

# Trustees' Annual Report for the period

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

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	Annmarie 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)**

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 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.

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.

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.

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 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 1<sup>st</sup> April 2023 and 31<sup>st</sup> 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

Signature(s)	<div>VIDsigner code: ABBD33A4752A4AD08...</div> 	
Full name(s)	DR ANITA MARIA HUWS	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	16 January 2025	



## Receipts and payments accounts

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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 £
<b>A1 Receipts</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>14,702</b>	<b>9,860</b>	<b>-</b>	<b>24,562</b>	<b>33,017</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>14,702</b>	<b>9,860</b>	<b>-</b>	<b>24,562</b>	<b>33,017</b>
<b>A3 Payments</b>					
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/Refrehments/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	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>12,523</b>	<b>800</b>	<b>-</b>	<b>13,323</b>	<b>7,080</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>12,523</b>	<b>800</b>	<b>-</b>	<b>13,323</b>	<b>7,080</b>
<b>Net of receipts/(payments)</b>	<b>2,179</b>	<b>9,060</b>	<b>-</b>	<b>11,239</b>	<b>25,937</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>37,767</b>	<b>-</b>	<b>-</b>	<b>37,767</b>	<b>11,830</b>
<b>Cash funds this year end</b>	<b>39,946</b>	<b>9,060</b>	<b>-</b>	<b>49,006</b>	<b>37,767</b>

### 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 £
<b>B1 Cash funds</b>	Cash at Bank:	39,946	9,060	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>39,946</b>	<b>9,060</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK




	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>			
Details			
Recoverable Grants due to the Charity (SPF)	8,548	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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

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

	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			
Details			
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
 Anita Maria Huws	DR ANITA MARIA HUWS	16/1/25