

THE SAMMY-SIZED GAP CIO

Trustees' Annual Report

For the year ended 31 March 2025

(Charity No: 1208756)

1. Reference and Administrative Details

Charity name: The Sammy-sized Gap CIO

Principal office: Wales

Financial year: 1 April 2024 – 31 March 2025

Trustees during the year:

Clare Sturman

Melanie Pallas

Elizabeth Williams

Charlotte Matthews

Dale Etchells

Trustees who resigned during the year:

Alan Woods

Trish Woods

David Ball

Independent examiner / accountant:

Kathryn Geary BA (Hons) AFA MIPA

Kathryn Geary & Co. Ltd, Bryntirion, Llanddewi Velfrey, Narberth. SA67 8UR

2. Structure, Governance and Management

The charity is a Charitable Incorporated Organisation (CIO) operating under a “Foundation Model” constitution amended 31 January 2024.

The only voting members of the CIO are its charity trustees.

Trustees are appointed for a term of three years in accordance with the constitution and receive an induction that includes the governing document and latest annual report.

The trustees are responsible for strategic direction, governance, safeguarding, compliance and oversight of operational delivery. Decisions may be taken at meetings or by written resolution. The charity maintains the required registers, accounts and minutes.

The trustees may delegate activities to committees or individuals, provided at least one committee member is a trustee and all decisions are reported back to the board.

The trustees have assessed the major risks to which the charity is exposed, including safeguarding, financial sustainability and operational capacity, and have established policies and procedures to mitigate these risks. Safeguarding remains a standing agenda item at trustee meetings.

3. Objectives and Activities

Objects (as per constitution):

1. To preserve and protect the health of people experiencing or affected by poor mental health and suicidal behaviour or ideation in Pembrokeshire.
2. To promote public understanding of suicide and poly-drug use.
3. To provide support, intervention and counselling for those affected by suicide or suicidal behaviour.
4. To liaise with agencies, including government, on mental-health policy matters.

Public Benefit Statement

The trustees confirm that the charity has complied with the duty to have due regard to the Charity Commission's guidance on public benefit. All activities undertaken during the year further the charity's stated objects and provide clear public benefit to individuals, families, young people and communities affected by mental health challenges, suicide and substance use.

Summary of Activities

During the year the charity delivered:

- Postvention support for individuals, families and workplaces following suicide.
- Youth resilience and education programmes.
- Drug and alcohol harm-reduction education.
- Community wellbeing sessions and public engagement events.
- Volunteer training and overdose-prevention (naloxone) training.

4. Achievements and Performance (Output Summary)

Support & Postvention

7 families supported following bereavement by suicide.

2 companies supported following the suicide of a staff member.

Youth and Prevention

18 participants completed the Yaki Da Boi programme.

6 youth drug and alcohol education talks delivered.

Training & Capacity Building

4 naloxone training sessions delivered.

6 new volunteers recruited and trained.

Community Engagement

Over 500 attendees participated in community sessions (running, swimming, circus, Sammy-sized Day Out, etc).

General Governance Progress

- Strengthened oversight arrangements.
- Improved structure for volunteers and community delivery.

Feedback from beneficiaries and partners indicates that the charity's postvention and prevention work has reduced isolation, improved coping skills, and strengthened community responses to suicide and substance-related harm.

5. Financial Review

Income

Total income for the year: £40880

Breakdown:

Grants: £19970

Donations: £13700

Fundraising/events: £2710

Other income: £4500

Expenditure

Total expenditure for the year: £13485

Breakdown (categories as per accounts):

Marketing/Services: £7594

Tshirts for challenges: £1331

Yaki Da Boi Project (Hywel Dda): £4500

Governance Fees: £60

Funds and Reserves

Total funds at year end: £27395

Restricted funds: £0

Unrestricted funds: £27395

Reserves policy:

The trustees aim to hold reserves equivalent to two months of core operating costs.

During the year the charity monitored cashflow closely and remained able to meet its liabilities as they fell due.

Financial Position

The CIO remains financially stable and continues to operate within its charitable objects.

6. Plans for the Future (2025-26)

Confirmed priorities:

1. Expansion of community wellbeing sessions.
2. Increased youth education and harm-reduction work.
3. Growth of the volunteer programme.

Additional development priorities:

4. Strengthened postvention pathway for families and workplaces.
5. Wider partnership work with schools, businesses and statutory services.
6. Securing multi-year grant funding.
7. Potential expansion of the Yaki Da Boi programme to additional communities.

7. Trustees' Responsibilities Statement

The trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with the Charities Act 2011 and applicable regulations.

In preparing this report, the trustees have ensured that:

- the accounts give a true and fair view of the charity's financial activities,
- proper accounting records are maintained,
- the CIO complies with statutory reporting and filing requirements.

This report was approved by the trustees on 14/01/2026

Signed:

Melanie Pallas

For and on behalf of the Board of Trustees



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sammy Sized Gap

1208756

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

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					
Donations	13,700	-	-	13,700	-
Events	2,710	-	-	2,710	-
Lottery funding	19,970	-	-	19,970	-
Hywel Dda	-	4,500	-	4,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	36,380	4,500	-	40,880	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	36,380	4,500	-	40,880	-
A3 Payments					
Marketing/Services	7,594	-	-	7,594	-
Tshirts for challenges	1,331	-	-	1,331	-
Fees	60	-	-	60	-
Yaki Da Boi Project (Hywel Dda)	-	4,500	-	4,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,985	4,500	-	13,485	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,985	4,500	-	13,485	-
Net of receipts/(payments)	27,395	-	-	27,395	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	27,395	-	-	27,395	-

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		27,395	-	-
		-	-	-
		-	-	-
	Total cash funds	27,395	-	-
	(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			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
		Mrs M J Pallas	Melanie Jane Pallas	14/01/2026



Independent Examiner's Report

To the Trustees of **The Sammy-sized Gap CIO**

(Charity number: 1208756)

I report to the trustees on my examination of the accounts of **The Sammy-sized Gap CIO** (the charity) 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 charity's accounts carried out under **section 145 of the 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.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair" view, which is not a matter considered as part of an independent examination.

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.

Kathryn Geary BA (Hons) AFA MIPA

Company Registration: 11642298

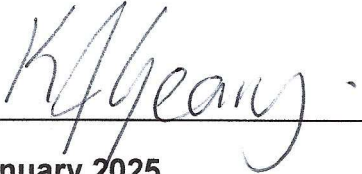
Registered Address: Bryntirion, Llanddewi Velfrey, Narberth, Pembrokeshire. SA67 8UR

Telephone: 07913 998963 | Email: kathryngearyaccountant@btinternet.com

Independent examiner

Name: Kathryn Geary BA (Hons) AFA MIPA

Address: Bryntirion, Llanddewi Velfrey, Narberth. SA67 8UR

Signed: 

Date: 13TH January 2025