

Adenydd Trustees Annual Report 2022-23

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Reference and Administrative Details

| Name of the charity | Adenydd |
|--------------------------------------|---|
| Any other names it uses | N/A |
| Charity registration number | 1182052 |
| Address | 20 Highpool Lane, Newton, Swansea SA3 4TX |
| Phone | 07897211216 |
| Email | ceo@adenydd.org |
| Website | www.adenydd.org |
| Charity Commission entry for Adenydd | https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5118696/charity-overview |

Trustees

| Name | Role | Date of appointment | Other trusteeships | Reporting status of other trusteeships |
|-------------------------------------|---------|---------------------|--------------------|--|
| Philippa Webb (Chair) | Trustee | 21 July 2022 | None on record | N/A |
| Yee Leung Hon (Francis)(Vice Chair) | Trustee | 21 July 2022 | None on record | N/A |
| Joanne Southan | Trustee | 11 June 2018 | None on record | N/A |
| Dr Adam Southan | Trustee | 27 April 2023 | None on record | N/A |
| Matthew Donovan | Trustee | 27 April 2023 | None on record | N/A |

For further information visit our website: <https://www.adenydd.org/aboutus/trustees>

Structure, Governance and Management

Source: [Governance, ADENYDD - 1182052, Register of Charities - The Charity Commission](#)

Adenydd was first registered on 15 February 2019. Adenydd is registered as a Charitable Incorporated Organisation (CIO). Adenydd is recognised by HMRC for gift aid.

Policies

- Complaints handling
- Conflict of interests
- Safeguarding
- Volunteer management
- We have numerous other policies available on request.

Land and property

The charity does not own and/or lease land or property.

Trustee Selection Methods

Potential trustees apply when there is a vacancy (which is advertised on the Reach Volunteering website) and are shortlisted and interviewed by the CEO and the Chair of Trustees, or another person where there may be a conflict of interest. Their appointment is ratified by the Board of Trustees as a whole.

The onboarding process for trustees at Adenydd is a comprehensive and personalised journey facilitated by the CEO. New trustees are inducted into their roles through a series of sessions that provide insights into the organisation's mission, values, and strategic goals. The CEO takes a hands-on approach to address any knowledge gaps, ensuring that trustees are well-equipped to contribute meaningfully to their roles.

The onboarding process includes valuable interactions with the chair of trustees, fostering a deeper understanding of the board's dynamics and responsibilities. Additionally, trustees benefit from a bespoke program tailored to their individual needs, emphasizing a collaborative approach to knowledge enhancement. Specialised initiatives, such as trustee

away days, offer a unique platform for team building, knowledge-sharing, and strategic discussions. This holistic onboarding approach reflects Adenydd's commitment to empowering trustees with the tools and knowledge needed for effective governance and meaningful contributions to the organisation's mission.

Charitable Objects

The trustees have had regard to the Charity Commission's guidance on public benefit.

Our charitable objects are:

For the public benefit to relieve persons in need, in particular but not exclusively children, who have had adverse childhood experiences (ACEs) and their carers and/or families by the provision of therapeutic interventions, in particular but not exclusively counselling, psychotherapy and occupational therapy and such other activities that are exclusively charitable as the trustees shall see fit.

Objectives and Activities

Vision

A safe world

Mission statement

Helping the world feel a safer place for children with developmental trauma

How we do this

Contributing to a safer world for all children by fostering a profound understanding of the impact of adverse childhood experiences and developmental trauma among those involved in the lives of children.

We provide information, guidance and support to children, families and practitioners focussing on the impact of adverse childhood experiences and developmental trauma.

We seek to:

- Enable children to feel safe and listened to by empowering the adults in the child's world to understand what may be happening behind the behaviours.
- Enable the adults in the child's world to understand and use regulating and relational approaches to help children learn healthier ways to manage their emotional and physical responses.
- Empower the adults in a child's world to develop reflective skills and adopt approaches that enable the child to feel safe and well regulated.
- Develop and facilitate therapeutic, sensory and developmentally informed approaches appropriate for the child's context.

Through collaborative working we enable, empower and equip those who support children. We work together for sustained positive change; reducing barriers to reaching potential. This will be achieved by providing high quality, focussed learning and bespoke projects.

We offer the opportunity to rethink the way children with complex trauma needs can be supported, taught and cared for.

Activities and Projects

One of the main services we offer is a training course in developing knowledge and understanding of sensory regulation in addition to useful practical activities and resources. The training runs as two 3-hour sessions online or one full day face-to-face and is based on our experience of what has been effective when working with individuals or small groups of children.

We ran eight courses over the year for the local Social Services departments of Swansea and Neath-Port Talbot local authorities, the teaching staff and related professionals from the Partneriaeth region, and one 'open' course offered to the public.

Achievements and Performance

In its unwavering commitment to making a lasting impact, Adenydd has achieved significant milestones in the last year, showcasing its dedication to positive change and community empowerment. As of the latest update, Adenydd proudly reports the following accomplishments:

Training and Development: Adenydd has successfully trained a total of 508 staff members, equipping them with the necessary skills and knowledge to contribute effectively to the organization's mission.

Education and Community Projects: Courses and Projects Completed: Adenydd has completed an impressive total of 17 courses and projects, each designed to address specific community needs and foster sustainable development.

Direct Impact on Children: Adenydd has engaged with and positively impacted the lives of 24 children, providing them with essential support and resources for a brighter future.

Volunteer Engagement: Adenydd has established 5 volunteer teams, each dedicated to specific projects and initiatives. These teams work collaboratively to maximise the impact of Adenydd's efforts. Volunteer teams are organised into hubs, facilitating efficient coordination and project implementation in specific areas. Each hub is supported by a linked trustee, fostering communication and accountability within the organisation. Adenydd is also in the process of recruiting additional volunteers to strengthen this.

Ongoing Development: Adenydd is actively in the process of developing these volunteer teams, with a focus on recruiting dedicated Team Leads for each team. This expansion aims to broaden our reach and capacity. Additionally, we are working on developing our infrastructure to enhance organisational efficiency and effectiveness. This includes exploring new technology, resources, and systems to streamline our internal processes.

Adenydd extends our heartfelt gratitude to the exceptional individuals whose unwavering dedication and invaluable contributions have fuelled the success of our initiatives. Their commitment not only plays a valuable role but serves as the very heartbeat that makes Adenydd's transformative work possible. We extend our deepest appreciation for the impact their time and skills have had on our mission, shaping a brighter future for our children.

Feeling Just Right in school: Project funded by the Big Give

This project has had a significant positive impact on both the intended beneficiaries of the intervention and the staff involved. Feedback shows that children who participated in the project have learned valuable strategies to regulate their emotions, with many expressing their feelings more openly and staff feeling much more able to support children in this area. The project has created a calm and supportive learning environment where children eagerly

anticipate each session, utilising freshly acquired sensory support tools such as sensory activities to regulate them and calm their distress.

The project has expanded staff knowledge on sensory regulation and empathy towards children's behaviours, both personally and professionally. It has encouraged staff to adopt new approaches and strategies for children with additional needs, resulting in fewer emotional issues in the classroom. Moreover, the school community as a whole has gained a greater awareness of sensory needs and the importance of understanding and effectively supporting the underlying cause of children's behaviours. Even children who were not directly involved in the project increased their confidence and understanding of emotions, leading to a more harmonious and calm learning environment for all.

Looking ahead, the project participants plan to continue implementing sensory regulation activities and strategies, creating designated areas within the school for such activities and having resources readily available to the children for them to access whenever needed.

Families of the children have expressed interest in workshops on trauma and ACEs, practical and low-cost ideas for helping at home, obtaining funding for resources, managing behaviour issues, expressing feelings, and anger management which we hope to support them with. Overall, this project has made a positive impact on the school community, fostering a more supportive and empathetic learning environment.

Financial Review

- Review of the charity's financial position at the end of the reporting period
- The charity's policy for holding reserves is £1400 as this is sufficient funds to cease our work effectively and ethically.


Annual Accounts

As the income of the charity was below the £25,000 threshold this year an Independent Examination of the accounts was not required. Our accounts were prepared for us by our volunteer Finance Team, which includes a qualified accountant. They were approved by the trustees on 30 September 2023 and signed on their behalf by the Chair of Trustees, Philippa Webb.

Declaration

The Trustees declare that they have approved the Trustees' Annual Report above.

Signed on behalf of the Charity's Trustees:



Signature

Full Name: Philippa Webb

Position: Chair of Trustees

Date: 30/12/2023



| | | | | |
|-----------------------------------|-------------------------|---------------------------------------|--|--------------|
| Charity Name Adenydd | UIC (if any) 1182052 | Receipts and payments accounts | | CC16a |
| For the period from 01/04/2022 | To 31/03/2023 | | | |

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| GENERAL | | | | | |
| Gifts, donations, fundraising, etc. | 2,605 | - | - | 2,605 | 153 |
| PROJECT ACTIVITIES | | | | | |
| SCVF VSEF | - | - | - | - | 1,993 |
| Postcode Community Trust - EcoSensory Project | - | - | - | - | 19,990 |
| The Big Give - Feeling Just Right in School | - | - | - | - | 3,992 |
| Community Foundation for Wales | - | - | - | - | 1,993 |
| Professional development courses and sessions | 15,215 | - | - | 15,215 | 15,255 |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 17,820 | - | - | 17,820 | 43,377 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 17,820 | - | - | 17,820 | 43,377 |
| A3 Payments | | | | | |
| GENERAL | | | | | |
| Insurance | 479 | - | - | 479 | |
| Equipment | - | - | - | - | 265 |
| Marketing | - | - | - | - | 152 |
| Admin not directly related to projects | - | - | - | - | 274 |
| Subcontractors - development | 800 | - | - | 800 | 400 |
| Sundry | 1,108 | - | - | 1,108 | 568 |
| Accounts | 287 | - | - | 287 | 100 |
| PROJECT ACTIVITIES | | | | | |
| The Waterloo Foundation - grant - BRR Project (formerly Foundations for Attachment Course) and Sunshine Circles | - | - | - | - | 6,480 |
| SCVS VSEF grant | - | - | - | - | 134 |
| Community Foundation for Wales | - | - | - | - | 122 |
| Postcode Community Trust - EcoSensory Project | - | 5,058 | - | 5,058 | 1,645 |
| The Big Give - Feeling Just Right in School | - | 4,000 | - | 4,000 | - |
| Professional development courses and sessions | 10,350 | - | - | 10,350 | 12,001 |
| | - | - | - | - | - |
| Sub total | 13,024 | 9,058 | - | 22,082 | 22,141 |
| A4 Asset and investment purchases, (see table) | | | | | |
| Community Foundation for Wales - MacBook Pro laptop + accessories | - | - | - | - | 1,866 |
| SCVS VSEF grant - MacBook Pro laptop + accessories | - | - | - | - | 1,874 |
| iPad | - | 869 | - | 869 | - |
| | - | - | - | - | - |
| Sub total | - | 869 | - | 869 | 3,740 |
| Total payments | 13,024 | 9,927 | - | 22,951 | 25,881 |
| Net of receipts/(payments) | 4,796 | - 9,927 | - | - 5,131 | 17,496 |
| A5 Transfers between funds | 2 | 2 | - | - | - |
| A6 Cash funds last year end | 11,725 | 22,343 | - | 34,068 | 16,572 |
| Cash funds this year end | 16,518 | 12,418 | - | 28,937 | 34,068 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|----------------------|---|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Bank account | 16,502 | 12,418 | - |
| | Drop and Go card | 16 | - | - |
| | | - | - | - |
| | Total cash funds | 16,518 | 12,418 | - |
| | <small>(agree balances with receipts and payments account(s))</small> | | | |

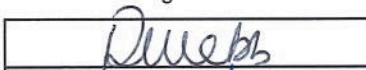
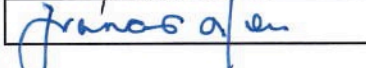
| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| Categories | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| B3 Investment assets | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| Categories | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---|-------------|-----------------------------|-----------------|--------------------------|
| B4 Assets retained for the charity's own use | MacBook Pro | | - | - |
| | MacBook Pro | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| Categories | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------|---------------------------------|-----------------------|---------------------|
| B5 Liabilities | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

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

| Signature | Print Name | Date of approval |
|---|-------------------------|------------------|
|  | Philippa Webb, Chair | 30/09/2023 |
|  | Francis Hon, Vice Chair | 30/09/2023 |