6,339 |
| Transfers between funds | - | - | - | - |
| Cash funds last year | 35,448 | - | 35,448 | 29,109 |
| Cash Funds this year | 39,438 | - | 39,438 | 35,448 |



STATEMENT OF ASSETS & LIABILITIES

AS AT 31 MARCH 2024

| | | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ | Total 2023 £ |
|-----------------|-------------------|----------------------------|--------------------------|--------------------|--------------------|
| Cash at Bank | Metro Account | 39,438 | - | 39,438 | 34,219 |
| | Santander Account | - | - | - | 1,229 |
| | | <u>39,438</u> | <u>-</u> | <u>39,438</u> | <u>35,448</u> |
| | | | | | |
| Assets retained | | | | | |
| for Charity's | | | | | |
| Own Use | | | | | |
| | | <u>-</u> | <u>-</u> | <u>-</u> | <u>-</u> |
| | | <u>-</u> | <u>-</u> | <u>-</u> | <u>-</u> |

These financial statements were approved by the trustees and authorised for issue on 23/01/2025
and are signed on their behalf by:

A David (Sign)

A DAVID. (Print name)
Trustee

H. S. Morgan (Sign)

H. S. MORGAN (Print name)
Trustee



NOTES TO THE FINANCIAL STATEMENTS

Year Ended 31 March 2024

1. Trustee Expenses

No trustee received any remuneration from the charity in respect of their services during the period. Out of pocket expenses incurred by the trustees in the performance of their duties were not reimbursed.

2. Related Party Transactions

There were no transactions with related parties in the period.

3. Fund Balances

| | Balance at 01 Apr 2023 £ | Income £ | Expenditure £ | Balance at 31 Mar 2024 £ |
|---------------------------|--------------------------------|---------------|------------------|--------------------------------|
| Unrestricted Funds | | | | |
| General Fund | 35,448 | 57,913 | (53,923) | 39,438 |
| | <u>35,448</u> | <u>57,913</u> | <u>(53,923)</u> | <u>39,438</u> |
| | Balance at 1 Apr 2022 | Income | Expenditure | Balance at 31 Mar 2023 |
| Unrestricted Funds | | | | |
| General Fund | 29,109 | 42,789 | (36,450) | 35,448 |
| | <u>29,109</u> | <u>42,789</u> | <u>(36,450)</u> | <u>35,448</u> |

