

Trustees Report

2023

FROM Wales Charity Number 1149385

Prepared by: Dr Susan Carnes Chichlowska: Secretary FROM Wales

Registered Address: Star House, 9 Glanhafan, Solva, Pembrokeshire SA62 6TA

FROM WALES ORGANISATIONAL ACTIVITIES

THE CHARITABLE PURPOSE:

TO WORK IN LOCAL COMMUNITIES ACROSS MALAWI, WITH A PURPOSE TO PROMOTE AND FULFIL CHARITABLE PURPOSES THROUGH FACILITATING DEVELOPMENT, SELF-SUFFICIENCY AND REDUCING POVERTY.

TO ADVANCE EDUCATION ACROSS SCHOOLS IN MALAWI AND THE UK

TO RELIEVE PERSONS WHO ARE IN CONDITIONS OF NEED OR HARDSHIP OR WHO ARE AGED OR SICK.

TO SUPPORT THE CHRISTIAN FAITH IN MALAWI AND THE UK

FROM WALES SUPPORTS A WIDE RANGE OF PROJECTS IN MALAWI, ITS OBJECTIVE IS TO UTILISE LOCAL RESOURCES AND KNOWLEDGE TO BEST EFFECT PUBLIC BENEFIT AND FUNDING.

THE OBJECTS

Throughout the provisions of projects and services in Malawi and the UK; *FROM Wales* makes a contribution to the following charitable purposes as set out in the Charities Act 2006:

- a) the prevention or relief of poverty
- b) the advancement of education
- c) the advancement of religion
- d) the advancement of Health or saving lives
- e) the advancement of citizenship or community development
- f) the advancement of human rights, the promotion of racial or religious harmony or equality and diversity
- g) the relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

ACHIEVEMENT AND PERFORMANCE

The COVID 19 pandemic has severely affected some of the businesses that support Fishermans Rest Community Projects. None the less the projects have been delivered and much has been achieved in very difficult circumstances.

FROM Wales meets the needs of the community. Projects have the flexibility to change, be remodelled or a new project started. *FROM Wales* allows potential to work with new and unforeseen partners and projects within the scope of the charities objects.

FROM Wales also works in the UK to promote Malawi and works alongside FRCP and Fisherman's Rest to attract groups and teams to Malawi to carry out projects. *FROM Wales* is passionate about providing a cross-cultural experience and facilitating understanding between people in our higher more developed economic circumstances and the lower economic development apparent in Malawi. Understanding garners support for projects in Malawi through education and awareness.

The economic fallout post the Covid 19 global pandemic has continued to impact through 2023 culminating with a 44% devaluation of the MWK. The core program development and implementation continues, with encouraging developments in the conservation and WaSH projects in particular.

WaSH programmes: (Water, Sanitation and Hygiene)

The MA repair programme continues to develop. The MAMS repair and teaching programme continues to be the leading handpump management, repair, and maintenance programme in Malawi. A few additional programmes are appearing, of which all have had training from FRCP MA and some have elected to use the FR MAMS database.

As of 2019 - MA continued throughout 2023 to support and report quarterly to the Blantyre district water office and district council on the status of all handpumps in Blantyre rural, approximately 2,400. – This continues to be a unique programme keeping the Blantyre Rural Afridev handpump functionality at about 90%. The FRCP MAMS programme to Nsanje District initiated in January 2021, stopped for 2022, was restarted in 2023 as a result of hurricane Freddy at the request of the Nsanje District council. The focus has been the evaluation of damaged afridev pumps, repairs and water quality testing.

Further work on Fluoride in water is anticipated. FRCP MA has maintained the microbiological water quality longitudinal study, and testing programme. This has been extended to the whole of TA Somba testing between October to December for the 2022 Wet Season and dry and wet seasons in 2023.

The MAMS database and App. The app is translation into Chichewa has been completed. In 2024 it is anticipated further translations in the other local languages will be in progress.

Project BRAVE: (Be Respectful and Value Everybody)

In 2023 project BRAVE has engaged with 13 schools, 335 girls and 294 boys, addressing adolescence, and relationships. Schoolchildren from the bordering schools are introduced to the Safe House at Mirale Police Sub-Station. BRAVE continues to include parent group workshops, addressing behaviour at home and child parent relationships. Girls receive sanitary packs and underwear, BRAVE bracelet, bar of soap. Boys receive underwear, BRAVE bracelet, bar of soap. Each year before the program there are meetings with community members, PTA, School Ctte, Mothers Gp, and some teachers/ Head/ Deputy and class teacher with the chief.

The Safe House at Mirale Police Sub-Station has now been open for two and a half years. It is in constant use, providing family counselling, women's Counselling and overnight refuge for women

escaping gender-based violence. The Safe House continues to be supported through Mirale police station staff; a female councillor and child protection officer, two male councillors, and Fisherman's Rest staff. It has been reported that overnight stays at the safe house are decreasing, maybe one a month. Day consultations decreasing to some 3 per week. Consultations used to be one or two per day. These decreases have been attributed to the safe house.

TGFP: (The Good Food Project).

FRCP is providing TGFP/ LP to 8 schools and approximately 3,500 children. Schools supported with TGFP: Horton CDSS, St Mary's, Mauku, Ntayemwana, Kachere2, Noble Nankufi, Mbame, Mtemaumo, Tilitonse

The Conservation Programmes:

The tree planting, woodland, and conservation programme continues. We have presently 42 communities with FRCP monitored nurseries. nurseries have planted out an estimated 75,000 seedlings (up from 48,000). 17 community tree planting and conservation workshops have been held at the Fisherman's Rest Skills Training Centre (up from 11). Approximately 320 villagers have been through the conservation training program. 6 workshops have been conducted in schools teaching 45 to 60 students at each. Financing for this program is increasing, the Welsh Govt. has given into this project. The Bauble project has raised several thousand pounds and regular donors are on the increase. The tree project continues to distribute seedlings to communities attending Changu Changu workshops and some waterpoint repairs. It is estimated approximately 1626 changu stoves have been constructed in 2023 by individuals attending 126 training sessions. 12,600 seedlings have been given out into this programme, ten for each stove installed. Our goal remains, to plant out one million trees each year.

Schools:

A sense of normality has not yet returned to the school and the education system. Throughout the academic year FR has continued to provide provide a minibus to transport teachers from Chadzunda Market. Throughout the academic year The Tea House accommodation at Fisherman's Rest continues to be allocated to student teachers. 7 student teachers for St Mary's will be accommodated in the 2023/2024 academic year.

School Sponsorship:

FRCP presently sponsors 41 children in Horton Forms 1-4. And FR sponsors 10 staff children in other schools. One student is in University sponsored by a single donor.

School Building Programmes:

Horton CDSS: additional land to purchase. No construction took place in 2023. Some maintenance was carried out. WIP and work to do has been carried over to 2024. There is more work to do on the boundary, protecting and managing waterways, additional and improved pathways, improvement to toilets and water supply. Some more general maintenance. The additional land is yet to be purchased. The science laboratory has been equipped with a laboratory from the decommissioned Tasker Milward School. Still pending, two water tanks have been purchased for the erected tower at

Horton, additional work is to be done on pipe installations to the school toilets and laboratory. Essential water management work still needing to be done around the school to cope during the heavy rains with improved ditches and gutters. A perimeter boundary is also required.

Library:

As in 2022, the report remains largely unchanged. The libraries have been handed over to school management and FRCP extension staff continue to monitor these.

Training Centre:

As in 2022, for 2023 the training centre continues to be busy with WaSH, and conservation programmes.

Two 40ft containers with school furniture have been offloaded. Most desks have been rewelded and reassembled. All furniture is maintained and made good (as new) before despatch to schools.

Public Benefit of FROM Wales

As an overview, projects in Malawi are focused around suggested, needs and issues arising from local communities and organisations. These are researched by FRCT and deemed as supportable by the team in Malawi and then *FROM Wales* in the UK. The community involved are responsible for the everyday functioning of the projects and keep the benefits or profits, resulting in widespread public benefit.

The relief of poverty in the area through FRCT/*FROM Wales* projects helps to create hope, enthuse action strengthen morale and support growth in the Nankumba and Madziabango communities. The projects *FROM Wales* supports are accessible to everyone, with no charge, there is no exclusivity except in age related youth activities and gender specific events (ie., girls menstrual hygiene classes and boys adolescent classes), which are culturally more appropriate. Public benefit from these charitable purposes is the direct receipt of consumer items, access to facilities such as food and water and community information such as healthcare, farming, biblical teaching and government news.

Education projects are accessible to the pupils and teachers of each school as well as the schools' surrounding community. Libraries and IT suites are open to school children as well as the community outside school hours, advancing all age skills in literacy, English and communication. Teacher training conferences and assemblies are taught by teams and groups from abroad, these offer public opportunity to learn new teaching styles and gather new material. These resources are unobtainable for most rural schools, the work *FROM Wales* helps the youth of this generation gather skills for working in this day and age, making informed, independent decisions, to become positive citizens of Malawi and the world.

Community development is enhanced by Tilitonse community centre, now a hub of village life, it provides the public with good water, a safe environment for children, a centre for meetings, celebrations and voluntary opportunities. Tilitonse reinforces unity within local

communities and a sense of ownership and provision, offering incentive for the public to ensure its success and longevity.

Advancements of healthcare projects are through women's and young girls health workshops, boys respect programmes and public health workshops. The public benefits of these events are raising awareness and knowledge of sanitation and hygiene, especially with young girls to encourage them to take the opportunity to complete their education, protecting people from illness and disease as well as the potential to save lives.

The Madziabango and Nankumba area's predominantly share the Christian faith. *FROM Wales* works to advance and support this action and to be open and inclusive. The public benefits are meeting peoples' spiritual as well as physical and psychological needs. *FROM Wales* looks to support people in their own decision making, as a right to freedom of choice.

FROM Wales has a desire to work for the good and public benefit of people, when needs arise they are researched, reviewed and if necessary, addressed. The potential harm of interfering with peoples lives is assessed in each situation, *FROM Wales* sees its presence in Tilitonse and the Madziabango, Nankumba and Mbame area's as integral to preventing the cause of harm in Charitable giving, everything given is accountable by the receiver and accounted for by the giver, and followed up. Communities benefit from the knowledge that FRCT through *FROM Wales* is established in the area, there is a trust and friendship built over years of time investment and financial investment which promotes respect between parties. Giving is assessed on a culturally acceptable basis as well as needs assessed and key Malawian employees help FRCT to differentiate this fine balance. *FROM Wales* has learnt from experience, reflected on the effective and the ineffective and still appreciates: learning how best to give and facilitate, never stops.

Acknowledgements

None of these development programmes would be possible without the generous partnerships of our corporate and individual sponsors many of whom would like to remain anonymous.

Trustees for 2023/4

Chairperson: Mr Wiktor Chichlowski

Treasurer: Mr Robert Walker

Secretary: Dr Susan Carnes Chichlowska

Trustee: Mr Rhett Gates

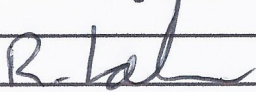
Trustee: Mrs Susan Gates

Section B

Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	15,317	94,281	-	109,598	103,535
Total current assets		B10	15,317	94,281	-	109,598	103,535
Creditors: amounts falling due within one year	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	15,317	94,281	-	109,598	103,535
Total assets less current liabilities		B13	15,317	94,281	-	109,598	103,535
Creditors: amounts falling due after one year	(Note 20)	B14	15,317	94,281	-	109,598	103,535
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	-	-	-	-	-
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	94,281	-	94,281	78,581
Unrestricted funds		B19	15,317	-	-	15,317	24,954
Revaluation reserve		B20	-	-	-	-	-
Total funds		B21	15,317	94,281	-	109,598	103,535

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

Signature	Print Name	Date of approval dd/mm/yyyy
	R. WALKER	12/03/2024

Independent examiner's report on the accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
"From Wales" Trust

On accounts for the year
ended

31 July 2023

Charity no
(if any)

1149385

Set out on pages

1 to 45

(remember to include the page numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Chartered Institute of Management Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

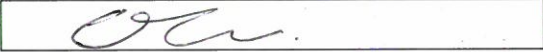
**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have 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.

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

Signed:		Date:	22-02-2024
Name:	Chris Thomas		
Relevant professional qualification(s) or body (if any):	Chartered Institute of Management Accountants		
Address:	5 Wades Close		
	Pembroke		
	Pembrokeshire		

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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