

REGISTERED COMPANY NUMBER: 05372329 (England and Wales)  
REGISTERED CHARITY NUMBER: 1125921

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED  
31 MARCH 2020  
FOR  
BRIDGEND CARERS CENTRE**

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**BRIDGEND CARERS CENTRE**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2020**

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	Page
Report of the Trustees	1 to 14
Independent Examiner's Report	15
Statement of Financial Activities	16
Balance Sheet	17
Notes to the Financial Statements	18 to 31
Detailed Statement of Financial Activities	32 to 33

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## **BRIDGEND CARERS CENTRE**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020**

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objects**

The charity's objects as stated in the governing document are:

- (i) to alleviate the conditions of life of carers in necessitous circumstances who care for the sick, disabled, mentally ill, frail, elderly or otherwise infirm, by any means that is charitable, within the Bridgend County Borough area.
- (ii) to undertake any necessary education work related to carers.

##### **Objectives and aims**

The main objectives of the charity are to provide information and support to people who care for the ill, frail, elderly, disabled including those with a physical or learning disability and those with mental health or substance misuse issues within the Bridgend County Borough. Bridgend Carers Centre support and provide services for all carers of all ages including young carers.

The support provided aims to alleviate stress and isolation for all carers by providing short breaks, information, advice and assistance including signposting to services, help to maximise benefits, legal advice and the promotion of carers' assessments. The charity works to raise the profile of the role and needs of carers through awareness raising, education and training of professionals and carers which results in the promotion and protection of carer's wellbeing. Bridgend Carers Centre raise awareness through diverse mediums, newsletters, leaflets, publicity, Bridgend Carers Centre website, social media and through physical promotion.

As a charity Bridgend Carers Centre has developed a three-year Strategic plan with Business plan giving clear reference to the aims and objectives of the Charity plus an Action Plan of the key priorities. The Board of Trustees review the progress made against the strategic plan every year but monitor actions every six weeks.

The Carers Centre will work to research future funding opportunities which will help to develop a way of improving the monitoring of outcomes for carers. We know we make a difference to carers' lives but are also aware that this needs to be better evidenced in a way that meets the high demands of funders. To improve these two areas the Carers Centre has appointed a Business Development worker and will install Charity Log.

##### **Volunteers**

The inclusion of volunteer roles within the Centre is crucial especially at the Community Café and the charity hopes to increase the involvement of volunteers in its future development. The charity would like to give thanks for the volunteers support and commitment. In addition, we continue to be supported by volunteers of organisations and we thank Tesco Community Champions, Sainsbury's Community Champions and Halo Leisure Services. The Carers Centre benefits greatly by their charitable works, offering time to serve teas and coffees, donate produce and provide health checks.

##### **Factors affecting future plans**

Bridgend Carers Centre started April 2019 in a vulnerable position, having lost half its funding through the loss of the joint BCBC and Cwm Taf UHB Tender to Carers Trust Network Partner, Carers Trust South East Wales.

Changes to the Health Board Boundaries also meant that former supportive professional links through the Carers Partnership Board were lost and new relationships needed to be strengthened through promotion of the value of the Carers Centre service and their place in Health and Social Care.

The Board of Trustees and staff had difficult decisions to make about the future of Bridgend Carers Centre but in the end, it was wholeheartedly agreed that the Carers Centre would remain an independent, autonomous charity that was proud of its grass roots support of carers in the Borough. The TUPE of three staff to the new Carers Trust South East Wales, Bridgend Carers Wellbeing Service followed with two senior management remaining with seven staff.

At the start of this year of transition BCBC continued the Integrated Care and WG Funding to sustain the employment of six staff in crucial roles. This allowed the Carers Centre to achieve its objectives by providing Welfare Benefits Advice; a dedicated role at Princess of Wales Hospital; and a role undertaking Carers Assessments. It has further aided the Centre to continue the three Carers Link support roles, who were highly valued, based in the Network Hubs of North East and West Bridgend. These roles work with GP surgeries and district nurses in a fully integrated way in the Network hubs of BCBC, undertaking carers assessments and anticipatory care plans.

## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### OBJECTIVES AND ACTIVITIES

##### Public benefit

When reviewing these objectives, the trustees have considered the guidance issued by the Charity Commission on public benefit and the activities described below illustrate how the charity has furthered its purposes for the public benefit.

##### Significant activities

During this period the core work of the charity has been achieved through continual and ongoing consultation with carers resulting in greater choice and variety of activities offered by the Centre. Provision of information, home visits, emotional one to one support, training, consultation opportunities and short respite breaks have enabled carers in Bridgend area to sample a diverse range of support which suits their own individual needs. The short respite breaks have enabled carers and their families including bereaved carers to experience opportunities to avoid loneliness and isolation, maintain health and wellbeing and life of their own, whilst continuing to fulfil their caring responsibilities. During March 2020 this became more significant when Covid-19 struck and prevented any face to face contact with carers. Bridgend Carers Centre responded quickly by enabling 13 staff to work from home and continue to provide support through telephone, text, email and social media.

The Carers Centre has close links with statutory and third sector organisations to give valuable, effective and timely support and information to enable carers to continue in their caring role and avoid and prevent crisis situations. Together with staff and volunteers, the trustees have worked closely to implement and influence the provision of these activities. The Social Services and Wellbeing Act 2016 has strengthened this requirement and objective of the charity's role as a preventative service.

##### Highlights have included:

- Achieving further funding to sustain the Carers' Support Worker based at Princess of Wales Hospital and undertaking carers' assessments on behalf of the Local Authority which aids hospital discharge.
- Achieved additional funding of a Carers Assessment role via referrals from BCBC Common Access Point team.
- Achieving further funding of a Welfare Benefits Advisor from Transition Funding achieving a yearly financial gain of **£1,754,806** in benefits for carers, plus a further **£305,340** from referrals to Macmillan Welfare Benefits Advisor
- Sustaining and maintenance of the Macmillan Family Information and Support Worker role.
- Sustaining 3 Carers Link roles based in the 3 Cluster Networks, working with 19 GP Surgeries and District nurses to identify carers and undertake Carers Assessments and Anticipatory Care Plans.
- Continue and develop the Young Carers Education and Employment Project through Big Lottery, Waterloo Foundation, Children in Need and ICF Funding including appointment of 2 new Young Carers and Young Adult Carers support roles to respond to the demands of the Project.
- Continue with distribution of the Book **'The Bear who struggled to Care'** and purchased by Welsh Local Authorities and Young Carers Projects plus Projects overseas - **sold almost 400 copies, raising £2,000.**
- Young Carers Education and Employment Project have four young carers who are part of the Welsh Young Carers council for Carers Trust who are involved in shaping national services and resources for young carers ensuring they have a voice. One of these young carers sits on the Welsh Youth Parliament where he feeds the views of the young carers into the Welsh Assembly.
- Achieved 2 separate Funding opportunities to deliver a **Veteran Support Project** for Carers who are Veterans and those Carers supporting Veterans anew.
- Achieved funding through Triangle Trust to appoint a **Business Development Officer** and purchase a new database - **Charity Log.**
- Sustain and successfully develop a service after loss of half of Bridgend Carers Centre total funding at March 2019.

##### **Carers and professionals have been made aware of Carer legislation and their rights as a carer including the right to a Carer's Assessment and access to services through:**

- Attending networking and information events for professionals in statutory, third sector and community groups.
  - Provision of information stalls at 19 GP surgeries throughout Bridgend, disseminate information, provide talks and presentations to GP staff, and attend cluster and MDT meetings through 3 Carers Links who are integrated with social workers and district nurses within the 3 Cluster Networks.
  - Provision of information and support to carers and staff at Princess of Wales Hospital, wards and clinics.
  - Provision of talks and training to staff, volunteers and carers through training events.
  - Carers Rights Day Event and Carers Week events for carers and professionals.
  - Raising carer awareness with pupils and staff through the Education and Employment Project throughout Bridgend County Borough at school assemblies in partnership with Action For Children.
  - Work with Bridgend College to raise awareness of carers' needs and rights at regular sessions and open days.
  - Provision of Support at POW Hospital Ward 14 in partnership with Hafal giving support and information to carers of those with Mental Health issues.
  - Circulation of information to carers via the carers' mailing list, emails, website, social media and newsletter.
  - Induction of Social Work staff and Cwm Taf University Health Board Staff as required.
  - Ensuring staff are updated with current information by attending training/conferences.
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## **BRIDGEND CARERS CENTRE**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020**

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#### **OBJECTIVES AND ACTIVITIES**

- Strong links with Carers Wales and Carers Trust to keep staff, carers and professionals informed and aware of new information and initiatives, campaigns and encourage carer involvement.
- Continue as a network partner through a new partnership agreement with Carers Trust.
- Promoting carers' assessments through the work of the Carers Centre.
- Various consultations with carers including Welsh Government Consultations for young carers and carers supporting those with cancer.
- Provision of information to staff and support to carers through appointments at Bridgend Job Centre.

#### **Information has been made available directly to carers and also through other organisations:**

- Carers Centre Drop-Ins, Outreach and Community Cafés.
- One to one sessions and home visits.
- Through distribution of information - 'Contact' newsletter via carers mailing list, website, email and social media.
- Provision and distribution of a variety of information/posters in public places (Bridgend County Borough Council, 19 GP surgeries, Princess of Wales Hospital, pharmacies, Job Centre, Careers Wales, Schools, Colleges etc.), within organisations (Bridgend Crossroads Care, Macmillan Cancer Services, Action For Children, Bridgend Young Carers, Bridgend Care and Repair, Stroke Association, Parkinsons UK, Hafal), and within communities.
- Deliver awareness raising talks and presentations to staff from statutory, third sector and community groups.
- Open information sessions and information events during Carers Week, Carers Rights Day, Carers Trust Best Breakfast and Macmillan Biggest Coffee Morning.
- Links maintained with Young Carers Steering Group, MDT meetings, Mental Health Carers Forums to consult, share and disseminate information to carers and professionals.
- Provide Welfare Benefits Advice to carers at the Centre and at home visits through part time WBA post.
- Provision of information through the weekly Community Café.
- Presence at 19 GP surgeries raising awareness with staff and unidentified carers and developed through the Carers Link roles.
- Presence at POW Hospital, raising awareness with nursing staff, carers and family members visiting the hospital.
- Continued employment of Macmillan Family Information and Support Worker providing support to those with cancer.
- Young Carers Education (5 - 18 years) and Young Adult Carers ROOTS (Recognising Our Opportunities To Succeed) Project (14 years - 25 years) providing information, support and opportunities to Young and Young Adult Carers funded through Waterloo Foundation.
- Young Carers Education Schools Project funded through Big Lottery until December 2021.
- Identification of 40 plus Veteran carers and those carers looking after a Veteran and giving them access to specific information and support from the Veteran Support Project, including provision of 35 Tablets and training to assist Veterans to avoid loneliness and isolation, keep in touch with families and friends, take part in activities and help with online shopping.

#### **Carers have received opportunities for short breaks through a range of choices which have been developed in response to direct feedback from carers themselves and in line with the objectives of Bridgend Carers Centre Strategic Plan.**

- Coffee mornings including the annual 'Macmillan Biggest Coffee Morning' and 'Carers Trust Best Breakfast'. An annual Wellbeing Retreat for Carers at Margam Park funded through Macmillan Cancer Services.
  - Weekly Community Café providing lunch and refreshments, information and activities plus an additional opportunity to volunteer for carers and cared for. The Community Café is funded through a variety of funding streams. The Community Café aims to improve health and wellbeing and reduce isolation of carers and increase befriending opportunities.
  - Carers Counselling funded through general donations.
  - A variety of short breaks/days out have been organised to meet the diverse and varied needs of carers to respond to particular interests and needs including specific activities for Young Adult Carers and Parent Carers.
  - Taster activities to improve health, wellbeing and reduce stress and generally 'recharge their batteries'.
  - Taster activities to develop, maintain and encourage a variety of new and existing interests including environmental and cultural activities.
  - All activities have been supported by a range of organisations, trainers and key staff to make them as relevant and as positive an experience for carers.
  - Various opportunities for carers to receive information and advice on Welfare Benefits and legal matters to give carers more choice and control.
  - Various training opportunities to empower carers to full fill their potential and support them in their caring role.
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## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### ACHIEVEMENT AND PERFORMANCE

##### Charitable activities

All the activities have been monitored closely by the trustees and by the project's funders, including Cwm Taf University Health Board and Bridgend County Borough Council. Numbers of carers referring to the Carers Centre during this period have continued to increase.

The list below demonstrates the level of key activities which have been delivered to carers in the year to March 2020.

- There are 5,561 carers on our database, 211 former carers and 4,191 care receivers.
- **Analytics for Social Media (01/04/19 - 31/03/20)**  
Number of 'likes' on Facebook - 840 and increasing  
Number of 'followers' on Facebook - 883 and increasing  
Number of Twitter 'followers' - 896 and increasing  
Website - 4,914 sessions (3798 users = 80.8% new users, 13.2 % returning visitor)
- **1,059 carers have been identified this year** and added to our database, representing a continual increase each year.
- 544 home visits and 1,096 appointments and one to one support held at the Centre. In addition, there has been 2,239 telephone support given by the team of which 285 have been 30 minutes plus.
- **230 Carers Assessments** completed via Integrated Carers Support POW, 3 Carers Links and Integrated Carers Assessment Worker. The number would have been significantly more, but Carers Assessments were re-routed to Carers Wellbeing Service due to the change in commissioned service from BCBC from 1 April 2019.
- **112 Anticipatory Care Plans** (New and reviewed) to record contingency planning with the 'cared for' by 3 Carers Link posts. Again, this number would have been significantly higher.
- A Raising Awareness and Fundraiser **Macmillan Coffee Morning** was held in September 2019.
- **Young Adult and Young Carers Activities include** - Delivery of respite breaks including Afternoon Tea, Christmas Party, Pizza Making at Pizza Hut, Cinema, Relax and Recharge, Bristol Aquarium, Glee Club, Ice Hockey, Christmas Meal, Chessington World of Adventure, Ninja Warrior Trip, Surfing, 2 Trips for Teen Carers.
- Delivered monthly group for young adult carers aged 16-25 and a Teen Group for young carers aged 13-17. 63 young and young adult carers accessed one to one or group support outside of school.
- **Young Carers Schools Project** - Provided one to one support with young carers in 8 Primary Schools; all 9 Secondary Schools and Bridgend College.  
Provided 343 one to one sessions, with over 100 young carers and young adult carers at school, college, at home or in the community.  
Delivered 4 School Assemblies.  
Delivered 5 Stress and Anxiety Workshops to 39 Young Carers across 5 Comprehensive Schools.  
Delivered 10 Raising Awareness Sessions on 2 PSE Days where 37 pupils identified as young carers.  
Delivered a Young Carers in School Conference.  
Delivered training to Kenfig Hill Air Cadets.
- **Outreach sessions** were held in other areas to reach hidden carers and support locally carers known to the Carers Centre. They include outreach Coity Clinic in partnership with Hafal, Wards and Clinics at Princess of Wales Hospital, Dementia Swimming, GPs, Pharmacies, Primary Schools, Secondary Schools, Y Bwythin, Coffee and Chat in partnership with Maesteg Special Families, Bridgend Job Centre, Heronsbridge Family Information Day. In addition, there are opportunities to have appointments at a mutually convenient venue and outside office hours for those who are working.
- Fortnightly presence at Y Bwythin Newydd, identifying and supporting those with cancer and their families.
- **180 hours of Carers Counselling for 59 carers** - sessions funded through general donations.
- **Integrated Carers Support Worker POW Hospital** - 239 carers were identified at Princess of Wales Hospital for information, signposting (named and anonymous). This figure is unrepresentative of previous years due to loss of staff member and gap in service provision.

## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### ACHIEVEMENT AND PERFORMANCE

- **43 Community Cafés** have taken place providing lunch, information and extensive programme of activities for carer and cared for. Funded from various funding streams and donations since April 2019. Two Cafes cancelled due to Covid-19. Activities include Music, Art, Footcare, Quizzes, Talks and Information, Crafts Fayre, Vintage Tea Party, Health Checks, Skittles, Chinese New Year, Mardi Gras Celebrations, Line dancing, Bingo, Pets as Therapy and so on.
- Provision of short respite breaks to carers - Delivered 11 Holistic Therapy Sessions, 2 Foot Care Clinics, Pamper Day, Wellbeing Retreat, Trip and Walk around Gnoll Park, Margam Park, Trip to Gwylly Railway and Carmarthen, Christmas Shopping Trip to Bristol, Summer Trip to Tenby, Carers Christmas Lunch, Vintage Cream Tea, Craft Fayre, Volunteering Training, Moving and Handling Training, 3 'Time For Me' Wellbeing Groups, 4 WhatsApp 'Time For Me' Wellbeing Groups, Macmillan Brunch for Carers, Two Day Wellbeing Retreat at Margam Park, Planning For Tomorrow Workshops, Carers Wellbeing Peer Group Sessions. A number of Trips and Activities were cancelled due to Covid -19 in March 2020.
- **Welfare Benefits Advice achievements** - The Welfare Benefits Advisor achieved a total running financial gain of **£1,754,806** for carers and families. In addition, the total amount of financial gains achieved through referrals to Macmillan Welfare Benefit Advisor has totalled **£30,540**. This financial support continued via telephone through the Covid -19 period in March 2020 and beyond.
- **11 Legal surgeries plus legal telephone support** to those working carers or those who find it hard to get to the surgeries facilitated by Howells Solicitors offering free sessions to 66 carers. This service continued via telephone through the Covid -19 period in March 2020 and beyond.
- **Delivered 76 exercise sessions** facilitated by tutors who are carers/ex carers - Tai Chi and Yoga.

Apart from giving carers a much-deserved break from their caring responsibilities they often provide peer support and interaction for carers who would otherwise be isolated.

Two big annual awareness raising events were held during National Carers Week and National Carers Rights Day attracting large numbers of carers and professionals plus Bridgend Carers Centre Annual General Meeting.

The production of three editions of 'Contact' newsletter, printing and circulating through the carers direct mailing list plus also to the wider community and professionals and organisations. In total 15,000 copies of newsletters are circulated in the Bridgend area to carers, professionals, at promotional stalls, at GPs and hospitals. In addition, newsletters are circulated through email and on the Bridgend Carers website, Facebook and Twitter.

Accessed 29 individual Carers Trust grants for carers totalling £6,424 helping carers in their caring role. This financial support continued via telephone through the Covid -19 period in March 2020 and beyond. In addition, we received a total of £24,126 from Carers Trust UK to develop new, innovative and specific opportunities to support all carers in Bridgend County Borough. Other grants are reported in the financial section.

Other organisations have worked with the Carers Centre include:- Bridgend County Borough Council, Cwm Taf University Health Board, Hafal, Action For Children Bridgend Young Carers Project, Cruse, Macmillan Cancer Services, Mental Health Matters, Stroke Association, Alzheimer's Society, Y Bont, Carers Trust, Howells Solicitors, Older Persons Commissioners Office, Tesco Community Team have assisted the Centre in food and refreshments through their charitable schemes.

The Carers Centre is involved in the induction, training and secondment of new social work and social care staff, volunteers and social work students.

#### Carer involvement and participation

There has been participation by Bridgend Carers Centre and carers at consultation meetings/events plus staff attendance at the Mental Health Carers Forum in addition to significant consultation and participation of young carers with Carers Trust and Welsh Government.

Adult Carers have participated at Bridgend Carers Centre Annual General Meeting; Carers Wales Forum; MH Carers Forum; Carers representation on Health Social Care and Wellbeing Forum; Carer representation on Wales Committee (Carers Wales/UK).

Carers from the Carers Wellbeing Peer Group were invited and presented to Social Work students at Bridgend College. The Carers Wellbeing Peer Group and Carers Centre staff were also interviewed for the podcast 'Taking Care'.

Bridgend Carers Centre held Consultation with Welsh Government and Carers of those with Cancer and Macmillan.

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## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### ACHIEVEMENT AND PERFORMANCE

4 Young Carers sit on the Carers Trust Young Carers Council, and Carers Trust Young Carers Forum. 1 Young Carer sits on the Welsh Youth Parliament and take part in debates at the Senedd with ministers, 2 young carers sat on the panel at the UNCRC 30th Birthday celebration event.

Through social media/email there have been many opportunities for carers to get involved in completing surveys, consultations and sharing their views

One Community Café Volunteering Session/Induction has taken place. Volunteers are a mix of current carers, former carers and volunteers from the community.

The Carers Centre has delivered 40 talks/presentations to community organisations, Social Services Teams, Health Teams, GP surgeries, Schools, etc. and had a presence at 45 awareness raising/sharing information events and also provide information stands at GP surgeries and Princess of Wales Hospital including the Carers Week Information Market in Princess of Wales Hospital in partnership with Cwm Taf University Health Board plus all Primary and Secondary Schools raising awareness at assemblies and PSE lessons. The staff of the Carers Centre have also attended numerous networking meetings e.g. Macmillan Cancer Care, Bridgend Mental Health Forum, Young Carers Steering Group, Macmillan Information Officers Network, Princess of Wales Hospital Discharge Planning Meetings, Dementia Steering Group, MDT Meetings, Network Cluster Meetings, POW Hospital Social Work Team etc.

The Carers Centre continues its close links with Bridgend College and enables student placements when required.

Staff and trustees have accessed over 70 external training sessions, seminars and conferences to broaden their learning and increase skills. Main achievements have included staff undertaking a Masters in Child Psychology and NVQ in Health and Social Care.

Both staff and trustees have participated in local and national carer-centred networks. These networks ensure equitable service access for carers across Wales and are also a means of keeping up to date with all Carers Legislation and developments nationally and locally. These networks include:

- The Carers Trust Network
- The Carers Wales Workers' Network
- Mental Health Carers Forum
- Young Carers Steering Group

Feedback is encouraged and received regularly from carers who use the services of the Carers Centre. The feedback from formal evaluations are used to influence future developments and activities within the Carers Centre and are also used in regular reports to trustees and project's funders which in turn can influence implementation of new services, changes in existing services and the innovation of new respite breaks and other opportunities for carers. Bridgend Carers Centre also encourages informal feedback in visitor's book, comments box, ad hoc 'post it' feedback at Community Café and the Annual General Meeting, questionnaires and surveys and consultation through social media.

Comments on the carers' feedback evaluation forms have included

#### **Carers Integrated Support Worker - POW**

*'Help with understanding the process' April 2019*

*'I learned so much' April 2019*

*'It made a real difference to talk' May 2019*

*'Good to have someone outside the family' May 2019*

*'Provided an empathic ear and provided answers' June 2019*

*'Extremely grateful for this' June 2019*

*'Can't stress how important knowing that there is support from others available' July 2019*

*'It enabled me to access immediate help in caring for my 88 year old father' July 2019*



## ACHIEVEMENT AND PERFORMANCE

*'Knowing that there is someone I can contact at the hospital to support me as a carer has really helped' August 2019*

### Carers Links

*'They are already proving invaluable - I'm sure they could do more, but our major fear at the moment is that they will be removed/unfunded resulting in a significant loss of provision for our carers' GP West Network*

*'I just wanted to feedback to you following a conversation with LW (son) this morning. I made a referral for Carer support after a duty call with LW and you met with him and the family last week.*

*LW said he was "very impressed" following your visit and "Bev put my mind at ease about a lot of things". Your visit sounded like a very positive experience for him so thank you. Social Worker West Network'*

*'I feel like you understand what I am going through and it is good to be able to talk to someone and come along somewhere just for me to have a break.' Carer - North Network*

*"I really don't know how to thank you; you have been so kind to me. I had no idea how I was going to visit those homes and ask those difficult questions, I have been feeling so insecure and lonely since R has been in hospital".*

*"Thank you for providing me with all that information, I have put all of the leaflets in one place, so I know where I can find them, I have been a bit lost and didn't know where to turn".*

*"Can I contact you if I need support? I know I can speak to you and it's helped me so much knowing that you are aware of my own health and you understand me"*

### Carers Assessments Feedback

*'Helpful to have information face to face'*

*'Glad of the support and help'*

*'Thank you for your help. The last few months have been the worst in my lifetime, as I had given up hope. I now have something to look forward too and know there are people who can support me'.*

*'Useful to have information about the Carers Centre and to talk to someone'*

*'I didn't know where to start to look for help, I was at breaking point and ready to just lock myself away with my little girl. I have my own issues, caring for dad has made my life almost impossible. You made me feel reassured that things will get sorted, I can't thank you enough I can now see light at the end of the tunnel. Dad has improved, he's on medication, attended his hospital appointment and Sycamore have been a great help, they have told him he will have the support of a key worker until he can live independently. Hafal have been in touch and will be arranging to see dad, what a relief, thank you.'*

### Counselling

*'The time I saw Joanna and the times we spoke were such a help because Joanna listened intently, made me feel that I mattered, and understood both my grief and my stress in my own home. The advice she gave me I am trying to do although some days are difficult. I can see the benefit of keeping and building a structure to my day and also keeping a journal, reviewing things and seeing if I can see a better way to deal with the problems I have recorded. Above all Joanna has not made me feel ignorant or stupid & has been so kind to a stranger - a real 'Good Samaritan'.'*

*'I have been so pleased with it really. It seems to have opened a couple of doors in my mind which has affected the way I think. I suspect I have a little way to go as I'm still quite emotional but I really feel I'm making progress. There is something about you that makes more things make some sense and it's opened my eyes to the way I relate to other people too. I still have work to do...scrap book, photos, my story, etc but I'm a bit further down the good road than I was when we first spoke.'*

*'I'm so grateful to you and Bridgend Carers I can't even begin to say. I see a little chink of light at end of the tunnel now and I'm not pretending about what I feel in the same way. Thank you for helping me to progress.'*

*'I am very happy with the service I receive with Joanna I have a place to go and talk though what's worrying me and stressing me out without feeling judged or ashamed of what I have talked though. It's very important for people to have a safe, place to go and Joanna makes you feel welcome and safe in every session I have had. I struggle a lot with anxiety and when I go to Bridgend Carers Centre everyone is so welcoming.'*

## ACHIEVEMENT AND PERFORMANCE

### Feedback from Activities

#### Carers Trip - Bristol

*'To have time out from caring and recharge batteries. Have fun and laughter with others who care. Lovely relaxing day. Everything you provide is a welcome break.'*

*'Spend time away from our caring roles. We very much look forward to it and enjoy every minute and to socialise with other carers. Much needed break, and enjoyed it very much.'*

*'Brilliant access to everything for my disability.'*

*'A chance to relax, have a great free time day without the worry of driving. Excellent organisation, very caring staff.'*

*'Fantastic as it was so easy to get about. The lovely ladies who arranged this trip are all amazing and very caring.'*

*'To go somewhere different with good company. Thank you. Thoroughly enjoyed it.'*

*'To enable me to have me time and mix with good company. Not likely to do this trip by myself otherwise.'*

*'A day away - Christmas feeling - with friends. A day for me. Well planned, organised, welcoming staff went that extra mile for us.'*

*'A fun day out escaping my daily caring role. My son went into respite. Fabulous day. Thank you - I had fun!'*

#### Wellbeing Retreat

*'Before I felt exhausted, stressed, anxious and feeling like I was running on empty, and not sure how much I had left to give!!! After I feel calm, re-energised and able to continue to face the challenges for a little while anyway. Absolutely amazing experience, and I was so glad I was encouraged to attend, Paula was amazing and made everyone feel so welcome and supported, thank you.'*

*'Before this weekend I was feeling very stressed and tired and quite overwhelmed. After I feel very relaxed and calm and enjoyed the mindfulness. It was like everything she said applied to me, I kept thinking, yes, I do that and I should do that. Really enjoyed the yoga from the chair and I am now thinking of joining the Tai Chi group at the Centre on Thursdays. It has been a wonderful, calming experience, everything has been great, the rooms, the food, and Paula was wonderful and worked really hard, thank you. X'*

*'Before I came I was very emotional and a little stressed. I am now feeling more relaxed and I am now going to cut myself some slack, I've realised that I have done many good things in my life and I deserve to be happy and proud of myself, it is now my time. A huge Thank you to Paula for being amazing as usual. Loved all the sessions, the mindfulness was very emotional but needed. Loved the yoga thank you for invite again and I made some new friends. A big thank you to Paula who never stops. She should take a little time for herself. Maybe singer's around the campfire.'*

*'It has been a very busy time at home at the moment so felt a bit overwhelmed. This is my second time I come to the retreat and I have found it to be very relaxing caring environment where I can spend time. With no pressure with friends and time. I have made some new friends as well. I find it very informative and rely on the support they have given me and my family. I find all the help and support so enjoyable.'*

*'I was aware my stress levels were going through the roof. I am feeling more relaxed now I feel more at peace and balanced in mind. It was a fantastic time to take time out from my busy life Sharing experiences with the other carers was very helpful. I have now expanded my support network and made new friends for the future. The venue is fantastic. The activities were very well organised and I would recommend to others.'*

*'Before I was extremely stressed and tearful, I was anxious about meeting new people and staying in a place unknown to me. The weekend has been absolutely wonderful, the opportunity to just concentrate on me has been simply mind-blowing. Good Friends made, good food and just simply a great time for the whole weekend. Plenty of fun and laughter which has done wonders for enhancing my mood. A huge thank you to Paula for arranging this wonderful weekend and being so caring and thoughtful to everyone, Therapists were wonderful and I really enjoyed Mindfulness, massive thanks to everyone.'*

*'Stressed and anxious fearful for the future, life so very busy, some days I feel I am unable to fit it all in and cope with everyday tasks. It has been a fabulous two days with supportive staff, the sessions were extremely useful and the treatments were great. I now feel calmer and more able to cope with the hectic lifestyle I have at home and in work. The whole 2 days was planned and executed with everything running like clockwork.'*

### ACHIEVEMENT AND PERFORMANCE

*'I was very stressed over the last 3 weeks. The mindfulness course helped me as I am not sleeping too well. After I am now feeling much more relaxed and able to concentrate on my health and wellbeing. This has been a boost for me and I can't believe how much better I am feeling. I was astounded and blown away by the therapist after Reiki. The whole weekend has been carefully thought out by Paula and the team from Carers No amount of effort has been spared to ensure the weekend has gone so well. This is my second visit and long may it last and continue to be funded. I would like more yoga but that's just my preference and after persevering with Tai Chi I have now decided to join in September. Thank you so much for making all of this possible.'*

*'I have been off work with anxiety and depression since March and I have been feeling very stressed because of family issues and work related stresses. I am now feeling a lot more relaxed and I was really looking forward to this weekend. As well as the benefit from the therapies, I benefit from talking to others about coping strategies etc. I was lucky enough to visit on the first one 3 years ago and enjoyed learning about different types of yoga, Paula as usual has been an absolute star, both on the retreat and at the Centre, the staff and food wonderful. Thank you to Macmillan for sponsoring this event and supporting my brother through his diagnosis.'*

*'Before I was feeling very low and no energy. I am recovering from an op 8 weeks ago and unable to sleep tidy or relax, feeling down in mind. I am now feeling good and my energy levels are up. I had a good night's sleep and felt far better on Sunday morning. I am now feeling relaxed after therapy. The tension in my neck has gone. Plenty of strangers to talk to, so my illness is forgotten to a degree. Everyone friendly and helpful and totally relaxed for me. This was the best weekend this year. (Relaxation).'*

### Holistic Therapies

*'After the therapy I feel extremely relaxed, very grateful for the massage session, calm and my body (back) feels wonderful. Please don't stop the sessions, I feel the expertise of the massage session definitely contributes to my overall health and general wellbeing whilst under considerable stress from my caring role.'*

*'I felt very stressed, uptight and tired before the therapy and very happy and relaxed after the therapy. I could quite happily go to sleep now after the therapy. Thank you to Jean, you are an angel.'*

*'I felt a bit like I had ADHD - wound up to the hilt before the treatment. So, so calm and relaxed after. I dropped off to sleep when Jean was giving me therapy - twice, so lovely. I would not be in such a good place with my grief, on losing my lovely husband Steve last year, without Jean.'*

*'I felt unhappy before the treatment but felt very happy after. I came in very tired and stressed. I am now relaxed and looking forward to a great night's sleep. Thanks Jean you are a star.'*

*'I felt tense and anxious before the treatment. It was so relaxing, I can't relax at all at home as I have got to be on the go. My husband is always telling me to sit down and relax. What a lovely lady Jean is. My treatment I had today was wonderful and thank you.'*

*'I felt nonplussed before the treatment but felt really happy after. Jean is fabulous and so caring. She is doing a great job in the Carers and helps everyone's stresses. Thanks gain Jean, I feel lifted after seeing you today.'*

*'I was in pain before the therapy. After the therapy - very much better and am very grateful to the therapist and the Centre for arranging it for us carers.. Please keep the therapy going as it is very much needed for us carers.'*

*'I was stressed and emotional before the treatment. After I was very relaxed. Denise was very pleasant and suggested a back massage for me. Excellent, feeling relaxed now.'*

*'Excellent therapist. I was feeling tired and worried before the treatment and felt relaxed and peaceful after Excellent Therapist'*

*'I felt very tired, had little sleep last night, mind quite busy before the treatment. I felt relaxed and peaceful after the treatment. Great treatment as usual.'*

*'I was feeling down and in pain when I arrived. After my therapy, for which I was very grateful, I am feeling much better. Please continue to help us carers with such facilities as we need and appreciate all that you do.'*

*'Today was an excellent Reiki session. I arrived with a fuzzy head, during the treatment I felt cool in the head and post treatment I am clear headed. Pre-treatment I had a slight tightness in my right shoulder, post treatment that has gone and the tension in my jaw and is also gone. This Reiki treatment from Denise is a vital part of my post cancer recovery.'*

*'I was again very grateful for treatment this morning. I am recovering from a broken foot and this was plus the stress of caring for my elderly father and unwell husband, has been particularly challenging for the last few months.'*

#### ACHIEVEMENT AND PERFORMANCE

*'I was in need of therapy because I was in pain with my back due to pressure of looking after my husband, who is much bigger than I. I very much appreciate the Carers Centre for engaging the therapist with their great knowledge to help us carers. Please keep the therapy sessions going.'*

*'Before I felt stressed, as though constantly juggling. Early morning waking, trouble getting off to sleep, a little irritable, anxious, bad back and shoulders/neck.'*

*'After I felt relaxed and able to breathe properly. A new woman thanks to Denise Many thanks for help with my grieving.'*

*'Before the treatment I was in pain and in need of therapy afterwards I felt very much better and feeling I can cope again. Please keep the therapies going as it is a much needed service for us carers.'*

*'I felt anxious and rather stressed about home events before the treatment, afterwards I felt much more relaxed and peaceful. Thoroughly enjoyed the massage, so relaxed I almost fell asleep.'*

*'Before the therapy I felt stressed, depressed and down. After I felt 20 years younger, happy and motivated. Amazing.'*

*'I was all uptight and stiff before treatment. I dropped off to sleep for a few seconds and I am now all relaxed and on a high. Without this treatment from Jean, really helping with my grief, I would be a recluse at home, or something worse.'*

*'A little stressed and needed to unwind. So relaxed and comfortable I could so easily go to sleep.'*

*'Jean is wonderful, I feel that I need this therapy every month. Once I've had the therapy I feel less stressed and more able to carry on my everyday routine. Thank you Jean, you're a star.'*

*'I was feeling full of pain and anxiety before the treatment and felt relaxed after. The conversation I had with Jean before the treatment was excellent - very useful, Jean is an outstanding help to me.'*

*'Slightly under the weather, following my flu jab, quite tired, little energy, after more energetic and more relaxed, looking forward to a good night's sleep. Thanks Jean, you are a star'*

*'I had a headache and a pain in my stomach (moderate) before the treatment. after the treatment no headache, reduced pain in stomach now mild, no stress - totally relaxed.'*

*'Thanks Jean for the treatment and for listening. I am looking forward to a great night's sleep.'*

*'I felt tired, stressed and had a pain in tummy area before therapy. Totally relaxed and de-stressed after therapy.'*

*'Denise is fantastic, this therapy has improved the quality of my life (and my sleep). I am very grateful for this excellent service.'*

*'I had many aches and pains in back, neck and shoulders before the therapy. After the therapy almost pain free and so relaxed after my wonderful massage with Denise.'*

*'Before therapy I felt under pressure and lonely. After therapy - peaceful. These treatments keep me going, give me strength.'*

*'Before therapy - stressed, agitated, irritable, guilty, rushed, backache. After therapy - relaxed, calm, serene, optimistic. Thank you for this opportunity to have this marvellous session today.'*

*'I know that funding can be a problem for services, but I really can't imagine being without this help.'*

#### Trip to Gnoll Park

*'I had a fabulous day - I had never been to Gnoll Park before and I really enjoyed the day out with friends from the centre.'*

*'Break away from caring role and socialising. Fantastic day.'*

*'Really enjoyed, lovely day - break away from my caring role.'*

*'To enjoy a day out with good company. Sometimes I would not normally drive to. Thank you for including me. It was a very enjoyable day.'*

## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### ACHIEVEMENT AND PERFORMANCE

##### **Trip to St Fagans**

*'Break from caring. A chat and a laugh with others.'*

*'Catch-up with others. It would be nice to return in the spring or summer.'*

*'A lovely, relaxing time - away from the normal stress of daily life. Very well organised.'*

*'Good. Thank God for this place for carers.'*

*'To meet with friends is so wonderful.'*

##### **Trip to Tenby**

*'Being able to spend the time doing all the things we used to do when the family was young. And I had a lovely time on the beach.'*

*'Almost door to door transport and company. Distance not too far.'*

*'Spending time away from home, meeting new people'.*

*'Such a lovely day with my friends from Carers'.*

*'I just wanted to say Thank You Carers Centre for such a lovely day out, and everything you do.'*

##### **Trip to Gwylly Railway and Carmarthen**

*'The benefit for me was that I had a nice relaxing day out with good company.'*

*'The social part. Lovely people, best time on a train for a long time - lovely cream tea. Very good event.'*

*'Time away from caring for my husband. To relax and talk to others. Excellent trip. Bus first class. Free time in Carmarthen and the steam railway was fantastic. Cream tea excellent.'*

*'Very enjoyable day out. An opportunity to think about just my needs. The coach start point wasn't ideal as there wasn't anywhere nearby to park the car.'*

*'Time for myself to recharge my batteries and to be with other carers. This event was something different - more like this please. Thanks.'*

*'Going out and about with likeminded people and relaxing in good company. An excellent day out. Very enjoyable with friends and lovely cream tea.'*

*'Time out to relax. Excellent day out.'*

*'A change of scenery with friends and to be spoilt with a cream tea, relaxing. Today was a wonderful tonic for me, with good company, well organised and relaxing'.*

*'Enjoying the ride on the steam train, cream tea very good, and meeting friends made by being a member of Bridgend Carers. Today was a lovely trip - a return visit would be something to look forward to. A very big thank you to Rosemary for her organisation!!'*

##### **Christmas Lunch**

*'The atmosphere and sense of overwhelming happiness amongst those carers was palpable and whilst it was great to see, it also reminded you that their everyday lives are so embroiled with stress and loneliness, that these events truly are a lifeline for them'*

*Coastal Housing who support the event annually providing Christmas gifts for every carer.*

*'It was great to get together with other carers to celebrate Christmas. The venue, atmosphere, disco and the lovely gifts from Santa were lovely. It was nice for mum to get out to meet other carers. A very enjoyable special occasion with lovely people. Many thanks to Bridgend Carers Centre staff for organising such a special event' MW*

*Lovely company nice to meet other carers. Good laugh but not so nice meal but the atmosphere and love from likeminded people was enjoyable. It's nice to have these events to have something to look forward to. Sometimes I find day by day I have been inward looking. These events perk you up. And Santa gave us lovely presents.'*

## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### ACHIEVEMENT AND PERFORMANCE

*'It was a real fun packed few hours out of the house. Lovely to chat to other carers I hadn't met before. We all have different caring roles but are all in the same boat. I loved having a dance and being 'carefree'.'*

#### Carers Wellbeing Peer Group

*'It's been lovely to be part of a peer group where we all understand our different roles as a carer. I've laughed so much which has been wonderful.'*

*'Thank you so much for the opportunity to attend this course. I've loved it and it's really helped me cope with stressful times caring for my son.'*

*'Really enjoyed meeting a lovely new group of people. Learnt many new things - good advice and help given. Thank you all so much.'*

*'A great idea to continue meeting as a group to continue friendships.'*

*'I would recommend it to others. I enjoy getting away from my caring role and doing the activities to focus on other things.'*

*'The wellbeing course has helped me and my husband a lot. It improved our social life and we enjoy the sessions.'*

*'To appreciate that there are others in difficult situations. Have developed friendships. To take a little time out away from my responsibilities. To have someone to talk to. A big thank you for the support from the group. I feel calm when I'm with the group.'*

*'I've laughed more in these 12 weeks than I have all year.'*

*'I have let other people get to know me.'*

*'Yes, all the course was absolutely lovely. I use the motivation, breathing exercises, the drawing and the laughter yoga. Everybody was so kind and nice. I've got more confident and feel less stressed. It was lovely to get out of the house with my husband and we enjoyed every single session.'*

#### Planning For Tomorrow

*'A good experience to be in the company of people in the same situation and to listen to their stories of caring. Problems and issues were shared bringing realisation we face similar trials.'*

*'Found the bereavement session useful even though it was something I didn't want to face.'*

*'Come, or at least come to terms with the fact that it is okay for me to think about myself and my caring role.'*

*'I made friends with other carers and they understood what I am dealing with on a daily basis.'*

#### Veteran Carers Support

*'I also wanted to say that my Dad has really got going with his tablet - it has been of huge benefit to him during the lockdown - he is reading the papers every day and searching for things on the internet that he is interested in.'*

*Sadly, he became very ill last week and was admitted to hospital.....I took his tablet to the hospital and he is using it there too, although has 'done something' he can't fix, so I am taking my son with me this afternoon so that hopefully the ward staff will bring the tablet to us so that our combined brains can sort out whatever has 'glitched.'*

*The staff are very helpful but it is intensely frustrating not being able to see Dad. We have installed Skype on the tablet so I hope we can somehow get him using that so we can communicate better.*

*Anyway - we are very pleased that you gave him the tablet as it is really helping him whilst in hospital and is very helpful in keeping him occupied generally at this awful time. If anyone needs to know how successful your project has been - please feel free to quote this email. The tablet has given my Dad a completely new lease of life at the age of 89 and supported him through what is a very challenging time for us all. Thanks very much indeed.' Email from Carer of Veteran.*

#### FINANCIAL REVIEW

The attached financial statements reflect the transactions of the charity for the year to 31 March 2020. The Statement of Financial Activities shows the total income for the year to be £334,225 (2019 - £303,752) and total expenditure to be £321,945 (2019 - £322,220). The net surplus position is £12,280 (2019 - deficit of £18,468).

The charity held £147,711 as cash at bank and in hand at 31 March 2020, £65,688 of this was from restricted funding.

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## **BRIDGEND CARERS CENTRE**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020**

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#### **FINANCIAL REVIEW**

Total funds at the year end were £173,485; £82,179 in the general fund and £91,306 in restricted funds.

#### **Risks**

The main risk to the charity from April 2019 is that we fail to sustain the charity by not securing future funding from a more diverse pool of funders. We have worked hard to increase the amount of reserves so we can survive to support carers at a reduced level whilst attempting to seek further funding from elsewhere. This is our main challenge as we go into the new financial year.

#### **Factors likely to affect financial performance**

These would include:

Loss/improvement of reputation

Loss/ appointment of new or key trustee roles

Increase/decrease in outcomes for carers

Employ a marketing officer

Improvement of monitoring systems through use of Charity Log

#### **Principal funders**

Bridgend Carers Centre would like to thank and acknowledge the principal funders, Bridgend County Borough Council, Cwm Taf University Health Board, Carers Trust UK, Macmillan Cancer Care, Big Lottery, Children in Need, Waterloo Foundation, Triangle Trust and all those who have made financial contributions in donations and fundraising.

#### **Going concern**

The charity lost a Joint Tender for core funding from 1 April 2019 but have faced the challenge and secured future funding, employed a Business Development Officer and purchased charity log to enhance monitoring. The Charity has increased its workload and are working towards sustainability of funding and its overall service for years to come.

#### **Reserves**

The total funds of £173,485 (2019: £161,205) include £91,306 (2019: £45,438) which is held for restricted purposes. The remaining £74,050, excluding fixed assets, are the free reserves.

The charity has estimated that the level of free reserves required to cover working capital requirements, day to day running costs and planned deficits without the need for bank borrowing to be £89,000. This figure also takes into consideration the funds required to cover redundancy costs should the charity not be able to obtain future funding. The Company Secretary and the Treasurer undertake regular training to assist the charity with its financial management systems.

The charity will continue to seek additional funding to support the increasing demands on its services as it becomes even more widely recognised and used, and to enable the development of new services to meet the needs identified. Increased fundraising efforts have assisted in the building up of additional free reserves.

#### **FUTURE PLANS**

Actions that the charity needs to make further progress in the coming year include working with businesses to ensure that employees who are carers are supported and best practice is looked at, ensure that the charity is sustainable for the future, evaluate improvements in carers information i.e. marketing, carers stories, media coverage, Welsh language implications and action plan, acquire quality standards awards. Ensure further funding is sought to increase and improve support to carers in Bridgend County Borough. Increase partnership working and seek opportunities to give carers diverse range of support and expertise.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is a company limited by guarantee and a registered charity and is governed by its Memorandum and Articles of Association.

##### **Recruitment and appointment of new trustees**

Appointment of trustees is either by the charity in general meeting or by the other trustees, as laid down in its formal procedures.

##### **Organisational structure**

Twelve staff are supervised and managed by Centre Manager. The Administrator (Company Secretary) and Centre Manager are part of the Management Board which reports to and implements decisions made by the Board. The Administrator gives financial reports and Centre Manager reports on the activity at the Centre. Further decisions are made at sub group level - Financial Planning Sub Group, Recruitment Sub Group and Policy Sub Group. They bring recommendations to the full Board. Any purchase over £500 has to be brought to the Board.

## BRIDGEND CARERS CENTRE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2020

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#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Induction and training of new trustees

New trustees spend time at the Carers Centre with both staff and carers to become familiar with the Centre's activities and ethos as well as the responsibilities of trustees. The Centre Manager works closely with all trustees to ensure they have a clear understanding of the charity's objectives and aims, and how these are achieved. They gain a wider understanding of the national picture through the Carers Trust network and through Carers Wales initiatives, and also are kept up to date with current legislation which is relevant for carers and which will have a marked influence on the way we work with carers and progress new initiatives. The trustees, the Centre Manager and the Company Secretary participate in training opportunities provided by the Wales Council for Voluntary Action, Bridgend Association of Voluntary Organisations, Carers Trust, Carers Wales, Bridgend County Borough Council, Companies House and other relevant organisations to ensure all obligations are met in relation to the charitable governance of the Carers Centre. Trustees regularly participate in the activities of the Carers Centre to maintain their understanding of the issues faced by carers, the work of the staff team and any new developments being undertaken.

#### REFERENCE AND ADMINISTRATIVE DETAILS

##### Registered Company number

05372329 (England and Wales)

##### Registered Charity number

1125921

##### Registered office

87 Park Street  
BRIDGEND  
CF31 4AZ

##### Trustees

M Davies	
S H Lewis	
C M Morgan	- resigned 20/11/19
S Cash	
G Owen	- resigned 20/11/19
C Colman	
A Edmunds	- resigned 26/04/19
C Clarke	- appointed 20/11/19
J M Williams	- appointed 20/11/19

##### Co-opted trustees

J Mathias

##### Company Secretary

S G Evans


##### Independent examiner

Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

##### Centre Manager

H M Pitt

Approved by order of the Board of Trustees on 21/7/20 and signed on its behalf by:

  
S G Evans - Secretary



## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BRIDGEND CARERS CENTRE

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### **Independent examiner's report to the trustees of Bridgend Carers Centre ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2020.

#### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

#### **Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACCA which is one of the listed bodies

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Julia Mortimer FCCA  
Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

24 July 2020

**BRIDGEND CARERS CENTRE**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2020**

		Unrestricted funds	Restricted funds	2020 Total funds	2019 Total funds
	Notes	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	21,826	1,264	23,090	11,228
<b>Charitable activities</b>	6				
Support for Carers		3,039	305,502	308,541	290,729
Other trading activities	4	813	1,340	2,153	1,528
Investment income	5	<u>441</u>	<u>-</u>	<u>441</u>	<u>267</u>
<b>Total</b>		26,119	308,106	334,225	303,752
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	7				
Support for Carers		<u>61,568</u>	<u>260,377</u>	<u>321,945</u>	<u>322,220</u>
<b>NET INCOME/(EXPENDITURE)</b>		(35,449)	47,729	12,280	(18,468)
<b>Transfers between funds</b>	18	<u>1,906</u>	<u>(1,906)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		(33,543)	45,823	12,280	(18,468)
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		115,722	45,483	161,205	179,673
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>82,179</u>	<u>91,306</u>	<u>173,485</u>	<u>161,205</u>

The notes form part of these financial statements

## BRIDGEND CARERS CENTRE

BALANCE SHEET  
AT 31 MARCH 2020

		Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
	Notes				
<b>FIXED ASSETS</b>					
Tangible assets	14	8,129	-	8,129	8,365
<b>CURRENT ASSETS</b>					
Debtors	15	-	25,618	25,618	9,186
Cash at bank and in hand		<u>82,023</u>	<u>65,688</u>	<u>147,711</u>	<u>155,123</u>
		82,023	91,306	173,329	164,309
<b>CREDITORS</b>					
Amounts falling due within one year	16	(7,973)	-	(7,973)	(11,469)
<b>NET CURRENT ASSETS</b>		<u>74,050</u>	<u>91,306</u>	<u>165,356</u>	<u>152,840</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		82,179	91,306	173,485	161,205
<b>NET ASSETS</b>		<u>82,179</u>	<u>91,306</u>	<u>173,485</u>	<u>161,205</u>
<b>FUNDS</b>	18				
Unrestricted funds				82,179	115,722
Restricted funds				<u>91,306</u>	<u>45,483</u>
<b>TOTAL FUNDS</b>				<u>173,485</u>	<u>161,205</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved for issue by the Board of Trustees on 21.7.20 and were signed on its behalf by:

M. Davies

M Davies - Trustee

The notes form part of these financial statements

**1. STATUTORY INFORMATION**

Bridgend Carers Centre is a company limited by guarantee incorporated in Wales within the United Kingdom. The liability of each member is limited to £10. The registered office is 87 Park Street, Bridgend, CF31 4AZ.

The principal activities and nature of the charity's operations is to provide support for people who care for the ill, frail, elderly, disabled including those with a physical or learning disability and those with mental health or substance misuse issues within the Bridgend County Borough.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

There have been no material departures from Financial Reporting Standard 102.

Bridgend Carers Centre meets the definition of a public benefit entity as demonstrated within the Report of the Trustees.

**Going concern**

The trustees are satisfied that despite the Coronavirus pandemic, it is appropriate for the company's financial statements to be prepared on a going concern basis. The pandemic has resulted in a number of uncertainties arising and the trustees have taken steps to minimise the effect on the charity and will continue to do so. In the circumstances they have concluded that no adjustments are required to the financial statements at this time.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

This includes capital grants.

**Donations and legacies income**

Donations and legacies are accounted as incoming resources upon receipt or when the receipt is probable, and the amount receivable can be estimated reliably. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

**Charitable activities**

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised where there is entitlement, when the receipt is probable, and the amount can be measured reliably. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Investment income**

Investment income is recognised on a receivable basis.

It is not the policy of the charity to show income net of expenditure.

**2. ACCOUNTING POLICIES - continued**

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them.

Support costs are those that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charity.

Expenditure includes VAT as the charity is not VAT registered.

**Allocation and apportionment of costs**

As the charity has only one activity, being the support of people who care for the sick, disabled, mentally ill, frail, elderly or otherwise infirm within the Bridgend County Borough area, there is no allocation of costs across activities. Some costs are allocated between direct costs and support costs based on an estimate of time or resources as appropriate.

**Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Debtors**

Trade debtors and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Tangible fixed assets**

Fixed assets are initially recorded at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings and equipment - 25% on cost

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pensions**

The charity operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the charity. Contributions payable for the year are charged in the Statement of Financial Activities.

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020**2. ACCOUNTING POLICIES - continued****Fund accounting**

Unrestricted funds are available for use at the trustees' discretion for any purpose within the objects of the charity.

Restricted funds have been received with stipulation from the donor as to the purpose for which they may be used.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Transfers from restricted to unrestricted funds are made when the expending of the funds has fulfilled the terms of the restriction.

**3. DONATIONS AND LEGACIES**

	2020	2019
	£	£
General donations	22,775	10,990
Membership fees	315	238
	<u>23,090</u>	<u>11,228</u>

**4. OTHER TRADING ACTIVITIES**

	2020	2019
	£	£
Fundraising activities	<u>2,153</u>	<u>1,528</u>

**5. INVESTMENT INCOME**

	2020	2019
	£	£
Deposit account interest	<u>441</u>	<u>267</u>

**6. INCOME FROM CHARITABLE ACTIVITIES**

	2020	2019
	£	£
Bursaries for individual carers	6,424	5,103
Grants	299,078	282,654
Other income	525	200
Community Cafe income	<u>2,514</u>	<u>2,772</u>
	<u>308,541</u>	<u>290,729</u>

**BRIDGEND CARERS CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020**

**6. INCOME FROM CHARITABLE ACTIVITIES - continued**

Grants received, included in the above, are as follows:

	2020 £	2019 £
BCBC Mainstream/LHB Grant	-	101,282
Health and Wellbeing Grant	-	16,229
Macmillan - Family Information and Support Worker Grant	12,634	5,417
BCBC Carers Emergency Card Grant	-	6,831
Other grants	400	2,820
Carers Trust grants	9,140	4,250
Integrated Care Fund – POW Hospital Support Worker post	24,519	15,949
ABMU Carers Measure Grant 7	17,055	22,191
Changing for the Better Grant	-	10,000
Waterloo Foundation	22,500	20,000
Integrated Care Fund - Assessment Worker Grant	13,426	16,978
BCBC KP YC/YAC Grant	-	1,901
ABMU - Carers' Link Worker Post	62,497	32,082
Macmillan - Community Cafe Grant	-	3,150
Integrated Care Fund - Young Carers in Schools Grant	-	11,869
Big Lottery People and Places Grant	31,934	7,940
Ford Britain Trust Grant	-	2,600
Action for Children - Young Carers in Schools Grant	-	1,165
BBC Children in Need	9,720	-
Age Cymru – Project 360	20,000	-
The National Lottery Community Fund Wales	9,999	-
Community Fund Wales - Wesleyan	10,000	-
The Triangle Trust 1949 Fund	15,000	-
Carers Trust Inspiring Change	6,744	-
VO ICF Young Adult Carers Project	10,539	-
Welsh Government Loneliness & Isolation – Armed Forces Grant	18,471	-
St James's Place Charitable Foundation	4,500	-
	<u>299,078</u>	<u>282,654</u>

**7. CHARITABLE ACTIVITIES COSTS**

	Direct costs (See note 8) £	Support costs (See note 9) £	Totals £
Support for Carers	<u>278,058</u>	<u>43,887</u>	<u>321,945</u>

**BRIDGEND CARERS CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020**

**8. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	2020 £	2019 £
Staff costs	193,573	201,310
Insurance	398	1,696
Light, heat and water	1,081	1,112
Telephone	473	4,945
Printing, postage and stationery	8,782	13,539
Publications, advertisements and subscriptions	33	1,802
Sundry expenses	122	646
Recruitment costs	990	925
Rent	3,250	3,250
Repairs, maintenance and cleaning	909	241
Carers' events	650	358
Breaks/project expenditure for carers	43,665	24,574
Staff travel	6,918	6,194
Staff training	2,301	3,587
Computer and IT expenses	1,940	775
Room hire	1,580	1,370
Drop in/Outreach expenses	21	339
Volunteer expenses	-	35
Bursaries to individual carers	6,724	5,455
Carers' training	130	-
Cafe purchases for resale	1,573	1,980
Depreciation	2,945	1,263
	<u>278,058</u>	<u>275,396</u>

**9. SUPPORT COSTS**

	Staff costs £	Other £	Governance costs £	Totals £
Support for Carers	<u>23,321</u>	<u>9,030</u>	<u>11,536</u>	<u>43,887</u>

The amount due to the independent examiners for the year ended 31 March 2020 was £1,890 (2019 - £1,890) and £828 (2019 - £811) in respect to other financial services.

**10. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2020 £	2019 £
Depreciation - owned assets	<u>2,945</u>	<u>2,569</u>

**11. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 or for the year ended 31 March 2019.

**Trustees' expenses**

There were no trustees' expenses for the year ended 31 March 2020 or for the year ended 31 March 2019.



NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020

## 12. STAFF COSTS

	2020 £	2019 £
Wages and salaries	204,611	213,874
Social security costs	15,691	14,128
Other pension costs	<u>3,125</u>	<u>2,759</u>
	<u>223,427</u>	<u>230,761</u>

The average monthly number of employees during the year was as follows:

	2020	2019
The average number of staff	<u>11</u>	<u>12</u>

No employees received emoluments in excess of £60,000.

## 13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	9,945	1,283	11,228
<b>Charitable activities</b>			
Support for Carers	104,254	186,475	290,729
Other trading activities	255	1,273	1,528
Investment income	<u>267</u>	<u>-</u>	<u>267</u>
<b>Total</b>	114,721	189,031	303,752
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Support for Carers	<u>106,443</u>	<u>215,777</u>	<u>322,220</u>
<b>Total</b>	106,443	215,777	322,220
 <b>NET INCOME/(EXPENDITURE)</b>	8,278	(26,746)	(18,468)
<b>Transfers between funds</b>	<u>3,782</u>	<u>(3,782)</u>	<u>-</u>
<b>Net movement in funds</b>	12,060	(30,528)	(18,468)
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	103,662	76,011	179,673
 <b>TOTAL FUNDS CARRIED FORWARD</b>	<u>115,722</u>	<u>45,483</u>	<u>161,205</u>

## BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020**14. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 April 2019	36,609
Additions	<u>2,709</u>
At 31 March 2020	<u>39,318</u>
<b>DEPRECIATION</b>	
At 1 April 2019	28,244
Charge for year	<u>2,945</u>
At 31 March 2020	<u>31,189</u>
<b>NET BOOK VALUE</b>	
At 31 March 2020	<u>8,129</u>
At 31 March 2019	<u>8,365</u>

**15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2020 £	2019 £
Prepayments and accrued income	<u>25,618</u>	<u>9,186</u>

**16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2020 £	2019 £
Trade creditors	101	296
Social security and other taxes	4,253	4,966
Other creditors	56	-
Accruals and deferred income	<u>3,563</u>	<u>6,207</u>
	<u>7,973</u>	<u>11,469</u>

Included above is £163 (2019: £163) of deferred income which relates to membership fees received in advance of the period to which they relate.

**17. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2020 £	2019 £
Within one year	6,997	2,166
Between one and five years	<u>12,760</u>	<u>3,923</u>
	<u>19,757</u>	<u>6,089</u>

The total leased payments recognised as an expense throughout the year amounted to £7844 (2019 - £7,017)

## BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020

## 18. MOVEMENT IN FUNDS

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
<b>Unrestricted funds</b>				
General fund	106,041	(25,768)	1,906	82,179
Young Adult Carers designated fund	<u>9,681</u>	<u>(9,681)</u>	<u>-</u>	<u>-</u>
	115,722	(35,449)	1,906	82,179
<b>Restricted funds</b>				
Bursaries for individual carers	330	(330)	-	-
Macmillan Family Information and Support Worker	(327)	(1,240)	-	(1,567)
ABMU Carers Measure 1	515	(515)	-	-
Princess of Wales Hospital Support Worker fund	12,594	(201)	-	12,393
ABMU Carers Strategy Measure 7	9,487	(1,745)	-	7,742
Community Cafe fund	1,498	(1,498)	-	-
Young Adult Carers Awareness Day fund	419	(419)	-	-
Big Lottery Awards for All fund	1,187	(1,187)	-	-
ROOTS Project Manager fund	10,359	(1,822)	-	8,537
YAC/YC Donation fund	25	(25)	-	-
YAC Book	1,379	(430)	-	949
BCBC Grant - KP/YC/YAC	348	(348)	-	-
Carers Link worker posts	(5,963)	10,044	-	4,081
Morrisons Grant - Mindfulness	1,820	(1,820)	-	-
CT Bereavement project	2,440	(2,440)	-	-
Young Carers in Schools Fund	928	(928)	-	-
Ford Britain Trust Grant	1,866	-	(1,688)	178
Carers' Trust YAC	1,000	(1,000)	-	-
Big Lottery People and Places Grant	5,578	2,094	-	7,672
BBC Children in Need	-	6,140	-	6,140
Veteran Support Project	-	8,620	(109)	8,511
Volunteer Co-ordinator - Garden Project	-	9,849	-	9,849
Triangle Trust	-	5,623	(109)	5,514
Inspiring Change	-	5,403	-	5,403
Young Adult Carers fund	-	4,704	-	4,704
Community Fund Wales - Wesleyan	-	10,000	-	10,000
Carers Trust - Peer Wellbeing	<u>-</u>	<u>1,200</u>	<u>-</u>	<u>1,200</u>
	45,483	47,729	(1,906)	91,306
<b>TOTAL FUNDS</b>	<u>161,205</u>	<u>12,280</u>	<u>-</u>	<u>173,485</u>

## BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020

## 18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	26,119	(51,887)	(25,768)
Young Adult Carers designated fund	-	(9,681)	(9,681)
	26,119	(61,568)	(35,449)
<b>Restricted funds</b>			
Bursaries for individual carers	6,424	(6,754)	(330)
Macmillan Family Information and Support Worker	12,634	(13,874)	(1,240)
Carers Events fund	500	(500)	-
Princess of Wales Hospital Support Worker fund	24,519	(24,720)	(201)
ABMU Carers Strategy Measure 7	17,055	(18,800)	(1,745)
Community Cafe fund	1,957	(3,455)	(1,498)
Carers Getting Together fund	500	(500)	-
ROOTS Project Manager fund	22,500	(24,322)	(1,822)
YAC/YC Donation fund	615	(640)	(25)
YAC Book	32	(462)	(430)
Assessment income	13,426	(13,426)	-
BCBC Grant - KP/YC/YAC	-	(348)	(348)
Carers Link worker posts	62,497	(52,453)	10,044
Morrisons Grant - Mindfulness	-	(1,820)	(1,820)
CT Bereavement project	-	(2,440)	(2,440)
Young Carers in Schools Fund	-	(928)	(928)
Carers' Trust YAC	-	(1,000)	(1,000)
Big Lottery People and Places Grant	31,934	(29,840)	2,094
Carers Trust - Peer Support Project	5,900	(5,900)	-
BBC Children in Need	9,720	(3,580)	6,140
Veteran Support Project	38,471	(29,851)	8,620
Volunteer Co-ordinator - Garden Project	9,999	(150)	9,849
World Mental Health Day	400	(400)	-
Triangle Trust	15,000	(9,377)	5,623
Inspiring Change	6,744	(1,341)	5,403
Young Adult Carers fund	16,079	(11,375)	4,704
Community Fund Wales - Wesleyan	10,000	-	10,000
Carers Trust - Peer Wellbeing	1,200	-	1,200
ABMU Carers Measure 1	-	(515)	(515)
Young Adult Carers Awareness Day fund	-	(419)	(419)
Big Lottery Awards for All fund	-	(1,187)	(1,187)
	308,106	(260,377)	47,729
<b>TOTAL FUNDS</b>	<u>334,225</u>	<u>(321,945)</u>	<u>12,280</u>

BRIDGEND CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 31 MARCH 2020

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/18 £	Net movement in funds £	Transfers between funds £	At 31/3/19 £
<b>Unrestricted Funds</b>				
General fund	93,662	8,653	3,726	106,041
Young Adult Carers designated fund	<u>10,000</u>	<u>(375)</u>	<u>56</u>	<u>9,681</u>
	103,662	8,278	3,782	115,722
<b>Restricted Funds</b>				
Co-operative Young Carer fund	738	(682)	(56)	-
Health and Wellbeing fund	6,010	(6,010)	-	-
Bursaries for individual carers	-	330	-	330
Macmillan Family Information and Support Worker	8,855	(9,182)	-	(327)
BCBC Carers Emergency Card fund	883	(883)	-	-
ABMU Carers Measure 1	5,890	(5,375)	-	515
Big Lottery Community Voice fund	325	532	(857)	-
ABMU Carers Strategy Measure 3	22	(22)	-	-
Princess of Wales Hospital Support Worker fund	24,715	(12,121)	-	12,594
ABMU Carers Strategy Measure 5	1,073	(36)	(1,037)	-
ABMU Carers Strategy Measure 6	533	-	(533)	-
ABMU Carers Strategy Measure 7	9,225	262	-	9,487
Changing for the better fund	(1,847)	1,847	-	-
Community Cafe fund	-	1,498	-	1,498
Life Coaching fund	1,940	(1,940)	-	-
Young Adult Carers Transition fund	156	(156)	-	-
Young Adult Carers Awareness Day fund	419	-	-	419
Big Lottery Awards for All fund	4,750	(3,563)	-	1,187
Tesco Bags of Help fund	(151)	151	-	-
ROOTS Project Manager fund	12,475	(2,116)	-	10,359
YAC/YC Donation fund	-	25	-	25
YAC Book	-	522	857	1,379
BCBC Grant - KP/YC/YAC	-	348	-	348
Carers Link worker posts	-	(3,807)	(2,156)	(5,963)
Morrisons Grant - Mindfulness	-	1,820	-	1,820
CT Bereavement project	-	2,440	-	2,440
Young Carers in Schools Fund	-	928	-	928
Ford Britain Trust Grant	-	1,866	-	1,866
Carers' Trust YAC	-	1,000	-	1,000
Big Lottery People and Places Grant	<u>-</u>	<u>5,578</u>	<u>-</u>	<u>5,578</u>
	76,011	(26,746)	(3,782)	45,483
<b>TOTAL FUNDS</b>	<u>179,673</u>	<u>(18,468)</u>	<u>-</u>	<u>161,205</u>

# BRIDGEND CARERS CENTRE

## NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 MARCH 2020

### 18. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	114,721	(106,068)	8,653
Young Adult Carers designated fund	-	(375)	(375)
	<u>114,721</u>	<u>(106,443)</u>	<u>8,278</u>
<b>Restricted funds</b>			
Co-operative Young Carer fund	458	(1,140)	(682)
Health and Wellbeing fund	16,229	(22,239)	(6,010)
Bursaries for individual carers	4,645	(4,315)	330
Macmillan Family Information and Support Worker	5,417	(14,599)	(9,182)
BCBC Carers Emergency Card fund	6,831	(7,714)	(883)
ABMU Carers Measure 1	-	(5,375)	(5,375)
Big Lottery Community Voice fund	-	532	532
Princess of Wales Hospital Support Worker fund	15,949	(28,070)	(12,121)
ABMU Carers Strategy Measure 7	22,191	(21,929)	262
Changing for the better fund	10,000	(8,153)	1,847
Community Cafe fund	5,287	(3,789)	1,498
Young Adult Carers Transition fund	59	(215)	(156)
Carers Getting Together fund	750	(750)	-
Big Lottery Awards for All fund	-	(3,563)	(3,563)
Tesco Bags of Help fund	1,000	(849)	151
ROOTS Project Manager fund	19,946	(22,062)	(2,116)
YAC/YC Donation fund	183	(158)	25
YAC Book	231	291	522
Assessment income	16,978	(16,978)	-
BCBC Grant - KP/YC/YAC	1,901	(1,553)	348
Carers Link worker posts	32,082	(35,889)	(3,807)
Morrisons Grant - Mindfulness	1,820	-	1,820
CT Bereavement project	2,500	(60)	2,440
Young Carers in Schools Fund	13,034	(12,106)	928
Ford Britain Trust Grant	2,600	(734)	1,866
Carers' Trust YAC	1,000	-	1,000
Big Lottery People and Places Grant	7,940	(2,362)	5,578
ABMU Carers Strategy Measure 3	-	(22)	(22)
ABMU Carers Strategy Measure 5	-	(36)	(36)
Life Coaching fund	-	(1,940)	(1,940)
	<u>189,031</u>	<u>(215,777)</u>	<u>(26,746)</u>
<b>TOTAL FUNDS</b>	<u>303,752</u>	<u>(322,220)</u>	<u>(18,468)</u>

#### Designated funds

##### Young Adult Carers fund

The charity received a substantial donation of £10,000 that was designated towards young adult carers and in particular the ROOTS Project Manager post.

#### Restricted funds

##### Bursaries for individual carers

The charity administers grants to individuals on behalf of Carers Trust.

##### Macmillan Family Information and Support Worker

The Macmillan fund was originally a five year grant, extended for a further 2 years is to provide a Macmillan Family Information and Support Worker post. Additional grant funding was received from ABMU Integrated Care Fund to extend the post. The funding is ongoing and claimed in arrears.

**18. MOVEMENT IN FUNDS - continued**

**Carers Events fund**

Funding was received from the Carers Trust towards a Christmas Lunch event for carers.

**ABMU Carers Measure 1**

Joint grant funding was received from BCBC and ABMU to support the objectives of the Carers (Wales) Measure 2010 providing awareness raising at GP surgeries.

**Princess of Wales Hospital Support Worker fund**

Grant funding received from ABMU Integrated Care Fund and ABMU Carers Measure to provide a post working in the Princess of Wales Hospital, Bridgend, raising awareness and providing carers assessments.

**AMBU Carers Strategy Measure 7**

Joint grant funding was received from BCBC and ABMU towards a continuation of funding for the Welfare Benefits Worker and awareness raising.

**Community Café fund**

This fund is supported by the Carers Centre fundraising efforts.

**Carers Getting Together fund**

Awarded by Carers Trust for the young adult carers to have a break from their caring role and spend time as a group with other young adult carers. The choice of activity was Harry Potter Studios.

**Young Adult Carers Awareness Day fund**

Funds were awarded by Carers Trust to raise awareness of young carers in schools. Suggested activities include assemblies, PSE lessons, staff training and your carers groups.

**Big Lottery Awards for All fund**

£5,000 was awarded by big Lottery for activities for young adult carers to have a break from their caring role.

**ROOTS Project Manager fund**

The ROOTS Project Manager post is currently being funded by the Waterloo Foundation.

**YAC/YC donation fund**

This fund consists of donations received for the specific purpose of supporting young carers and young adult carers.

**YAC Book fund**

Donations from "The bear who struggled to care" young carers book, for the purpose of supporting young carers and young adult carers.

**Assessment income fund**

Funds for the provision of carers assessments referred from Common Access Point at BCBC.

**BCBC Grant - KP/YC/YAC**

Funding provided by BCBC for information booklets.

**Carers Link worker posts**

Welsh Government funding to employ three Carer Link posts bases in the three cluster networks.

**Morrisons Grant - Mindfulness**

A grant to provide three x eight sessions of mindfulness delivered to carers.

**CT Bereavement project**

A grant awarded to deliver 3 x 4 weeks Planning for Tomorrow courses in the three cluster networks of the borough.

**Young Carers in Schools fund**

ICF funding was received to deliver young carers support in schools.

**Ford Britain Trust Grant**

Grant awarded to help with the purchase of IT equipment that carers can access.

**18. MOVEMENT IN FUNDS - continued**

**Carers' Trust YAC**

Carers Trust Quilter funding to give short respite breaks and workshops to young adult carers.

**Big Lottery People and Places grant**

To fund the Young Carers Education Project Manager to support the Education in Schools Project.

**Carers Trust Peer Support Project**

Funding was received from the Carers Trust to provide group support for those needing emotional and wellbeing support from their peers. It supported activities and training with opportunities for friendship and social support.

**BBC Children in Need**

Funding was received from BBC Children in Need to support the Teen Group.

**Veteran Support Project**

Funding was secured from Age Cymru - 360 Project and Welsh Government - Armed Forces Department to help identify Veteran carers and carers looking after Veterans, to give them access to specific information and support to improve wellbeing for over 65s and to provide improved digital inclusion to help avoid loneliness and isolation for all aged beneficiaries.

**Volunteer Co-ordinator - Garden project**

Volunteer Co-ordinator - Garden Project (Gardd Gofalwyr) was funded through Awards For All Community Project. The Project is a six-month pilot identifying carers and volunteers to enjoy gardening activities and training to improve the outdoor space at Bridgend Carers Centre for everyone to enjoy.

**World Mental Health Day**

World Mental Health Day Funding was received from Cwm Taf University Health Board through each CVS organisation to support an event for carers to commemorate World Mental Health Day.

**Triangle Trust**

The Triangle Trust 1949 Fund provided a development grant to enable Bridgend Carers Centre to become more resilient and sustainable by providing Charity Log to show outcomes and appoint a Business Development officer to create opportunities to build and grow in ways which support all carers in Bridgend.

**Inspiring Change**

Funding was received from the Carers Trust for Young Adult Carers support.

**Young Adult Carers fund**

Funding was received from the Carers Trust and St James's Place Charitable Foundation to support Young Adult Carers and appropriate activities.

**Community Fund Wales - Wesleyan**

A contribution towards the appointment of a Dementia Carers Support Worker supporting Older Carers but with a special focus on those carers of Dementia.

**Carers Trust - Peer Wellbeing**

Carers Trust - Peer Wellbeing Funding was received from the Carers trust to continue the successful Peer Wellbeing Project by providing a programme of activities including staff involvement for online Zoom and Facebook Groups.

**Transfers between funds**

The transfer between the Carers Link Worker Post and general funds is in respect of fixed assets purchased.

The other transfers are by agreement with the funders.



**19. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in independently administered funds. Pension costs are apportioned to both activities and between unrestricted and restricted funds in proportion to the related staffing costs incurred. The pension cost charge represents contributions paid by the charity to the fund and amounted to £3,125 (2019: £2,759). Contributions outstanding at the year end amounted to £53 (2019: £Nil).

**20. RELATED PARTY DISCLOSURES**

The total key management personnel remuneration benefits paid during the year was £30,459 (2019: £28,595).

The total unconditional donations made to the charity by its trustees amounted to £60 (2019: £36).

**BRIDGEND CARERS CENTRE****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2020**

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
General donations	22,775	10,990
Membership fees	<u>315</u>	<u>238</u>
	23,090	11,228
<b>Other trading activities</b>		
Fundraising activities	2,153	1,528
<b>Investment income</b>		
Deposit account interest	441	267
<b>Charitable activities</b>		
Bursaries for individual carers	6,424	5,103
Grants	299,078	282,654
Other income	525	200
Community Cafe income	<u>2,514</u>	<u>2,772</u>
	<u>308,541</u>	<u>290,729</u>
<b>Total incoming resources</b>	334,225	303,752
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages and salaries	174,757	184,423
Social security	15,691	14,128
Pensions	3,125	2,759
Insurance	398	1,696
Light, heat and water	1,081	1,112
Telephone	473	4,945
Printing, postage and stationery	8,782	13,539
Publications, advertisements and subscriptions	33	1,802
Sundry expenses	122	646
Recruitment costs	990	925
Rent	3,250	3,250
Repairs, maintenance and cleaning	909	241
Carers' events	650	358
Breaks/project expenditure for carers	43,665	24,574
Staff travel	6,918	6,194
Staff training	2,301	3,587
Computer and IT expenses	1,940	775
Room hire	1,580	1,370
Drop in/Outreach expenses	21	339
Volunteer expenses	-	35
Bursaries to individual carers	6,724	5,455
Carers' training	130	-
Cafe purchases for resale	1,573	1,980
Depreciation	<u>1,473</u>	<u>1,263</u>
	276,586	275,396

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**BRIDGEND CARERS CENTRE**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2020**

	2020 £	2019 £
<b>Support costs</b>		
<b>Staff costs</b>		
Wages and salaries	23,321	23,175
<b>Other</b>		
Insurance	215	913
Light and heat	582	599
Telephone	158	1,649
Postage and stationery	1,857	1,920
Sundries	173	647
Bank charges	24	154
Rent	1,750	1,750
Repairs, maintenance and cleaning	489	714
Publications, advertisements and subscriptions	-	200
Computer and IT expenses	1,044	417
Carers Trust Membership	1,000	1,025
Equipment hire	1,738	3,127
	<u>9,030</u>	<u>13,115</u>
<b>Depreciation</b>		
Fixtures and fittings	1,472	1,306
<b>Governance costs</b>		
Wages	6,533	6,276
Accountancy fees	2,718	2,701
Legal and professional fees	2,285	-
Trustees' travel expenses	-	251
	<u>11,536</u>	<u>9,228</u>
<b>Total resources expended</b>	<b>321,945</b>	<b>322,220</b>
	<u></u>	<u></u>
<b>Net income/(expenditure)</b>	<b><u>12,280</u></b>	<b><u>(18,468)</u></b>

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