

BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr

Annual Impact Report 2020-21



Chair and CEO's report

Welcome to our Annual Review of 2020/21. A year like no other!

It's been a year of transition and transformation; we had just started work on an ambitious programme to develop 'Resourceful and Connected communities' in Bridgend County. The success of this needed us to work closely with community organisations, but then we all faced the challenge of Covid 19.

This year showed us just how crucial the third sector is to supporting people in communities at times of crisis and how timely and how important the resourceful communities programme was, and how we needed to expedite plans for delivery. The first thing we want to say is that we are so very proud of, and grateful to, all those community organisations that were able to keep operating and worked with us to keep people safe, healthy and supported in their own homes and communities! Without them, and their volunteers, we would not have been able to achieve as much as we did.

As the pandemic took hold, we reconfigured our whole team to delivery an emergency front line response, and we were able to respond quickly and creatively to support our members and communities to navigate the unprecedented challenges we all faced. The response to our COVID-19 volunteering scheme was phenomenal - within days, hundreds of residents had signed up to support the efforts in Bridgend County.

Our Volunteer team worked tirelessly to place volunteers with our members and partners providing critical support on the frontline, but we had so many people come forward, we decided to manage our own team of 'community response volunteers' too. Some people who were housebound and/or shielding and anxious themselves came forward to provide telephone befriending to others, and this really helped people feel less alone, and more connected.

Our new 'Community navigator' older people's service ramped up coverage across the County, and we opened it up for all ages to use. Our Navigators were able to dispatch our 'community response volunteers' to provide one-to-one support to those who needed it. We also operated a 7-day service until 8pm each evening, and when shifts were over, many of the BAVO team also volunteered!

Our Development Team helped make sure groups had all the latest guidance, and were operating safely. Community centres received guidance on safe opening and we even managed to distribute PPE to organisations such as community kitchens and pantries. The team was also on hand to support a good number of ad-hoc mutual aid groups and neighbourhood schemes which had sprung up. This

helped groups of people understand the importance of safeguarding and helped them operate within the law.

Like many others, we embraced new technology which has transformed the way we operate and collaborate. Making better use of digital technology has made us a more agile organisation, giving us flexibility and ability to adapt and respond quickly to changing needs. However, we also know not everyone has access or skills to make use of technology, so we made sure our Community based staff continued to be available on the phone and were able to work safely in community hubs when it was necessary.

Guided by the principles of innovation, collaboration and inclusion, we were able to excel in our work, but we didn't do it alone. We worked hand-in-glove with BCBC Social Services and Early Help department.

Having a common goal and approach helped us all focus on getting support to where it was needed, quickly. Covid has shown us that people rely on hyperlocal support when there is a crisis. Communities of Bridgend County can be very different in nature and need, but there is also a lot of commonality when it comes to basic human needs of food, shelter, warmth, healthcare. The pandemic really evidenced to us that building local resourceful and connected groups and communities is essential for people's long-term wellbeing.

We have worked with and are grateful to, BCBC, Cwm Taf Morgannwg Health Board, the Regional Partnership and Public Service Board teams, Wales Council for Voluntary Action, Welsh Government and South Wales Police amongst others. These organisations provided additional support, including funding and investment to get us through these challenging times.

We would also like to thank our local AM's, MP's and Councillor's across all communities, many of whom also personally volunteered with us to help people in their wards.

To our staff team, our Trustees and volunteers, we thank you for your commitment, hard work and for always going the extra mile!



Steve Curry
Chair



Heidi Bennett MBA, MCIPD
Chief Executive



Trustees 2020/21

Steve Curry (Chair)
Gloucester CVS

Marged Griffiths (Vice Chair)
Mudiad Meithrin

Mari Major MBE
Morgannwg Endeavour Charitable Trust

Clive Owen
Cruse Bereavement Morgannwg

Cllr Richard Young
Mental Health Matters Wales

Mission statement

Our purpose is to support, encourage and promote the development of a voluntary and community sector in Bridgend County Borough, that is effective and efficient, informed and influential and makes a positive impact on people's lives.



Values

The work of BAVO is guided by a set of values that help to determine priorities and the overall style of working. We recognise that Bridgend County Borough is diverse and everyone has the right to equality of opportunity and to make a positive contribution to their community.

The outcomes we want to achieve are:



Stronger third sector organisations; through providing support, advice and training and learning opportunities, skills development and capacity building.



Active and diverse communities; through supporting and promoting volunteering and active citizenship, equal opportunities and diversity.



A confident and influential third sector; through advocating for the sectors' inclusion in shaping policies, strategies, co-producing solutions to local issues and embedding the sector in local planning and commissioning processes.



A greater voice for citizens and communities; through enabling service users/carers, community groups and citizens to engage in local decision-making processes that affect them and their lives.



A sustainable third sector; through attracting investment, brokering strong partnerships, coordinating and connecting opportunities for collaborative working.

How do we do this?

BAVO, along with 18 other County Voluntary Councils in Wales and Wales Council for Voluntary Action (WCVA), form the Third Sector support Wales (TSSW) network. With core funding support from Welsh Government, we are tasked to deliver on four key areas of work (the Four Pillars).

Volunteering



OUTCOME:

More people in Bridgend County are engaged in and benefit from volunteers and volunteering.

What BAVO volunteers provided to help people in the community

We moved quickly putting our skills and energy into placing the volunteers with as many vacancies as possible and when they were filled, we decided to manage a bank of volunteers ourselves 'community response volunteers'. We knew the issues people were facing and prioritised key areas of support to meet those needs, and we worked with BCBC Social services and others to make sure that the support was safe, high quality but also that it gave people choice and helped them maintain independence at home. The volunteers were deployed, supported and supervised by the BAVO team. They shopped and delivered shopping when online systems were clogged up, they picked up and delivered prescriptions, we had a bank of telephone befrienders and we had volunteers who did welfare checks. This entailed door-knocking people who were not responsive to shielding calls just to check their wellbeing and any personal needs. People who were shielding or self-isolating were then supported by BCBC with food boxes and we helped with other items too.

Importantly, we developed volunteer opportunities that met the needs of individuals, making sure that volunteers had DBS checks where appropriate, were kept up to date with any new guidance and any new restrictions. We also made sure that volunteers were not put under any unnecessary pressure, while carrying out their volunteer role. They received out of pocket expenses and they only volunteered at times that suited them. However, we cannot stress enough that our success in supporting communities through lock down was down to the volunteers who came forward to help and we thank each and every one.

What did we do?

- Administer and promote grant programmes
- Information, guidance and connecting organisations with specialist support
- Volunteering promotion and recognition events
- Promote good practice and innovation in volunteering
- Offer an online volunteering platform and a personal service to match people with appropriate volunteering opportunities
- Networks, learning and development

This year volunteers played a vital role in delivering support to individuals when they needed it most. We took thousands of calls from people struggling to adjust to lockdown and the new restrictions. People who felt anxious, worried, isolated and alone.

BAVO sent out a 'call to action' for people to help and at the beginning of the year and we were overwhelmed by the community response. This initial call led to enquiries from over 1,000 local people who wanted to give their time to help. For many people who were furloughed, this was their first experience of volunteering and offering support to people in the community.

Volunteering 2020/21




BAVO COVID-19 Volunteering 2020/21



6,532
telephone calls for advice and support

4,004
referrals requiring direct help




792
food shoppers

172
people receiving befriending



2,291 prescriptions

We worked with pharmacies, collecting and delivering individual medication across the county borough, as well as batches of deliveries with the help of vehicles loaned by Ford Motor Company Bridgend

722 food vouchers distributed

We donated Foodbank vouchers that fed 811 adults and 431 children. Volunteers also delivered 159 food packages

1,136 shielding visits

We visited the homes of people who were shielding because they couldn't be contacted by phone, with a responsibility to check on their wellbeing



Bradley, volunteer, aged 22

Bradley volunteered at the Foodbank;

“Volunteering is an amazing opportunity for me to have a path back into employment and I would recommend to my friends as a good way to get new skills and build confidence”

BAVO provided support to **54** organisations on volunteer good practice; including volunteer recruitment, support and supervising volunteers and retaining volunteers.

Volunteering Youth Led Grants

Our youth funding panel gave out £5,399 to 4 organisations which were then able to support 34 young people to volunteer.

The youth funding panel is made up of young people who look at grant applications and distribute grants to projects that are conceived and led by other young

people in the community. Panel meetings moved to 'Zoom' this year so the panel were able to continue to run the funding programme and share their views, comments and expertise. The youth panel funded Karma Seas CIC, Sustainable Wales, Menter Bro Ogwr and Steer – The Enterprise Academy all projects offering young volunteers the opportunity to engage in a range of diverse and exciting volunteering opportunities.

- 4 Organisations awarded youth led grants
- £5,399 worth of grants given out
- 34 young people (<25) supported to volunteer

What people said...

"Really grateful for the excellent support, the volunteer was really helpful and kind, - it was wonderful."

"Couldn't thank the volunteers enough – thank you to BAVO for organising my shopping and being so quick to organise help for me when I was desperate."

"When I was allocated a volunteer driver I was so relieved, the volunteer was amazing."

"Everything went better than ok. We would give the volunteer a million out of 10 for the service we received. I was overjoyed by the help it means a lot when you have no friends or family nearby."

"Absolutely brilliant don't know how I would have managed without the volunteers."

"Fantastic, such a relief, thanks so much to volunteers for helping my mum."

"Thank you BAVO volunteers – really appreciate you doing my shopping for me."

"My volunteer was brilliant, we couldn't have asked for better the volunteer and did everything to the letter and went above and beyond in us the items we asked for. We were so impressed with the volunteer from BAVO."

What young people said...

"What started out as dipping my toe in the water of LGBT+ Surfing. Led me to become a Volunteer surf mentor to younger people and share that stoke, gaining new friends, skills and confidence and ultimately a job in health and social care"

Karma Seas

"We can't wait for everyone to see the work we have done as young volunteers. I'm very proud to know we have finished it. It's been great for me and my wellbeing – I know others are going to enjoy it as well"

Steer – The Enterprise Centre

Focus Forward

Focus Forward is a joint initiative between BAVO and Bridgend County Borough Council to provide tailored help to people that need one to one support to volunteer. The programme improves personal wellbeing and helps people move closer to employment. Focus Forward helps people with their confidence, self-esteem, enables them to meet new people, become an active member of their community, look at new challenges, use existing skills learn new skills, and move forward with their personal goals.

The project worked with 10 people, 5 started volunteering in this year and another two moved to employment.

Tackling Social Isolation and supporting friendships

Community Companions

The scheme adapted and grew during lockdown going from face to face visits to telephone befriending, volunteers providing support and help over the phone. This was to make sure that both volunteers and beneficiaries were not put at any unnecessary risk.

Community Companions achieved the Investing in Volunteers awards, to make sure we were still following and implementing volunteer good practice when supporting volunteers.

- **106** beneficiaries were contacted by a volunteer
- **97** Volunteers came forward
- **94** volunteers were matched

Volunteer Pen Pal project

The idea came from a beneficiary that was supported during lockdown. The lady in her 90's wrote us a letter to thank us for all the support she had received and it really did touch us and made us aware of how important it was for that lady to write that letter and it made our day to receive it. With this in mind we wanted to pilot a pen pal project, looking for beneficiaries in the community that were possibly shielding and would like a volunteer to write them.



- **27** volunteers signed up to support the pen pal project

People involved in the pen pal project said that it has helped to improve their wellbeing and they felt less lonely and isolated as it has increased their opportunities to socialise with others.

40 primary school pupils from Nantylfyllon signed up to join the pen pal project and wrote messages, drew pictures and made cards to send out to the older people that wanted to take part in the project.

What people said...

"The project has gone very well with my pen pal. She has replied quite a few times to my letters although she finds writing difficult. We had a lovely Christmas Card and letter from her daughter in England thanking us for keeping in touch with her mother. I hope our correspondence will continue in the New Year."

What the children wrote to people to let them know they were thinking of them;

"Hope you are ok and getting the help you need."

"Keep safe, keep happy."

"Hope you are ok and not sad, hope we can meet people again soon."

"I hope these messages make you happy and put a smile on your face."

"I hope my picture brightens your day and I just want you to know I'm thinking about you."

"After the rain comes a rainbow."

"Tough times don't last, tough people do."

Governance:

A thriving and sustainable third sector



What did we do?

- Provided information, guidance and support
- Helped with governance structures, start-up advice, management and wind down
- Learning and development through training, workshops and events
- Connecting third sector organisations with free specialist support when needed

We provided practical governance and hand-holding support to new organisations starting up, and ongoing guidance to those that were developing and growing. Our team supported local groups to become more secure and sustainable, generate new income and successfully bid to develop their activities. We also gave help to organisations and trustees that enabled them to operate safely and to be compliant in all that they do.

OUTCOMES:

Third sector organisations in Bridgend County are:

- **competent, confident and robust in the running of their organisation and services.**
- **sustainable, able to generate income and make better use of resources to deliver local services and improve people's wellbeing.**

Our national 24/7 Funding.cymru site gives local groups access to a portal where they can run their own funder search and identify organisations that might consider funding their activities. Our team can help groups with their funding bids and proof read and advise on making strong bids and improve chances of funding success.

We also applied for a number of funding streams and made successful bids to bring money and investment into Bridgend and distribute to the local third sector. This included Welsh Government and BCBC grants, and donations including for example from Martin Money Saving Expert. We distributed hundreds of grants and helped groups get thousands of pounds worth of 'covid grants' and 'business support' grants.

We also teamed with BCBC to distribute £41000 of Welsh Government and Welsh Local Government Association Food poverty money, and Martin Money Saving Expert (MSE) grants up to a total of £10k.

Governance 2020/21



£1,234,179
in funding supported

£340,000
in funding awarded

88
organisations granted funding

118
organisations funding supported

What was our impact?

Kenfig Hill RFC

Kenfig Hill RFC are a community sport and community club and a key club in the local community since 1902. They run rugby teams for all ages from 6yrs to seniors.

Some of the groups which have benefitted from the improvements include Mini/junior rugby teams (over 250 children each week), foster carer training (Compass Fostering), St Johns Ambulance training and many annual charity/community events such as the Emyr Owen memorial match.

"We now have a safer, modern facility where we can continue to offer catering support to the many organisations which use our facilities."



Local Foodbanks

During the course of the pandemic, through funding provided by the MSE Grants, local foodbanks proved to be more important. With the help of BAVO, the foodbanks were able to stay open, providing volunteers who were able to operate without having to shield, along with the COVID-19 Community Response team stepping in to deliver food parcels.

Between 23rd March 2020 to 29th June 2020, the foodbanks in Bridgend County were able to provide food to **1,985** people.

Special Families Maesteg

Initially setup as a charity to support families with children with disabilities, SFM were impacted by COVID-19, adapting their support to help the local community during lockdown. With donations from BAVO and MSE, they were able to maintain contact with those in the community who may have been struggling, delivering wellbeing packs and food supplies.

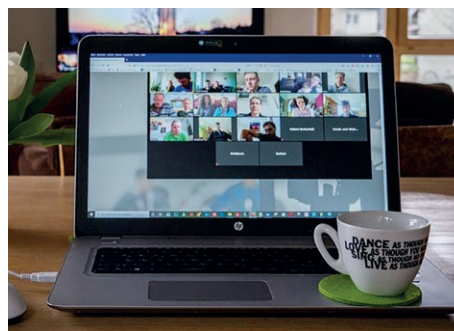
"Being able to support our local community has been an amazing experience. It has brought people together, volunteers and those in need.

Friendships and bonds have been created and a determination to continue the help and support is essential to the organization and all their volunteers.

The help that BAVO provided was imperative to our success in helping the community."

Training and Skills

We provided training for all levels of the community. Topics included Monitoring and Evaluation, Young Trustee Training, Applied Suicide Intervention Skills (ASIST), Accredited Food Safety, Fit for Funding and Trustee Roles and Responsibilities



At the request of our members, our staff also arranged or delivered bespoke training to individual groups tackling particular issues such as:

- Challenging Behaviour training;
- Autism Spectrum Disorder awareness;
- 'Dementia Friends' (in collaboration with the Alzheimer's society);

What did we achieve?

17

BAVO courses delivered

212

people gained new skills through BAVO training

100%

of attendees rated BAVO courses as very good or excellent

Influencing and Engagement:

An informed and influential third sector

OUTCOMES:

More third sector organisations have a voice and can contribute confidently and effectively to policy, planning and service developments to ensure local services meet users' needs.

What did we do?

- Information (producing briefings, website content, social media, blogs, news, bulletins).
- Guidance and sign posting (connecting organisations to national, regional, and local channels for influencing).
- Networks and events.
- Brokering and enabling third sector influence and voice.
- Learning and development (building sector skills and capacity to influence and campaign).

Consultation, Engagement and Participation

We made sure there was a local third sector and community perspective in the development and implementation of policy and strategy at local, regional and national levels, and in the emergency response to Covid.

Through collaborative working and communicating with individual organisations, during the Covid period, BAVO was able to collate their views and inform strategic partners on where joint planning processes could benefit the support that is available to the local communities.

The team connected and listened to local groups and organisations, on the emerging needs of the community, BAVO worked with Cwm Taf Morgannwg Health Board (CTMHB), BCBC and Welsh Government to ensure there was sufficient information and support shared to help keep people safe.

Whilst we diversified some of our services, we connected with the Director of Social Services, BCBC Officers and local Community Councilors (with over 30 meetings) on a weekly basis, to ensure there was a joined-up approach to meeting the need of isolated, vulnerable residents within Bridgend County, including carrying out shielding visits.

We directly worked and shared good practice with colleagues within the national Third sector Support Wales (TSSW) Network and Third sector Partnership Council (TSPC) through Wales Council for Voluntary Action.



Lisa Pritchard, Young Carers Co-ordinator MASH

"[...] the emotional support that people have received has been an absolute godsend during this difficult time. [They've] said they really doesn't know how they would have coped without it. The calls from volunteers are things that really offer support, and [they] really look forward to them. It's important that you know, so we can celebrate the great feedback – so much negativity about, so it's lovely to share this nice update with you."

Effective partnerships and engagement in policy

Mental health



Our Mental Health Development Officer represented providers' voice at a number of partnership and planning groups. By doing so, we ensured further opportunity and investment for third sector organisations and disseminated information to mental health and wellbeing related organisations, resulting in greater ranges of representation, involvement and engagement.

The Bridgend County Borough third sector Drug, Alcohol and Mental Health Services Network (DAMHSN) continued to feed into the regional 'Together for Mental Health partnership board', which is focused on the delivery of the Welsh Government's 2019-22 strategy. In this period, DAMHSN hosted an important virtual meeting to connect local groups and organisations in responding to the needs of the community during the pandemic.

Along with BCBC, South Wales Police and Mental health services partners we worked in the Multi Agency Safeguarding Hub (MASH), this included supporting prevention, wellbeing, early help and education with BCBC and Welsh Government, along with partners of the Public Service Board and Regional Partnership Board.

Working in partnership with GP clusters has proven to be positive, attending monthly meetings gives BAVO the opportunity to keep them informed of community services that can support their patients. In addition, connecting with the GP Clusters Integrated Services Teams provides an opportunity to work in partnership and develop informed community support.

What was our impact?

"BAVO has been instrumental in supporting both MHM Wales and Bridgend County Council in identifying a need in supporting carers affected by dementia. These meetings helped identify that there was a need to support Carers in the Bridgend County who do not identify as carers but as someone looking after a loved one (husband/wife).

"...this lead to a new service being developed which would meet the needs of carers supporting those with Dementia through Peer Support, Information and Signposting and establishing Friendships Groups within their own community and people having their voice heard.

"MHM Wales would like to thank BAVO for their support throughout this process without which this project would not be made possible and the Identified need would not be met."

Dementia Friends Programme

The partnership project we have with the Alzheimer's Society, and funded by BCBC, was interrupted during the year by Covid. During the year 17 organisations were provided with information, 3 awareness sessions took place and 15 Dementia Friends were recruited.

It had planned for work with local businesses, schools and community organisations amongst others to develop dementia friendly communities and activities further. Although, most encouraging has been the work done with the Community Navigators, the East cluster GP network and BCBC local community coordinators to co-produce new memory cafés.

"I am passionate about meeting the requirements of everyone who wishes to visit the Heritage Centre and have had personal experience with dementia myself. I am looking to sign up as a champion in our team and will be signing up to the cause.

Many thanks for sharing your knowledge and formalising the things that we can do to help provide a more suitable tour to all of our visitors."

The Cornelly Songbirds

A ladies choir with an ambition to tackle loneliness, isolation and mental ill health within their community. They have been supported by the MHDO and generic development officers to set up their group.

A Representative from the group said:

“BAVO has been instrumental in supporting us to develop our constitution, apply for funding and strengthen our group. A common interest amongst female community members has brought people together and, in some cases, rekindled friendships as people lose touch once they are embroiled in family life and/or experience health issues. There is a sense of belonging, identity, representation of Cornelly and the will to support people in the community they may not have known previously.”

Members of Cornelly Songbirds said:

“Before joining the Songbirds, I was totally isolated by my disabilities and had spent many months unable to physically or mentally leave my home, I felt I was totally alone. Taking a few steps through the door has changed my life for the better... if it wasn't for the Songbirds I would have sunken into deeper depression and isolation.”

“I don't understand why people say we are 'hidden' or 'hard to reach' communities – I feel we aren't approached and not given the same opportunities as other. Meeting and talking with BAVO has allowed me to have a voice, and shows my opinions matter.”

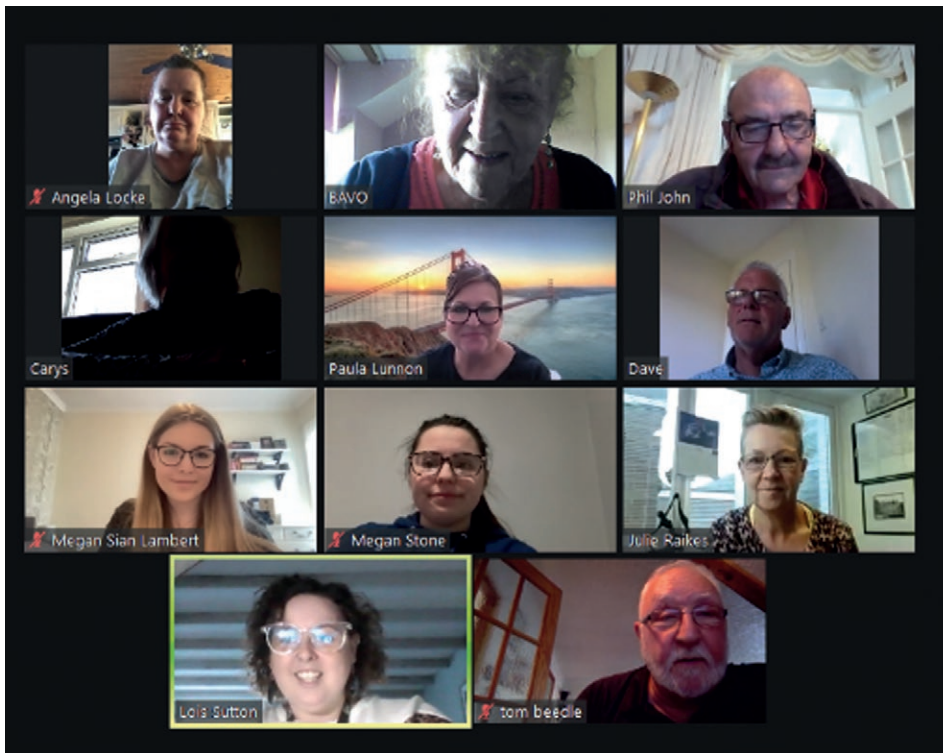
“I felt at ease talking to you even through the computer. I feel safe as I don't feel shamed about my accent and my broke English. Thank you for understanding me and respecting me.”

Connecting BAME Communities

Due to the pandemic, it was recognized that there was a gap in vaccination rates within the BAME community. With the support of Public Health Wales, towards the end of March 2021, we were able to second a BAME Engagement officer from the Ethnic Youth Support Team (EYST). Our engagement officer was able to reach into BAME communities and have conversations around Covid 19 and the vaccinations; focusing on any concerns or worries surrounding the issue.



Bridging the gaps: partnership projects



Phil John (local Trustee)
“The Bridgend Trustee Network is an excellent forum to address anything that is important to the delivery of appropriate services to the organisations associated to it. It allows an open, frank and transparent avenue for discussion and reflects the attendees needs and aspirations.”

Link Up Project: ‘Strengthening 3rd sector skills’

The National Lottery Community Funded project, entered its third and final year. The project’s aim was to strengthen the governance of Third Sector organisations across Bridgend County, and we worked in collaboration with Neath Port Talbot CVS and Swansea CVS.

Due to the Covid-19 pandemic, Link Up needed to adapt and find new ways of supporting trustees, this took place on-line. Monthly online trustee “cuppa

and chat” sessions, to provide an informal space where trustees could meet up together to share and discuss their concerns, hopes, challenges and ideas.

A new trustee induction package was coproduced with young people, and offered in both English and Welsh, to build skills and confidence that is needed to join a Board and perform effectively as a trustee or director. In addition, a Bridgend County Trustee Network was established. The Network meets regularly online, and focuses on matters relating to good governance and effective oversight of organisations.

What we achieved?



54
trustees engaging
in Networking
activities



39
workshops
attended
by trustees

100% of participants reporting increased knowledge, confidence and understanding in their roles as a mentor, trustee or committee member

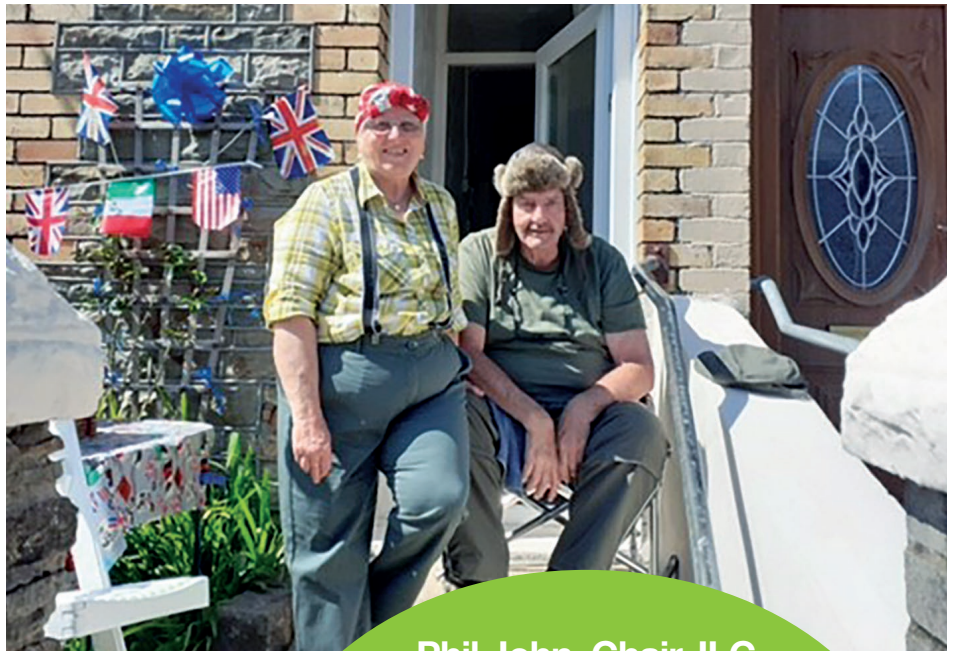
Invest Local Caerau

BAVO's Invest Local Caerau Funding Support Worker works as part of the ILC (Invest Local Caerau) Driving Change programme. Priorities for this community programme include strengthening local facilities and organisations, improving health and wellbeing, strengthening community spirit and pride and improving the natural environment.

Lockdown impacted on local community groups and centres, they found themselves overwhelmed by the sudden increase in demand for food, shopping, prescription collections, dog walking and other basic needs. Our worker helped local groups successfully draw down emergency funding grants that helped them meet the needs of the community. BAVO also helped in recruiting more volunteer support and giving advice across a range of areas to help the community navigate their way through this new and challenging time.

Emerging from lockdown saw new initiatives, supported by the ILC Funding Support Worker; the establishment of Caerau Environmental Project (CEP), with a group of local residents who were keen to make a difference by looking after and improving their local environment; Caerau Community Growers gaining **£1,668** funding for new gardening equipment and St Cymfelin Church gaining **£13,205** funding for Church Hall equipment from the Llynfi Afan Renewable Energy Park Community Benefit Fund; other activities included The Happy Crafters and Dementia Friends groups at Dyffryn Chapel, and the development of new Skyline project started initial discussions too.

Invest Local Caerau supported the community by creating information newsletters that went to every household, 'keeping in touch' work through supporting activity packs for children during the school holidays, and assisting projects with emergency funding for their critical local work.



Phil John, Chair, ILC

"Since the inception of ILC, our committee identified a need for a part-time Funding Support Worker to help Caerau as part of the Driving Change 2 process she has worked with outstanding commitment throughout our community."

Graham Dawe, CDT

"I don't know what we would have done without this support, I really don't, to be honest I don't think we would have survived. We are proud to say that we have helped out community through this very challenging time, our volunteers have worked around the clock and we couldn't have done it without them."

What we achieved?



Networked and connected with over 15 existing and emerging local groups



Bridgend Super-Agers

Although the Super Agers project, funded by the Healthy and Active funded through BCBC and CTMHB, had objective to develop physical activity availability aimed at an Over 50s demographic, delivered in group settings in local 'doorstep' location. Covid saw it have to change its delivery plan.

Super Agers recognises that physical well-being in older adults boosts mental wellbeing and also alleviates feelings of isolation and loneliness, especially when part of a group session with a social aspect also.

An 'Active at home' plan was developed by the Super Ager activators and volunteer development officer to try and keep connection with participants whilst they were adhering to the Welsh government Covid guidelines. A home support booklet was devised to accompany a telephone mentoring and motivational programme, weekly and fortnightly progress check in calls made to participants.

Over 200 booklet packs were distributed to older adults and also included DVDs of pre-filmed instructed exercise sessions and basic equipment such as resistance bands and pedometers were provided to participants. The delivery programme changed to outdoor sessions with restricted numbers and social distancing in place.

A walking group was implemented in Maesteg under the guidance of volunteers. The walking group proved popular with upwards of 10 people on a consistent basis, regardless of the weather! In addition, online 'Zoom' classes began for those who were unable to make the 'in person' sessions.

Following the reopening of venues, during 2021 some of the older adults chose to continue using online facilities only, whilst others utilised both options, attending some in person sessions and also the exercise at home programme.

Finance

Independent auditors' statement to the Trustees of the Bridgend Association of Voluntary Organisations (BAVO)

We have examined the summarised financial statements of the Bridgend Association of Voluntary Organisations (BAVO) for the year ended 31 March 2021.

Respective responsibilities of Trustees and auditors

The Trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the charities SORP.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. We also read the other information contained in the summarised annual report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of opinion

Our examination involved agreeing the balances disclosed in the summarised financial statements to full annual financial statements. Our report on the charity's full annual financial statements describes the basis of our opinions on those financial statements and on the Trustees' report.

Opinion

In our opinion the summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of the Bridgend Association of Voluntary Organisations (BAVO) for the year ended 31 March 2021.

Bevan & Buckland

Ground Floor, Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Statement by Trustees

These summarised financial statements for the year ended 31 March 2016 are not the full statutory accounts of the association, but contain a summary of information extracted from the annual accounts relating to both the Statement of Financial Activities [SOFA] and the balance sheet.

These summarised financial statements may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full financial statements and the Trustees' annual report should be consulted; copies of which can be obtained on application to BAVO.

The full financial statements have to be subject to external examination by an independent auditor and received an unqualified report.

The full report and financial statements were approved by the Trustees on 15/7/21 and have been submitted to the Charity Commission and to the Registrar of Companies.

Bridgend Association of Voluntary Organisations (BAVO)

Balance Sheet

As at 31 March 2021

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
FIXED ASSETS				
Tangible fixed assets	199,441	-	199,441	214,421
CURRENT ASSETS				
Debtors	43,003	-	43,003	148,939
Cash at bank and in hand	1,568,568	602,754	2,171,322	1,651,441
	1,611,571	602,754	2,214,325	1,800,380
CREDITORS				
Amounts falling due within one year	(204,682)	-	(204,682)	(327,275)
NET CURRENT ASSETS	1,406,889	602,754	2,009,643	1,473,105
TOTAL ASSETS LESS CURRENT LIABILITIES	1,606,330	602,754	2,009,643	1,687,526
NET ASSETS	1,606,330	602,754	2,009,643	1,687,526
FUNDS				
Unrestricted funds			1,606,330	1,388,561
Restricted funds			602,754	298,965
TOTAL FUNDS			2,009,643	1,687,526

Bridgend Association of Voluntary Organisations (BAVO)

Statement of Financial Activities

Year ended 31 March 2021

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	255,606	1,115,459	1,371,065	1,050,724
Other trading activities	47,389	-	47,389	33,395
Investment income	1,628	-	1,628	2,620
Other income	2,449	-	2,449	-
Total	307,072	1,115,459	1,422,531	1,086,739
EXPENDITURE ON				
Raising funds	2,905	-	2,905	2,609
Charitable activities	102,241	795,827	898,068	965,118
Total	105,146	795,827	900,973	967,727
NET INCOME	201,926	319,632	521,558	119,012
Transfers between funds	15,843	(15,843)	-	-
Net movement in funds	217,769	303,789	521,558	119,012
RECONCILIATION OF FUNDS				
Total funds brought forward	1,388,561	298,965	1,687,526	1,568,514
TOTAL FUNDS CARRIED FORWARD	1,606,330	602,754	2,209,084	1,687,526



Bridgend Association of Voluntary Organisations

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BAVO would like to give a special thank you to all our third sector representatives who provide their time free of charge to attend strategic meetings and ensure a third sector voice is heard.

Thank you to all our members for their ongoing support, encouragement and engagement in very challenging times and for all they do in their communities.

We would also like to thank our funders:



Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

