

ANGOR

England & Wales · Charity number 1198882

Details

Status Registered

Legal form CIO

Registered 2022-05-10

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

Contact

Address The Cabin
Park House
Carmarthen Road
Kidwelly
Dyfed

Phone 07380 125690

Email admin@angor.org.uk

Website angor.org.uk

Activities

Objects: TO RELIEVE THE NEEDS OF THOSE WHO HAVE BEEN DIAGNOSED WITH A LIFE ALTERING OR LIFE LIMITING ILLNESS SUCH AS (BUT NOT LIMITED TOO) CANCER BY PROVIDING BESPOKE USER-LED ACTIVITIES AND SERVICES, OFFERING ADVICE AND PROMOTING LEARNING OPPORTUNITIES, AS WELL AS OFFERING FREE LEGAL AND FINANCIAL ADVICE AND ASSISTANCE IN SAFE ENABLING NON-CLINICAL SETTINGS IN CARMARTHENSHIRE.

Activities: Signposting, support & wellness activities for individuals, their loved ones and families and carers following a diagnosis of cancer or a life-limiting illness

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£91,305	£72,143	-	-
2024-03-31	£24,562	£13,324	-	-
2023-03-31	£33,017	£7,080	-	-

Trustees

Name	Role	Appointed
Linda Williams	Chair	2024-01-10
ANNMARIE THOMAS		2024-01-10
DERIS DAVIES WILLIAMS		2022-05-10
DERITH JUSTINE POWELL		2022-05-10
DR IAN WYN REES		2022-05-10
Dr ANITA MARIA HUWS		2022-05-10
Dr JAYNE DANIELS		2022-05-10
GWENDA DAVIES OWEN		2022-05-10
Kathryn Devonald-Davies		2022-05-10
Rev ELDON PHILLIPS		2022-05-10

ANGOR

England & Wales - Charity number 1198882

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	Day 01	Month April	Year 2024	To	Day 31	Month March	Year 2025

Section A Reference and administration details

Charity name Angor

Other names charity is known by

Registered charity number (if any) 1198882

Charity's principal address

The Cabin	
Parc House	
Kidwelly, Carmarthenshire	
Postcode	SA17 5AB

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	Anita Maria Huws			
2	Derith Justine Powell			
3	Gwenda Davies Owen			
4	Jayne Daniels			
5	Deris Davies Williams			
6	Judith Perry	TREASURER	Retired 04/06/2025	
7	Kathryn Devonald-Davies			
8	Ian Wyn Rees			
9	Rev Eldon Phillips			
10	Linda Williams	CHAIRPERSON	Appointed 10/01/2024	
11	Annmarie Thomas	SECRETARY	Appointed 10/01/2024	
12	Elwyn Evans	NEW TREASURER	Appointed 04/06/2025	
13				
14				
15				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

N/A

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO Association
Trustee selection methods (eg. appointed by, elected by)	Elected by Members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

POLICIES & PROCEDURES & ORGANISATIONAL STRUCTURE
 The charity Trustees are a group of individuals with a wide range of skill sets and backgrounds from the Third Sector, Health Sector, Legal Sector and patient Advocates. Consequently, the organisational structure of the charity has the personnel who possess the relevant knowledge, background and experience required to inform the charity activities and provide advice regarding development.
 Angor has policies and procedures in place which have been developed over the last few years. These are reviewed and updated on a regular basis.

RELATIONSHIP WITH WIDER NETWORKS
 Angor engages with other organisations across all sectors throughout Carmarthenshire. Angor continues to work and engage with other Third Sector and community groups to support individuals and their loved ones following a diagnosis of cancer or life limiting illness, signposting to them and accepting referrals from other organisations. We have built up an excellent relationship with the Carmarthen Living Well Centre, the local Farming community and national and local charities.

CONSIDERATION OF RISK AND PROCEDURES TO MANAGE THEM
 The Trustees review all activities that are undertaken and reflect on the benefits, effectiveness and value for money.

The Trustees see the consideration of risks as a priority. The risk register is now a regular item on the agenda, and the risk rating is changed according to developments within the Charity.

The Trustees are committed to ensuring that all relevant policies are regularly updated, and the organisation's procedures are robust and are fit for purpose to ensure that review of the policies reflects the organisation's evolution.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

A free support and signposting service throughout Carmarthenshire for people and their loved ones and carers following a cancer or life-limiting illness diagnosis.

Objectives:

1. To advance the health and wellbeing and relieve the physical and emotional impacts for individuals and their loved ones, following a life limiting or cancer diagnosis through offering bespoke user-led activities and services offering advice and providing learning opportunities in safe non-clinical settings in Carmarthenshire.
2. To provide relief from hardship brought on by a health crisis through offering free legal with signposting and financial advice and assistance to individuals who would otherwise be unable to access such services.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Angor has an operational base in The Cabin, Parc House, Kidwelly, Carmarthenshire SA17 5AB. At the end of 2024, Angor was awarded a Grant from the National Farmers Union to support the costs of the Cabin.

Angor has been offering daily drop-in sessions of signposting and support throughout Carmarthenshire since our inception. Angor offers free Wellness activities which are mostly held in our operational base, The Cabin, Parc House, Kidwelly. However, in addition, there have been pop-ups throughout Carmarthenshire in the HWB's with Carmarthenshire County Council and Connecting Carmarthenshire. We have a regular pop-up in the Living Well Centre in Carmarthen. We offer Tai Chi and Musiic Wellness activities in the Living Well Centre. There have been discussions with other Third Sector organisations to commence regular sessions in the Black Mountain Brynamman and Croeso Cynnes in Laugharne. The sessions offered to date have included legal/probate advice, Stoma and colostomy awareness, Breast Cancer Awareness, hair and makeup advice following treatment, Yoga and Tai Chi and relaxation and breathwork sessions with Bydd Iach, Sing N Strum Along music sessions and Mindfulness. Angor is signed up to NACRO and has attended events through Carmarthenshire including Llandysul in February 2024.

Following on from 2024, one of our Freelance workers continued her engagement with Angor. The freelance worker has been instrumental in helping the charity progress with activities and support. The freelance worker has been visiting third sectors and voluntary groups, engaging and signing up and orientating volunteers. There were 20 volunteers signed up by 31/03/2025. The Freelance worker continues to work with local communities throughout Carmarthenshire, fostering relationships with other Third Sector organisations.

Working relationships have been developed with CAVS and Planed, Croeso Cynnes, cancer Specialist Nurses in Hywel Dda NHS University Health Board. Ongoing relationships with Macmillan, Tenovus and Breast Cancer Now. The operational base has been used by nurse led support groups including Colorectal Cancer Group, Breast Cancer support and Neuroendocrine Tumour support groups.

Angor's presence on social media sites such as Facebook and Instagram continues to progress. Activities are posted weekly both online and, on our website, and updated on a regular basis. Online mapping information is being developed to formulate an accessible template online.

Additional details of objectives and activities (Optional information)

Another important element of Angor's work is the provision of a "Signposting" service which is being continually developed with other partner organisations. This increases collaboration with other agencies and encourages referral pathways within these organisations and groups.

During 2024, following a successful one-year grant application from the Shared Prosperity Fund and Targeted Finance Fund administered by Carmarthenshire Count Council, the Charity was able to appoint Freelance Staff to recruit and retain a strong Volunteer base to provide supportive and inclusive spaces throughout Carmarthenshire. A successful application was also made to the Community Lottery Fund and Postcode Lottery which provided support to host a Networking Conference, rental fees for accommodation etc. Funding enabled us to offer a wide range of activities which included:

- Mindfulness
- Breast Awareness
- Cancer Massage
- Tai-chi
- Reflexology
- Homeopathy
- Chair Yoga
- Art Therapy
- Relaxation Classes
- Wig and Hair Advice
- Legal Advice

These Wellness Activities are being developed further as the need arises and following audit and discussions with participants, and volunteers.

The paid Freelance Contracts reinforced our knowledge and understanding of the scale and the need for this service with participants growing monthly and all welcoming the potential and the opportunities provide by Angor. Whilst Angor's main administrative office is currently in The Cabin, Parc House, Kidwelly, it is committed to continue spreading its reach to work in communities at grass roots levels within community hubs across Carmarthenshire so that transport and access difficulties are minimized. Our Volunteers are key to the success of reaching our rural communities.

While deprivation is more easily measured in urban centres, rural communities across Carmarthenshire also experience poverty that is less visible and harder to quantify. Issues such as transport barriers, digital exclusion and limited-service provision mean many rural residents face unmet needs despite not appearing in headline statistics. Angor is committed to integration, connection and participation and will do everything possible to work with and include underrepresented groups. Angor is fully committed to promoting the Welsh Language.

Providing local services also reinforces Angor's commitment to a comprehensive environmental approach for reducing our carbon footprint, conserving resources and protecting the natural environment. We have developed an Environmental Policy that will not only reduce our own impact but also inspire others to act for a greener, fairer future in relation to Travel, Waste, Energy Use, Water Use, what we buy, Natural Spaces and Greener Financing.

Angor is extremely grateful to all the volunteers that have signed up to support and help the charity in its aims and objectives.

Many of our volunteers have themselves experienced a cancer diagnosis and/or live with a life limiting diagnosis. This 'lived experience' helps to build relationships and develops connection and trust with our users.

We are grateful to our volunteer base for their dedication and commitment.

You **may choose** to include further statements, where relevant, about:

- policy on Grant making.
- policy programme related investment.
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Angor has been evolving and developing since the charity gained registration in May 2022. The charity continues to offer regular sessions for support and advice. In addition, regular and varied Wellness activities have been offered and the feedback from user groups has been very positive. People, their loved ones and carers have all stated the benefit of attending the sessions.

Angor continues to work with and liaise with other agencies and third sector organisations. The aim is to avoid replication of services. Our mission is to complement existing services and to help people navigate the system through signposting, support physically in our pop-ups, or via telephone support, or by our social media posts or through our website.

Our volunteer base continues to expand. We have been fortunate in acquiring volunteers from a wide range of backgrounds. We are grateful to them all for the dedication and hard work.

Angor works in an environment that is welcoming, informal and non-institutional, enabling participants to connect with others if appropriate, to form new support networks. Safe spaces are offered for people and their families in non-medical settings to discuss their current situation, identify their main needs and concerns, so that they become pro-active in their future wellbeing.

Angor is a charity that is led by the needs of its users. It is their voice that drives the Charity forward. This knowledge provides the organisation with information about the various innovative and non-medical interventions that can support the wellbeing needs of individuals and their families to move on with their lives. It is this information that develops the future direction of travel, so that the organisation is in tune and in touch with the issues that a life altering diagnosis brings. People often refer to the void that exists between their diagnosis and treatment and the lack of support available. Many feel overwhelmed and lose confidence in their own ability to heal. Current models of care are undergoing significant changes given the political climate within the NHS and other social institutions. Users are also keen to move away from the clinical settings back into the communities. By accessing self-help strategies, they are encouraged to play an instrumental part in their future wellbeing journey. This is often as empowering as Treatment Plans, and most people welcome this shift in emphasis as it gives them back a degree of control. Angor offers a "Wellness Pathway" from a clinical setting back into the community to encourage individuals to live as fulfilling a life as possible whatever their previous or current health issues.

Hand in hand together, Angor is there offering a chat over a cup of tea with one of our experienced volunteers, a chat on the phone, or an email of support. Our aim is to be the anchor that helps support and empower individuals and their loved ones who have experienced a diagnosis of cancer or a life-limiting illness so that they are empowered to move forward in life.

In summary, Angor is committed to establishing an informed, non-clinical and holistic service which builds hope, develops resilience and empowers individuals to take back control of their wellbeing.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has a reserve policy. A separate bank account has the Reserved funds which are retained as a buffer against unplanned future financial events.

The policies of the charity are reviewed annually and updated to reflect current legal requirements as well as recommended best practice.

Details of any funds materially in deficit

Nil

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising).
- how expenditure has supported the key objectives of the charity.
- investment policy and objectives including any ethical investment policy adopted.

The principal source of funding in respect of the activities undertaken in the 2024-2025 financial year has been provided by Carmarthenshire County Council.

Angor received funding for its operational activities through two successful grant funding bids offered by Carmarthenshire County Council. Both the Shared Prosperity Fund and Targeted Finance Fund has enabled the charity to progress with outreach work in many of the county's rural communities. Emphasis has also been placed supporting the various wards in Llanelli, one of the county's towns with the largest population which also has one of the most deprived wards in Wales.

The Charity has also benefitted from several large donations from fundraising organisations within Carmarthenshire, having been chosen as their 'Charity of the Year'. These include choirs, 'Rotary Groups', "Merched Y Wawr" groups with generous private donations from residents and individuals throughout Carmarthenshire.

The Charity does not currently have an investment policy.

Section F

Other optional information

Angor has been supported by many individuals, residents and organisations throughout the community of Carmarthenshire, who have given their time, expertise, support and financial help. Their generosity and kindness is much appreciated.

Section G

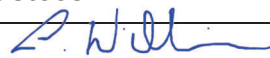
Declaration

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

Signed on behalf of the charity's trustees

VIDsigner code: 8642D7E7A3B2443390...

Signature(s)



22/1/2026

Full name(s)

Linda Williams
LINDA WILLIAMS

Position (eg Secretary, Chair, etc)

CHAIR

Date



Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Miscellaneous Donations:	6,473		-	6,473	12,114
Memorial Donations	60		-	60	2,535
HMRC - Just Giving	2,533		-	2,533	53
Charity Events	9,236		-	9,236	-
Shared Prosperity Funding and Targeted Finance Funding	56,221		-	56,221	-
Fund Raising events	1,842		-	1,842	-
Sponsorship	300		-	300	
Bank Interest	131		-	131	
Lottery fund - Grant Income		8,000	-	8,000	9,860
NFU Donation	-	6,509	-	6,509	-
Sub total (Gross income for AR)	76,796	14,509	-	91,305	24,562
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	76,796	14,509	-	91,305	24,562
A3 Payments					
Insurances	683		-	683	660
Bank charges	101		-	101	56
Accountancy Fees	51		-	51	954
Web Design & Development	452		-	452	348
Recruitment	-		-	-	384
Marketing	160		-	160	735
Telephones	257		-	257	140
Admin & Office Equipment	-		-	-	136
Charity Events	4,489		-	4,489	
Community Awareness events	274		-	274	11
Hire of Accommodation/Refreshments/Printing	549		-	549	552
Volunteer Managers Salary	3,461		-	3,461	-
Volunteers travelling	597		-	597	-
Volunteers Corporate wear - T Shirts/Hoodies	349		-	349	
SPF Funded - IT Equipment	312		-	312	3,464
SPF Funded - Project Staffing costs	35,450		-	35,450	5,084
SPF Funded - Stationery/Equipment/Refreshments	8,174		-	8,174	-
SPF Funded - Venue Hire	2,139		-	2,139	-
SPF Funded - Travelling & Subsistence	1,783		-	1,783	
SPF Funded - Staff & Volunteer Training	600		-	600	
TTF Funded - Project staffing costs	7,018		-	7,018	-
Lottery Fund - Rent Costs		4,000	-	4,000	800
NFU Funded - Hire of John Burns & Pop up Event costs	-	1,244	-	1,244	-
Sub total	66,899	5,244	-	72,143	13,323
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	66,899	5,244	-	72,143	13,323
Net of receipts/(payments)	9,897	9,265	-	19,162	11,239
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	39,946	9,060	-	49,006	37,767
Cash funds this year end	49,843	18,325	-	68,168	49,006

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 £
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B1 Cash funds

Cash at Bank:	49,843	18,325	-
	-	-	-
	-	-	-
Total cash funds	49,843	18,325	-
(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Recoverable Grants due to the Charity (Targeted Finance Fund)	5,644	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-



B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Trade Creditor	unrestricted	3,810	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
 Anita Maria Huws	Anita Maria Huws	22/1/2025
 Linda Williams	Linda Williams	22/1/2025



Section A Independent Examiner's Report

Report to the trustees

Charity Name
ANGOR

On accounts for the year ended

31/03/2025	Charity no (if any)	1198882
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Set out on pages

1 and 2 Receipts and payments Account (CC16a)
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts 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:

- the accounting records were not kept in accordance with section 130 of the Charities 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.

Signed:

Emma Hughes

Date:

22.1.26

Name:

Emma Hughes

Relevant professional qualification(s) or body (if any):

FCCA

Address:

James & Uzzell, Axis 15, Axis Court, Mallard Way, Riverside Business Park,
Swansea, SA7 0AJ

ANGOR

England & Wales - Charity number 1198882

Accounts

Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day	Month	Year		Day	Month	Year
	01	April	2023	To	31	March	2024

Section A Reference and administration details

Charity name	Angor		
Other names charity is known by			
Registered charity number (if any)	1198882		
Charity's principal address	The Cabin		
	Parc House		
	Kidwelly, Carmarthenshire		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Postcode</td> <td style="border: 1px solid black; padding: 2px;">SA17 5AB</td> </tr> </table>	Postcode	SA17 5AB
Postcode	SA17 5AB		

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	Anita Maria Huws			
2	Derith Justine Powell			
3	Gwenda Davies Owen			
4	Jayne Daniels			
5	Deris Davies Williams			
6	Judith Perry			
7	Kathryn Devonald-Davies			
8	Ian Wyn Rees			
9	Rev Eldon Phillips			
10	Linda Williams		10/01/2024	
11	Anmarie Thomas		10/01/2024	
12				
13				
14				
15				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

N/A

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO Association
Trustee selection methods (eg. appointed by, elected by)	Elected by Members

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The charity Trustees are a group of individuals with a wide range of skill sets and backgrounds from the Third Sector, Health Sector, Legal Sector and patient Advocates. Consequently, the organisational structure of the charity have the personnel who possess the relevant knowledge, background and experience required to inform the charity activities and provide advice regarding development.</p> <p>Angor has policies and procedures in place which have been developed over the last few years. These are reviewed and updated as the charity evolves.</p> <p>Angor engages with other organisations across all sectors throughout Carmarthenshire. Throughout the year, Angor has been working with other Third Sector and community groups to support individuals and their loved ones following a diagnosis of cancer or life limiting illness, signposting to them and accepting referrals from other organisations.</p> <p>The Trustees review all activities that are undertaken and reflect on the benefits, effectiveness and value for money.</p>
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The Trustees see the consideration of risks as a priority. The risk register is now a regular item on the Agenda on a monthly basis and the risk rating is changed according to developments within the Charity.

The Trustees are committed to ensuring that all relevant policies are regularly updated, and the organisation's procedures are robust and are fit for purpose to ensure that review of the policies reflects the organisation's evolution.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

A free support and signposting service throughout Carmarthenshire for people and their loved ones following a cancer or life-limiting illness diagnosis.

Objectives:

1. To advance the health and wellbeing and relieve the physical and emotional impacts for individuals and their loved ones, following a life limiting or cancer diagnosis, through offering bespoke user-led activities and services offering advice and providing learning opportunities in safe non-clinical settings in Carmarthenshire.
2. To provide relief from hardship brought on by a health crisis through offering free legal and financial advice and assistance to individuals who would otherwise be unable to access such services.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Angor has had an operational base in The Cabin, Parc House, Kidwelly, Carmarthenshire SA17 5AB since April 2023. At the end of 2023, Angor was awarded a Grant from the lottery to support the costs of the Cabin and for a Networking Conference. In July 2023, an office space in the Menter Cwm Gwendraeth Offices in Pontyberem was secured.

Angor has been offering weekly drop-in sessions of signposting and support throughout Carmarthenshire between 1st April 2023 and 31st March 2024. Many of the activities have been held in the operational base in The Cabin, Parc House, Kidwelly. However, in addition, there have been popups throughout Carmarthenshire. There have been discussions with other Third Sector organisations to commence regular sessions in the Black Mountain Brynamman, the Nurture Centre in Carmarthen and Croeso Cynnes in Laugharne. The sessions offered to date have included legal/probate advice (13/03/2024), Breast Cancer Awareness, hair and makeup advice following treatment, Yoga and Tai Chi and relaxation and breathwork sessions with Bydd Iach NHS Hywel Dda University Health Board. Angor is signed up to NACRO and has attended events through Carmarthenshire including Llandysul in February 2024.

In January 2024, Angor engaged with 3 Freelance workers after being successful in obtaining funding through Carmarthenshire County Council. The freelance workers have been instrumental in helping the charity progress with activities and support. The team have been recruiting volunteers and orientating them. There were 10 volunteers signed up by 31/03/2024. The team have continued to foster relationships with other Third Sector organisations.

Working relationships have been developed with CAVS and Planed, Ongoing relationships with Macmillan, Tenovus and Breast Cancer Now. The operational base has been used by nurse led support groups including Lung Fibrosis Group with plans to expand to other groups such as Breast Cancer support groups and Neuroendocrine Tumour support groups.

Angor's presence on social media sites such as Facebook and Instagram continues to progress. Activities are posted online and updated. Online information is being developed to formulate an accessible template online.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Angor is extremely grateful to all the volunteers that have signed up to support and help the charity in it's aims and objectives.

Many of our volunteers have themselves experienced a cancer diagnosis and/or live with a life limiting diagnosis. This 'lived experience' helps to build relationships and develops connection and trust with our users.

We are grateful to our volunteer base for their dedication and commitment.

Summary of the main achievements of the charity during the year

Angor has been evolving and developing since the charity gained registration in May 2022. The charity is now offering regular sessions for support. In addition, activities have been offered and the feedback from user groups has been very positive. People and their loved ones have stated the benefit of attending the sessions.

Angor continues to work with and liaise with other agencies and third sector organisations. The aim is to avoid replication of services. Our mission is to complement existing services and to help people navigate the system through signposting, support physically in our pop-ups, or via telephone support, or by our social media posts or through our website.

Our volunteer base continues to grow. We have been fortunate in acquiring volunteers from a wide range of backgrounds. We are grateful to them all for the dedication and hard work.

Hand in hand together, Angor is there offering a chat over a cup of tea with one of our experienced volunteers, a chat on the phone, or an email of support. Our aim is to be the anchor that helps support and empower individuals and their loved ones who have experienced a diagnosis of cancer or a life-limiting illness so that they are empowered to move forward in life.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has discussed a reserve policy which is in development. The policies of the charity are reviewed annually and updated to reflect current legal requirements as well as recommended best practice.

An explanatory note on reserves has been prepared and the draft reserves policy will be presented at the next meeting in December 2024. If approved, the policy will then be adopted, and a sum of money to transfer to reserves will be undertaken as outlined in the policy.

A separate bank account has been opened in preparation for the transfer which will be retained as a buffer against unplanned future financial events.

Details of any funds materially in deficit

Nil

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The principal source of funding in respect of the activities undertaken in the 2023-2024 financial year has been provided by Carmarthenshire County Council.

Angor received funding for its operational activities through two successful grant funding bids offered by Carmarthenshire County Council. Both the Shared Prosperity Fund and Targeted Finance Fund has enabled the charity to progress with outreach work in many of the county's rural communities. Emphasis has also been placed supporting the various wards in Llanelli, one of the county's towns with the largest population which also has one of the most deprived wards in Wales.

The Charity has also benefitted from several large donations from fundraising organisations within Carmarthenshire, having been chosen as their 'Charity of the Year'. These include choirs, 'Rotary Groups', "Merched Y Wawr" groups with generous private donations from residents and individuals throughout Carmarthenshire.

The Charity does not currently have an investment policy.

Section F

Other optional information

Angor has been supported by many individuals, residents and organisations throughout the community of Carmarthenshire, who have given their time, expertise, support and financial help. Their generosity and kindness is much appreciated.

Section G

Declaration

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

Signed on behalf of the charity's trustees

VIDsigner code: ABBD33A4752A4AD08...

Signature(s)



Full name(s)

DR ANITA MARIA HUWS

Position (eg Secretary, Chair, etc)

CHAIR

Date

16 January 2025



Receipts and payments accounts

For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Miscellaneous Donations:	12,114	-	-	12,114	3,413
Memorial Donations	2,535	-	-	2,535	23,026
Lottery fund - Grant Income	-	9,860	-	9,860	-
HMRC - Just Giving	53	-	-	53	-
Charity Event - Lauch if Charity	-	-	-	-	6,578
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	14,702	9,860	-	24,562	33,017
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	14,702	9,860	-	24,562	33,017
A3 Payments					
Insurances	660	-	-	660	640
Bank charges	56	-	-	56	-
Accountancy Fees	954	-	-	954	-
Web Design & Development	348	-	-	348	576
Recruitment	384	-	-	384	217
Marketing	735	-	-	735	590
Telephones	140	-	-	140	229
Admin & Office Equipment	136	-	-	136	-
Charity & Community Awareness events	11	-	-	11	4,828
Hire of Accommodation/Refreshments/Printing	552	-	-	552	-
SPF Funded - IT Equipment	3,464	-	-	3,464	-
SPF Funded - Project Staffing costs	5,084	-	-	5,084	-
Lottery Fund - Rent Costs	-	800	-	800	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	12,523	800	-	13,323	7,080
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,523	800	-	13,323	7,080
Net of receipts/(payments)	2,179	9,060	-	11,239	25,937
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	37,767	-	-	37,767	11,830
Cash funds this year end	39,946	9,060	-	49,006	37,767

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	Cash at Bank:	39,946	9,060	-
		-	-	-
		-	-	-
	Total cash funds	39,946	9,060	-
	(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			
Details			
Recoverable Grants due to the Charity (SPF)	8,548	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
Details			
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
Details			
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			
Details			
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
 <small>VIDsigner.com 971559748AB74F17947...</small> Anita Maria Huws	DR ANITA MARIA HUWS	16/1/25

ANGOR

England & Wales - Charity number 1198882

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 10	Month May	Year 2022		Day 31	Month March	Year 2023

Section A Reference and administration details

Charity name	ANGOR
Other names charity is known by	
Registered charity number (if any)	1198882
Charity's principal address	c/o 11-15 Coalbrook Road
	Pontyberem
	Carmarthenshire
	Postcode SA15 5HU

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	Anita Maria Huws	Chairperson	10/05/2022	
2	Derith Justine Powell	Secretary	10/05/2022	
3	Judith Perry	Treasurer	10/05/2022	
4	Kathryn Devonald-Davies		10/05/2022	
5	Ian Wyn Rees		10/05/2022	
6	Gwenda Davies Owen		10/05/2022	
7	Jayne Daniels	Subchairperson	10/05/2022	
8	Deris Davies Williams		10/05/2022	
9	Rev Eldon Phillips		10/05/2022	
10	Annmarie Thomas		10/01/2024	
11	Linda Williams		10/01/2024	
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO Association
Trustee selection methods (eg. appointed by, elected by)	Elected by Members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

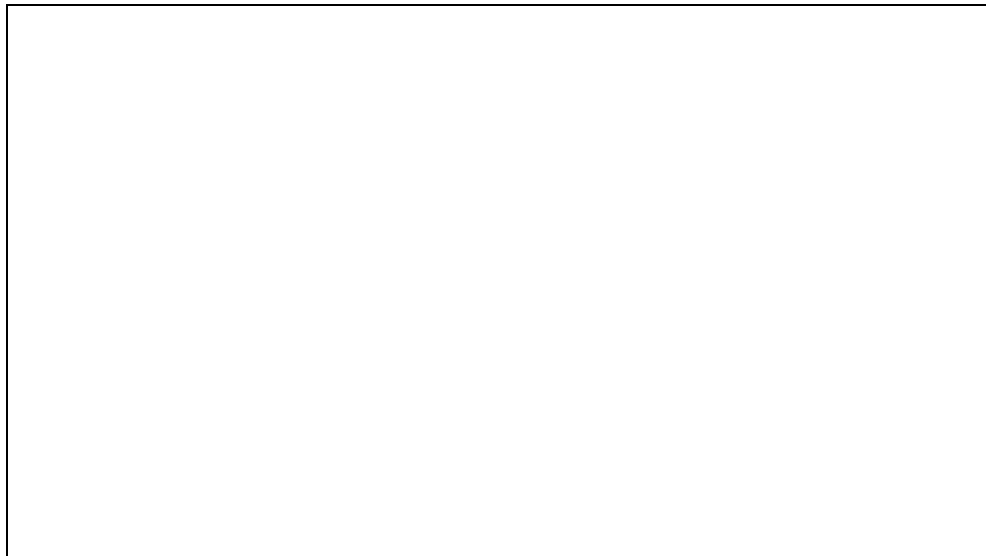
The charity Trustees are a group of individuals with a wide range of skill sets and backgrounds from the health sector, the Third Sector, patient advocates, and legal sectors.

Angor has relevant policies and procedures in place which have been developed over the last couple of years. These are being reviewed and updated accordingly as the charity progresses. For example, we are currently in the process of updating our safeguarding policy with the induction training provided by a safeguarding specialist. This will be an ongoing process for the Trustees.

The organisational structure of the charity is made up of a board of individual Trustees who possess the relevant knowledge, background and experience required to drive the charity forward and oversee its’ work at an operational level. These include representatives from the health sector, third sector, legal sector as well as patient advocates.

Angor engages with a wide range of related parties on a local, regional and UK wide established charities across all sectors that support cancer and life limiting illnesses. This work will evolve as the charity develops. Engagement with service users and organisations will raise awareness, facilitating mutual learning and support between the various organisations and charities.

The Trustees see the consideration of risks as a priority, hence their commitment to ensuring that the relevant policies are continually updated, and the organisation’s procedures are in place and fit for purpose.



Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

A free support and signposting service throughout Carmarthenshire for people and their loved ones following a cancer or life-limiting illness diagnosis.

OBJECTIVES:

1. To advance the health and wellbeing and relieve the physical and emotional impacts for individuals and their families who have a life altering/limiting illness such as cancer, through providing bespoke user-led activities and services offering advice and providing learning opportunities in safe non-clinical settings in Carmarthenshire.
2. To provide relief from hardship brought on by a health crisis through offering free legal and financial advice and assistance to individuals who would otherwise be unable to access such services.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Angor has undertaken weekly sessions in venues hired throughout Carmarthenshire offering support and signposting. These sessions offer support and signposting, and, in addition, have allowed Angor to promote the service and attract volunteers. Although Angor supports people and their loved ones throughout Carmarthenshire, we welcome any individuals who need support wherever they reside.

The following events took place between May 2022 and March 31st 2023

28 April to 1 May 2022: Sponsored bike ride from Pontyberem to Dublin with a return to Llwyngwair North Pembrokeshire

Countywide pop-ups commenced on 28th September 2022:

- The first 3 weeks were in the Parc Y Scarlets; 28/09, 05/10, 12/10.
- 19th and 26th October 2022 were held in the Hall in Pontargothi
- From 02/11/2022 to 30/11/2022 Angor was in the Town Council Centre in Newcastle Emlyn every Wednesday.
- 07/12/2022 & 14/12/2022: Canolfan Hywel Dda Centre Whitland
- 18 /01/2023 and 26 /01/2023: Library in Ammanford
- 01/02/2023 and 08/02/2023: Neuadd Pontyberem
- From 01/03/2023 through to 29/03/2023 Angor was in the Pavilion in Pencader.

29th July 2022: Presentation in Penygroes

12th November 2022: Trustees strategy meeting in Ammanford library.

11th December 2022: Pontarddulais Christmas Concert in Gopa Chapel Pontarddulais.

1st February 2023: Angor meeting to welcome volunteers in the Cwtsh Pontyberem. A presentation on the charity and it's aims and objectives was given by two of the Trustees.

28th February 2023: Angor Trustees presentation to Merched y Wawr in Carmarthen.

On the 15 March 2023 Angor commenced weekly signposting and support sessions in The Cabin at the John Burns Foundation in Kidwelly.

Trustees and volunteers attended these sessions.

Additional details of objectives and activities (Optional information)

Grants

Angor has been supported by Carmarthenshire County Council

Volunteers

Angor relies on their dedicated volunteers. The volunteers are from a wide range of backgrounds including healthcare, the Third sector, and patient advocates.

The Trustees meet monthly, with some focussed meetings between these dates.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D**Achievements and performance**

Summary of the main achievements of the charity during the year

Angor gained charity registration in May 2022. The preceeding period was impacted by the pandemic. The concept behind Angor began over 17 years ago when it became apparent that there was a real need for a support service for individuals who had been diagnosed with cancer or a life-limiting condition. And it's this void that *Angor* is aiming to help fill. '*Angor*', the Welsh word for anchor, originated from one of the group members who has experienced a cancer diagnosis. *Angor* "**grounds you, holds you fast, even when you are facing the fiercest storm**".

An increasing number of people are being diagnosed with, and are living with, cancer. In Wales alone, there were 150,000 people living with cancer in 2020; and when the number of patients diagnosed with a life-limiting illness are included, then the need for a wellness approach to ongoing care is obvious. This is what *Angor* hopes to provide in the Carmarthenshire area.

Our model

Angor has been able to start providing signposting and support for people and their loved ones, following a cancer or a life-limiting diagnosis. Satellite centres will also be developed through Carmarthenshire offering the *Angor* model.

The *Angor* team has been actively liaising with other agencies. The aim is not to replicate services, but to complement them and help people navigate the system.

Our future aim is to offer regular services that will include:

- Dietary/Nutrition Advice
- Mindfulness/Meditation/Relaxation Classes
- Yoga Classes
- Art/Music/Craft Group Sessions
- Book Clubs/Writing Groups
- Financial/Benefits advice/Estate Planning/Wills/Probate
- Hair loss/Wig advice
- Nutritional/Dietary Advice
- Cancer Groups/Nurse-Led support groups utilising the space
- Mutual Support Groups
- Bereavement Support
- Volunteering Opportunities
- Lifelong Learning Courses as identified by the users

The impact of cancer or a life-limiting diagnosis is not just physical. Recovery is assisted by attending to the needs of the whole person; mind, body, spirit and emotions.

Aspiring to empower the individual by building hope and strength, *Angor* aims to facilitate "*Wellness*", providing a pathway from clinical care, through to, and back to, the community.

Hand in hand together, *Angor* is there offering a chat over a cup of tea with one of our experienced volunteers. Our ultimate aim is to be the anchor that helps support and empower individuals, and their loved ones, who are suffering from cancer or a life-altering diagnosis so that they are able to move forward in life.

Section E

Financial review

Brief statement of the charity's policy on reserves

There was no formal policy in place in respect of reserves for the first year of charity activities – Financial year 2022-2023.
The policies of the charity are reviewed annually and updated to reflect current legal requirements, as well as recommended best practice. The amended policies are presented to the Board of Trustees for agreement and implementation at the Annual General Meeting.
A reserves policy will be prepared and circulated to all Trustees for consideration and discussion prior to the Annual General Meeting. The final version will be agreed for implementation at the Annual General Meeting in Early June 2024.

Details of any funds materially in deficit

Nil

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charities principal fundraising has been community based. Individuals and Trustees have donated money, in addition to money given in lieu of flowers in memory of loved ones. A charity bike ride organised by a son of one of the Trustees raised a large amount of money that helped Angor greatly. Various organisations have raised funds for Angor, and we are grateful to them all. A ball was held in July 2022. The event was kindly organised by two kind individuals, We are grateful to them for their hard work and support. The event was a great success. Support from the community with items for auctioning and raffles was gratefully received. Concerts organised by local Choirs have kindly donated to Angor throughout this period of time.

Section F

Other optional information

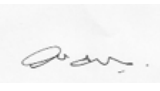
Angor has been supported by many individuals and organisations who have given Angor support, time and financial help. Their generosity and kindness is appreciated.

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	 Judith Perry	
Full name(s)	DR ANITA MARIA HUWS	
Position (eg Secretary, Chair, etc)	Chairperson & Treasurer	
Date	29/01/2024	



Receipts and payments accounts

CC16a

For the period from	Period start date 10/05/2022	To	Period end date 31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Miscellaneous Donations:	3,413	-	-	3,413	-
Memorial Donations	23,026	-	-	23,026	-
Charity Event - Launch of Charity	6,578	-	-	6,578	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,017	-	-	33,017	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,017	-	-	33,017	-
A3 Payments					
Insurances	640.40	-	-	640	-
Web Design & Development	575.93	-	-	576	-
Recruitment	217.00	-	-	217	-
Marketing	590.20	-	-	590	-
Telephones	229.16	-	-	229	-
Charity & Community Awareness events	4,827.50	-	-	4,828	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	7,080	-	-	7,080	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,080	-	-	7,080	-
Net of receipts/(payments)	25,937	-	-	25,937	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,830	-	-	11,830	-
Cash funds this year end	37,767	-	-	37,767	-

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	Cash at Bank:	37,767	-	-
		-	-	-
		-	-	-
	Total cash funds	37,767	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	DR ANITA MARIA HUWS	29/01/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Angor

**On accounts for the year
ended**

31/03/2023

**Charity no
(if any)**

1198882

Set out on pages

1 and 2 Receipts and payments Account (CC16a)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

**Independent
examiner's statement**

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

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 accordance with section 130 of the Act or
- the accounts do 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 order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

31.1.24

Name:

Emma Hughes

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:

James & Uzzell, Axis 15, Axis Court, Mallard Way, Riverside Business Park,
Swansea, SA7 0AJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the central and right portions of the page. It is intended for the user to provide details as requested in the text to its left.