



ANNUAL REPORT 2025

THE 4NICKY FOUNDATION

Email: The4NickyFoundation@outlook.com

Website: www.the4nickyfoundation.com

REFERENCE AND ADMINISTRATIVE DETAILS

Charity name	The 4Nicky Foundation
Charity number	1212427
Governing document	Constitution
Chair	Caroline Nicholas-Thomas
Reporting period	The period up to 30 November 2025

OBJECTIVES AND ACTIVITIES

The 4Nicky Foundation was established to preserve and protect good mental health and wellbeing and to support individuals, families and communities affected by poor mental health, bereavement and related difficulties.

The charity's activities during the period focused on raising awareness of mental health, providing community-based support and wellbeing activities, supporting bereaved children and families, and providing financial assistance and support to organisations and individuals where this furthered the charity's purposes.

The trustees have had regard to the Charity Commission's guidance on public benefit when planning and carrying out the charity's activities.

ACHIEVEMENTS AND PERFORMANCE

During the period, the charity established and developed a programme of regular activities supporting bereaved families and individuals experiencing mental health difficulties.

The charity provided regular events for bereaved children and their families, including art, music, drumming and other creative or volunteer-led activities designed to provide a supportive environment and promote wellbeing. Activities during the period included therapy through art, music-based sessions and other structured group activities.

The charity also developed its Mantime initiative, providing regular men's mental health sessions with support from a mental health professional. The sessions supported men across a broad age range, including participants aged from 18 to 79.

Further activities were provided for bereaved parents and women affected by life-changing trauma, including sound bath therapy, craft activities, meditation and wellbeing sessions.

The trustees consider that one of the key achievements during the period was maintaining continuity of regular Mantime and bereaved-family sessions, alongside additional activities where volunteer availability and resources permitted.

GRANTS AND OTHER CHARITABLE SUPPORT

During the period, the charity provided financial support to organisations and initiatives consistent with its charitable purposes.

Support included donations to the Jac Lewis Foundation, 2wish and Clydach Men's Shed. During September 2025, the charity also provided funding towards a therapy dog through 2wish and towards counselling sessions for referred individuals through Abertawe Systemic.

The charity did not itself receive grant funding during the reporting period.

FUNDRAISING

Fundraising during the period was undertaken through a range of activities with significant support from members of the local community.

Activities included fundraising through places in the Swansea Half Marathon and Great Welsh Marathon, community-led fundraising events, individual fundraising initiatives and a Spring Ball. The charity also received support through match funding and fundraising challenges undertaken on its behalf.

Alongside raising funds, these activities gave the charity opportunities to raise awareness of mental health and suicide prevention within the community and through social media.

FINANCIAL REVIEW

The financial results for the period are set out in the accompanying Receipts and Payments Account and Statement of Assets and Liabilities.

The charity's principal sources of income during the period were donations and fundraising activities. Funds received were applied towards the charity's community activities, mental health and bereavement support initiatives, charitable donations and other costs incurred in furtherance of the charity's purposes.

The charity held no restricted funds during the period and no payments were made to trustees.

RESERVES POLICY

The charity did not have a formal reserves policy in place during the period. The trustees continue to monitor the level of available funds and financial commitments to ensure that sufficient resources are available to support the charity's ongoing activities and commitments.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The 4Nicky Foundation is an unincorporated charitable association governed by its constitution.

The charity is managed on a voluntary basis by its trustees, with Caroline Nicholas-Thomas acting as Chair during the period. The trustees work collectively in determining the activities and priorities of the charity, with decisions made through trustee meetings, group discussions and other appropriate communications between trustees.

Responsibilities are shared between the trustees and include the charity's financial administration and bookkeeping, organisation and delivery of events, mental health activities and talks, volunteering at sessions, counselling referrals and the oversight and development of the charity's activities.

TRUSTEES

The trustees who served during the period were:

- Caroline Nicholas-Thomas - Chair
- Michael Thomas
- Rose Nicholas
- Bethan Nicholas-Thomas
- Claire Holt
- Bethany Carnegie - resigned October 2024

VOLUNTEERS

The charity relies significantly upon the time and commitment provided by its trustees and volunteers.

Activities during the period were managed and delivered voluntarily, including the organisation of events, bookkeeping and financial administration, delivery and support of children's and family sessions, Mantine events, mental health talks and other community activities.

PRINCIPAL RISKS AND CHALLENGES

The principal challenge identified by the trustees is the increasing administrative workload associated with the charity's growing activities. The trustees recognise that additional administrative support, particularly from an individual with experience in the charity sector, would assist with the continued development and management of the charity's activities.

FUTURE PLANS

The trustees intend to continue the charity's existing mental health and bereavement support activities while developing further opportunities to support the local community.

Plans include seeking additional administrative support, developing the charity's grant funding applications and expanding its mental health awareness activities. The charity also intends to explore working with local youth sports clubs to provide mental health awareness and emotional wellbeing sessions.

The trustees also plan to explore small-group physical training programmes aimed at supporting people experiencing mental health difficulties. If successful, these programmes may be developed for different groups, including women and bereaved parents or siblings, alongside appropriate pathways to counselling support where required.

SAFEGUARDING AND SERIOUS INCIDENTS

The trustees have confirmed that there were no safeguarding matters or serious incidents identified during the reporting period.

TRUSTEES' RESPONSIBILITIES

The trustees are responsible for keeping proper accounting records and for preparing the charity's accounts and Trustees' Annual Report in accordance with applicable charity law and the charity's governing document.

The trustees are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

APPROVAL

This report was approved by the trustees on 3/9/2026 and signed on their behalf by:



Caroline Nicholas-Thomas

Chair / Trustee

Date: 3/9/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name The 4Nicky Foundation
The 4Nicky Foundation

No (if any)
1212427

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2025	To	Period end date 30/11/2025
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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					
Donations	40,323	-	-	40,323	-
Fundraising Events	15,899	-	-	15,899	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	56,222	-	-	56,222	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	56,222	-	-	56,222	-
A3 Payments					
Charitable Donations/Grants	11,580	-	-	11,580	-
Fundraising Costs	8,793	-	-	8,793	-
Events	1,612	-	-	1,612	-
Administration	448	-	-	448	-
Insurance	1,251	-	-	1,251	-
Other Expenditure	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	23,684	-	-	23,684	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	23,684	-	-	23,684	-
Net of receipts/(payments)	32,538	-	-	32,538	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	32,538	-	-	32,538	-

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	Bank Balance	32,538	-	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	32,538	-	-
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	ROO Michelle Dan	Caroline Nicholas-Thomas Roseanna Nicholas	3/9/26 3/9/26	



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

The Lwicky Foundation

On accounts for the year
ended

30/11/25

Charity no
(if any)

1212427

Set out on pages

1-2

(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 DD/MM/YYYY.

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").

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.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) 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.

* Please delete the words in the brackets if they do not apply.

Signed:

Joseph Morgan

Date:

3/9/26

Name:

JOSEPH MORGAN, on behalf of JA MANAGEMENT 2024 LTD

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

MAAT, AATQB

Address:

8 Axis Park, Mallard Way, Riverside Business
Park, Llansawney, Swansea, SA7 0AS

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.