



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2024 Period start date **To 31/03/2025** Period end date

Charity name: The Cariat Blanket Project

Charity registration number: 1196923

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are: For the advancement of education for the public, primarily women within the United Kingdom by providing free to attend virtual and in person workshops teaching art, craft and creative skills that can be used to further a women's skillset and provide a creative therapeutic outlet that can be used in daily life. Relief of need of babies in the United Kingdom who; are ill, have a mother who has a physical or mental illness. And for the advancement of health for by providing notes of encouragement to mothers in the United Kingdom who are suffering from mental or physical illness, disability, bereavement, poverty or isolation or any other hardship.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services	Para 1.17 and 1.19	The Cariat Blanket Project ran several workshops this year that were open to members of the public, so that people of any age or gender could learn creative skills that could be used to further their

identified in the accounts.		skillset and provide a creative therapeutic outlet. The Cariad Blanket Project posted out 72 Cariad Blanket Boxes (care packages) to mothers in need of extra support, including mothers who are suffering from physical or mental illness, financial hardship, isolation or whose child is facing physical illness. We also provided 70 boxes to a local healthboards perinatal mental health team for the mums they work with, and 11 boxes to a local charity for the young mums they work with. So altogether 153 boxes were given out during this financial period.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have regard to the guidance issued by the Charity Commission on public benefit, and believe the work of The Cariad Blanket Project to be within public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The Cariad Blanket Project ran 6 in person creative workshops during this period. All 6 of these were in South Wales. 1 was for a university for their staff as part of their wellbeing week, the other 5 were hosted in collaboration and at a community café in Cardiff. They were run as 5 separate evenings from October 2024 – March 2025 as a creative workshop evenings, teaching different crafts/creative outlets at each evening, and providing a safe and welcoming warm space for people to bring their own crafts to or try the new one that we were teaching. They were open to anyone to attend and provided all the materials free of charge. The project ran Cwtch Classes from January – March 2025. Cwtch Classes were developed by Rebecca Alder, one of our trustees who is also an Occupational Therapist, as a supportive and encouraging environment for mums who needed some extra support to get out with their baby, and provided a safe welcoming space. The classes provided some positive play time for mum and baby, with a focus on tummy time for baby, and wellbeing support for the mums with a creative element too. They were run at two locations in Cardiff (a community café and a wellbeing space), each location running for 6 weeks. The classes are a continuation of our charitable aims. The project also gave out 153 Cariad Blanket Boxes (care packages) in this period across the UK, providing signposting to support for mothers, blankets and hats for babies and notes of encouragement for wellbeing of mothers. 72 of these were given out through our

		normal nomination process, 70 were provided to a NHS perinatal team in South Wales for the women under their care, and 11 provided to NYAS Cymru for the young mums they work with in project unity.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity ended the year with £1,660 in its bank account. This money will be spent to provide creative workshops in the next financial period, and continue to send
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		Cariad Blanket Boxes to mums across the UK.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity does not have a policy for holding reserves, however the amount of money in the bank account is something that the trustees monitor closely. This next financial year the trustees will create a reserves policy, particularly in line with the increasing costs for the charity in terms of craft material inflation and postage inflation.
Amount of reserves held	Para 1.22	Please see above.
Reasons for holding zero reserves	Para 1.22	Please see above.
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		The Cariad Blanket Project is a CIO.
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Type of governing document (trust deed, royal charter)	Para 1.25	Constitution Document
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Apart from the first charity trustees, every trustee must be appointed [for a minimum term of two years] by a resolution passed at a properly convened meeting of the charity trustees. 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. Any new charity trustees must not be related by blood or by law to any current charity trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Reference and Administrative details

Charity name	The Cariat Blanket Project
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Other name the charity uses	N/A
Registered charity number	1196923
Charity's principal address	97 Gwernrhuddi Road Cardiff CF23 6PS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hannah Lowe			
2	Anna Deane			
3	Helen Rowland			
4	Rebecca Alder			
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18				
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20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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	None	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Hannah Lowe	Anna Deane, Helen Rowland, Rebecca Alder
Position (eg Secretar, etc)	Chair of Trustees	Trustees
Date	27/01/2026	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Cariat Blanket Project

No (if any)
1196923

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01/04/2024		31/03/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	1,351	-	-	1,351	-
Misc Bank Income	33	-	-	33	-
Charitable Activity Income	750	-	-	750	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,134	-	-	2,134	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,134	-	-	2,134	-
A3 Payments					
Cariat Blanket Box Costs	452	-	-	452	-
Workshop Costs	323	-	-	323	-
Website & Email Costs	343	-	-	343	-
Insurance & Legal Costs	139	-	-	139	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,257	-	-	1,257	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,257	-	-	1,257	-
Net of receipts/(payments)	877	-	-	877	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	783	-	-	783	-
Cash funds this year end	1,660	-	-	1,660	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Money in bank account to be used by the charity for the upcoming financial year(s)	1,660	-	-
		-	-	-
		-	-	-
	Total cash funds	1,660	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		HANNAH LOWE	20/01/2026	