

REGISTERED COMPANY NUMBER: 07068880 (England and Wales)
REGISTERED CHARITY NUMBER: 1136641

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023
FOR
ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED**

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 30 June 2023**

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Statement of Financial Position	8 to 9
Notes to the Financial Statements	10 to 14

**REPORT OF THE TRUSTEES
for the Year Ended 30 June 2023**

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 30 June 2023. 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

Objectives and aims for the Public Benefit

The charity's objectives are to relieve sickness and preserve the physical and mental health of cancer patients and their carers in South Wales by providing or assisting in the provision of equipment, facilities and services not normally provided by the statutory authorities, in particular but not exclusively through the provision of support, information and complimentary therapies including reflexology and lymphodaema massage.

The trustees confirm that they have complied with the duty of section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charity Commission. This guidance has been referred to when reviewing the Charity's aims and objectives in planning future activities.

Volunteers

The shop and cafe are manned by volunteers. The value of any voluntary help is not included in the accounts.

**REPORT OF THE TRUSTEES
for the Year Ended 30 June 2023**

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity venue was established when the lease of a large building was acquired rent free in lieu of the charity incurring expenditure to make the building fit for its purpose. With a great deal of help from volunteers, 2009 saw the creation of a charity shop, a work room, sorting and recycling room, a book area, and a small kitchen.

Work then turned to creating a quiet haven for a coffee shop at the rear of the building. When this was completed, attention was focused on the first floor. One by one, the three treatment rooms were furnished and occupied by therapists, counsellors, podiatrist, and beauticians. These rooms were named by colours and their doors duly painted - the blue room for the therapists, the pink room for the podiatrist and beauticians and the yellow room for all counsellors and the patient's coffee mornings.

From June 2020 to 2021 saw the great "Lock Downs" which seemed so unreal! The Charity was informed that the community kitchen was over stocked and needed help in handing out the fresh vegetables etc. The Charity then decided to open the kitchens run by three people and they prepared fresh soups and sandwiches for isolating patients. It was a time of sterilization, masks and 2 metre distances but they managed to get food to be delivered to all patients who needed it.

To combat the loneliness of the strangeness that forced people to stay indoors, the Charity embarked on helping patients to join in zoom meetings on a messenger page run by Facebook. They managed to get most of their patients on it eventually and kept in touch through the various lock downs. The patients were encouraged to take part in mini films about themselves and how they were coping with isolation - these were aired on Facebook and proved successful in keeping everyone in touch. It was a very strange time.

During the covid lock down, the charity received a grant of £10,000. This grant was a godsend in a devastating time and was spent on turning the craft/music practice shed situated in the garden into a covid compliant studio. A great deal of planning went into the studio with the end of lockdown in mind. This it was felt would enable patients to come in through the back entrance (from the car park) where there were no steps and a disable friendly pathway to the door to receive their treatments and leave immediately without having to travel through the Charity shop with the danger of meeting someone with covid.

The roof was insulated, and a brand-new ceiling installed which was highly insulated so that the building could be used during the winter months. Central heating was successfully installed. The shed used to comprise of two areas, this allowed us to design the larger area as the treatment room with new sinks, cabinets and marble tile flooring (all hard surfaces were easily accessed for intensive cleaning during and following the Covid period). A hairdressing area, manicure and pedicure area and new therapeutic table for the therapists giving various massages were established.

The second area of the old shed was given a new marble floor as well, this is now used as the hairdressing area next to the small new bathroom where patients can avail themselves of the facilities following treatments without having to climb many steps into the main building.

Following Covid it became very evident how the isolation had affected the patients. An increase in mental health issues was very evident! . Many complained of "anxiety", "fear" and refused to leave the safety of their homes to start life once again! It took a long time to build up confidence and encourage the Buckateers to restart the life they had before the epidemic. Getting back to "normal" the charity has accepted patients with other life limiting conditions other than cancer as their approach to the "terminal" label of "let's get out there and live life to the full" has had very positive acceptance from the patients and their families. The power of Distraction Therapy has been proved during lock down - with no distraction, the patients have been isolated from others who give them hope and combatting depression and anxieties are now very uppermost in our counselling care for patients.

Several visits to concerts, events and sites along with talks from various visitors to the venue happened during the year. As usual the patients enjoyed their four parties at Bramble Hall during the year.

**REPORT OF THE TRUSTEES
for the Year Ended 30 June 2023**

Two considerable donations allowed the charity to embark on improving the qualifications of the therapists with extensive training. Firstly, the charity invested in new technology by purchasing a deep tissue oscillator which was a great help with lymphoedema problems. Because of a high level of Covid in the local hospital, patients were being sent home from their lymphoedema clinic appointments with a booklet of self-help exercises to alleviate their symptoms. Because of the success of the DTO - a further machine was purchased and both proved invaluable. The two machines along with the training of the therapists in the use of the machines saw an increase in patients attending our new studio in the garden. These machines alleviated Pain, stiffness, soreness and swelling plus it reduced lumpy scarring tissue following surgery and allowed the therapists to work all day without needing to rest their hands.

The Charity embarked on renting out a small area of the coffee shop for a delicatessen dealing with eastern European foods as an added attraction and distraction for visiting patients. The patients and public alike enjoyed the novelty of food from different cultures.

FINANCIAL REVIEW

Reserves policy

The end of the period saw financial reserves standing at £56,370 (2021 - £51,564).

It is currently the policy of the charity to maintain reserves at a level which equates to approximately 12 months expenditure in order that the charity can continue to function if sources of income decrease.

Principal funding sources

The charity has a high profile within the local area. Principle funding sources come from donations, from local fundraising events as well as realisation of donated goods within the charity shop.

FUTURE PLANS

It was towards the end of the summer of 2022 that the charity became aware that the land behind them, a large car park, was put up for purchase by the Pembrokeshire County Council and had potentially been sold to a large housing association. With the loss of the rear access to the newly renovated Studio imminent and several other factors, (the massive increase in donations, the lack of operating space for the recycling area of the charity) the charity realised it needed to expand into new premises preferably with its own car park for patients. With this in mind and after scouting Haverfordwest for potential new properties, the very large building called Foley House which was owned by Pembrokeshire County Council presented itself as a potential new home for the charity.

Having no assets to purchase the building, which is in need of considerable repair, the charity trustees applied for a Community Asset Transfer (CAT) from the council. The property is a listed building which has fallen into considerable disrepair, a circumstance not unlike the building the charity moved into originally!

This is a bold step for the charity, it intends opening its doors to all life limiting conditions not only cancer in its potential new venue. The building has its own carpark and comprises of 4 levels. If successful in its bid, the charity intends to transplant its successful format into this very much larger area. In addition, the charity hopes that it can encourage alongside its therapists, podiatrist and counsellors - a dentist to join them as well as an audiologist, a trichologist, an ophthalmologist and an hypnotherapist.

The charity realises that it faces a huge challenge in the forthcoming years because of what is happening world wide with covid and the political arena, but to ignore what is happening around the venue at present will certainly make it impossible to carry on the way it has in the past.

The charity made a promotional video and aired it on You Tube, called LEGACY - The Story of Adam's Bucketful of Hope Charity. This film has been exceptionally well received and proves to be of great help in fundraising. It has also been instrumental in the charity entering a successful CAT bid with the Pembrokeshire County Council for Foley House Goat Street.

To this end, the charity has set about acquiring this building by entering a feasibility study and a business study to support our bid for this House in May.

**REPORT OF THE TRUSTEES
for the Year Ended 30 June 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Adam's Bucketful of Hope Appeal Limited charity was incorporated on 6th November 2009 under the Companies Act 2006 as a private company limited by guarantee (Company Number 07068880). It was also registered as a charity on 29 June 2010 with the Charity Commission for England and Wales (Charity Number 1136641). It is governed by its memorandum and articles amended by resolution on 25 May 2010.

Recruitment and appointment of new trustees

The trustees welcome new trustees or members who can assist with the development of the company. New appointees receive support and guidance from their fellow trustees.

Induction and training of new trustees

New trustees are briefed on their legal obligations under charity and company law, and the content of the Memorandum and Articles of Association. They are also given the opportunity to meet employees and other trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07068880 (England and Wales)

Registered Charity number

1136641

Registered office

11 Dew Street
Haverfordwest
Pembrokeshire
SA61 1ST

Trustees

Ms E A Tadman
Mrs P Pool
Mrs G C E Ferguson - Gardner
Mrs M H Ross-Harper
Mrs M N Hay
Mrs S J Davies
Mrs V E J Shaw
Mrs J K Owen

Company Secretary

Ms C Evans-Thomas

Independent Examiner

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

**REPORT OF THE TRUSTEES
for the Year Ended 30 June 2023**

COMMENCEMENT OF ACTIVITIES

Adam Evans-Thomas embarked on a fundraising mission during his fight against leukaemia. His doctor was described as giving a "thimbleful of bad news in a bucketful of hope".

Sadly, Adam died but the charity was formed and his work was continued by his mother together with other volunteers.

The charitable company was incorporated on 6 November 2009 and the charity shop was opened on 1 December 2009.

Prior to incorporation, the group had been actively fundraising for a number of years as an unincorporated entity under the umbrella of the local health board.

Approved by order of the board of trustees on 19 March 2024 and signed on its behalf by:

Mrs M H Ross-Harper - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED**

Independent examiner's report to the trustees of Adam's Bucketful of Hope Appeal Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2023.

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

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.

Mr Paul Murray

L M Griffiths & Co Limited
Chartered Certified Accountants
1&2 Merlins Court
Winch Lane
Haverfordwest
Pembrokeshire
SA61 1SB

Date:

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 30 June 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		15,965	11,600	27,565	8,730
Charitable activities					
Charity shop & facilities		48,955	-	48,955	43,073
Investment income	2	4,800	-	4,800	4,263
Other income		130	-	130	17
Total		<u>69,850</u>	<u>11,600</u>	<u>81,450</u>	<u>56,083</u>
EXPENDITURE ON					
Charitable activities					
Charity shop & facilities		<u>65,044</u>	<u>11,600</u>	<u>76,644</u>	<u>56,230</u>
NET INCOME/(EXPENDITURE)		4,806	-	4,806	(147)
RECONCILIATION OF FUNDS					
Total funds brought forward		51,564	-	51,564	51,711
TOTAL FUNDS CARRIED FORWARD		<u>56,370</u>	<u>-</u>	<u>56,370</u>	<u>51,564</u>

The notes form part of these financial statements

STATEMENT OF FINANCIAL POSITION
30 June 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	6	31,034	-	31,034	31,748
CURRENT ASSETS					
Cash at bank and in hand		28,396	-	28,396	22,426
CREDITORS					
Amounts falling due within one year	7	(3,060)	-	(3,060)	(2,610)
NET CURRENT ASSETS		<u>25,336</u>	<u>-</u>	<u>25,336</u>	<u>19,816</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		56,370	-	56,370	51,564
NET ASSETS FUNDS	8	<u>56,370</u>	<u>-</u>	<u>56,370</u>	<u>51,564</u>
Unrestricted funds				56,370	51,564
TOTAL FUNDS				<u>56,370</u>	<u>51,564</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

STATEMENT OF FINANCIAL POSITION - continued
30 June 2023

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 by the Board of Trustees and authorised for issue on 19 March 2024 and were signed on its behalf by:

Mrs M H Ross-Harper - Trustee

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 30 June 2023

1. 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.

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.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Plant and machinery	- 15% on reducing balance
Computer equipment	- 25% on cost

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 30 June 2023**

2. INVESTMENT INCOME

	2023	2022
	£	£
Rents received	<u>4,800</u>	<u>4,263</u>

3. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Depreciation - owned assets	<u>5,348</u>	<u>5,000</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2023 nor for the year ended 30 June 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2023 nor for the year ended 30 June 2022.

5. STAFF COSTS

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

	2023	2022
	<u>-</u>	<u>1</u>
Administrative		

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

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 30 June 2023**

6. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 July 2022	65,289	16,462	17,080	3,556	102,387
Additions	-	4,634	-	-	4,634
At 30 June 2023	<u>65,289</u>	<u>21,096</u>	<u>17,080</u>	<u>3,556</u>	<u>107,021</u>
DEPRECIATION					
At 1 July 2022	46,796	8,637	11,845	3,361	70,639
Charge for year	2,597	1,869	785	97	5,348
At 30 June 2023	<u>49,393</u>	<u>10,506</u>	<u>12,630</u>	<u>3,458</u>	<u>75,987</u>
NET BOOK VALUE					
At 30 June 2023	<u>15,896</u>	<u>10,590</u>	<u>4,450</u>	<u>98</u>	<u>31,034</u>
At 30 June 2022	<u>18,493</u>	<u>7,825</u>	<u>5,235</u>	<u>195</u>	<u>31,748</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Social security and other taxes	750	1,500
Accrued expenses	<u>2,310</u>	<u>1,110</u>
	<u>3,060</u>	<u>2,610</u>

8. MOVEMENT IN FUNDS

	At 1.7.22 £	Net movement in funds £	At 30.6.23 £
Unrestricted funds			
General fund	51,564	4,806	56,370
TOTAL FUNDS	<u>51,564</u>	<u>4,806</u>	<u>56,370</u>

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 30 June 2023**

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	69,850	(65,044)	4,806
Restricted funds			
Moondance	11,600	(11,600)	-
TOTAL FUNDS	<u>81,450</u>	<u>(76,644)</u>	<u>4,806</u>

Comparatives for movement in funds

	At 1.7.21 £	Net movement in funds £	At 30.6.22 £
Unrestricted funds			
General fund	51,711	(147)	51,564
TOTAL FUNDS	<u>51,711</u>	<u>(147)</u>	<u>51,564</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	56,083	(56,230)	(147)
TOTAL FUNDS	<u>56,083</u>	<u>(56,230)</u>	<u>(147)</u>

ADAM'S BUCKETFUL OF HOPE APPEAL LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 30 June 2023**

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.7.21 £	Net movement in funds £	At 30.6.23 £
Unrestricted funds			
General fund	51,711	4,659	56,370
TOTAL FUNDS	<u>51,711</u>	<u>4,659</u>	<u>56,370</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	125,933	(121,274)	4,659
Restricted funds			
Moondance	11,600	(11,600)	-
TOTAL FUNDS	<u>137,533</u>	<u>(132,874)</u>	<u>4,659</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2023.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.