

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.

<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>



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)

<p>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.</p> <p>The following events took place between May 2022 and March 31st 2023</p> <p>28 April to 1 May 2022: Sponsored bike ride from Pontyberem to Dublin with a return to Llwyngwair North Pembrokeshire</p> <p>Countywide pop-ups commenced on 28th September 2022:</p> <ul style="list-style-type: none"> • 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. <p>29th July 2022: Presentation in Penygroes</p> <p>12th November 2022: Trustees strategy meeting in Ammanford library.</p> <p>11th December 2022: Pontarddulais Christmas Concert in Gopa Chapel Pontarddulais.</p> <p>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.</p> <p>28th February 2023: Angor Trustees presentation to Merched y Wawr in Carmarthen.</p> <p>On the 15 March 2023 Angor commenced weekly signposting and support sessions in The Cabin at the John Burns Foundation in Kidwelly.</p> <p>Trustees and volunteers attended these sessions.</p>	
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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.

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.

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.

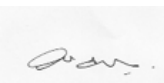
Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

 Judith Perry	
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Full name(s)

DR ANITA MARIA HUWS

Position (eg Secretary, Chair, etc)

Chairperson & Treasurer

Date

29/01/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
10/05/2022


To

Period end date
31/03/2023

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					
Miscellaneous Donations:	3,413	-	-	3,413	-
Memorial Donatins	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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
			-	
			-	
			-	
			-	
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.