



Annual Impact Report

2020 - 2021

Connected, resourceful,
sustainable communities.



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What is Interlink RCT?

Interlink RCT is a members-led charity that listens to and works alongside individuals, community groups and voluntary organisations to make a difference in local communities in and around Rhondda Cynon Taf.

Our approach

We believe improving how people feel about themselves and their community is about everyone working together to build trust, respect and understanding. It's about working alongside people and communities, helping them build their capacity to lead, connect and have the power to influence and strengthen their communities. We work alongside local communities, starting with what the community already has – its people, buildings and land – to find out and take action on what matters to local people. We connect and work together with partners to have a greater impact. Interlink RCT's two main areas of work are:

Community advice

Providing support to community and voluntary organisations. We provide information, advice and support to community groups and voluntary organisations.

Health and wellbeing

Providing support to individuals. We provide information, advice and support to individuals, and work with community groups and voluntary organisations and partners to improve health and wellbeing.

Our vision

Volunteering, community involvement and action lead to connected and resilient communities, where people are treated fairly, have good health and have the resources they need.

Our mission

- To listen to and support the development of communities to be better connected and more resilient.
- To build on individual and community strengths through volunteering, community involvement and action.
- To work with others to improve wellbeing, tackle poverty and reduce inequality.

555 members



Our values and principles

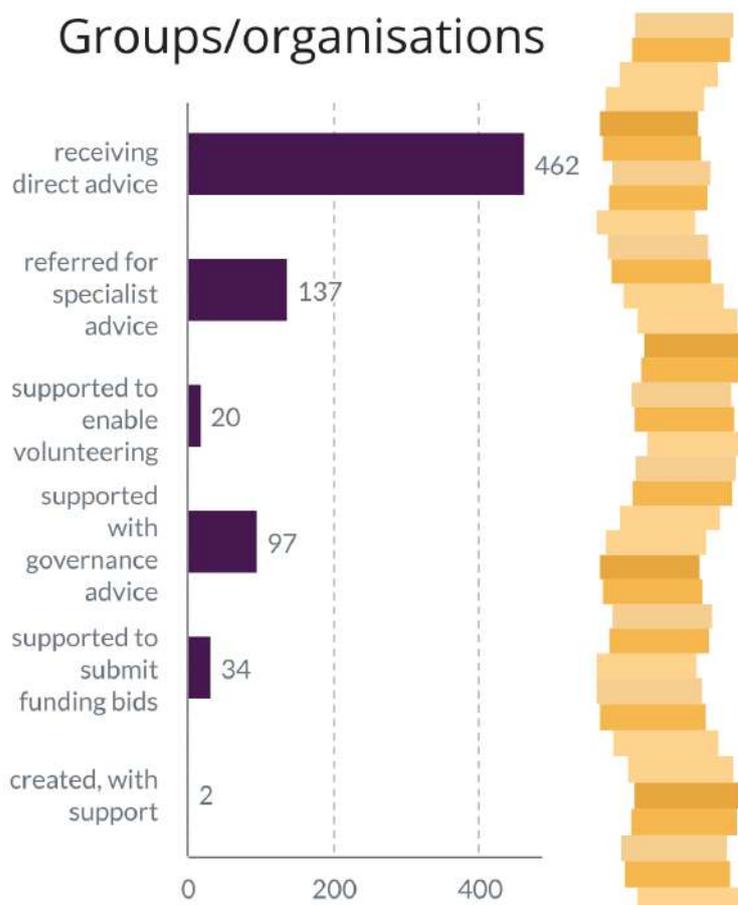
- To work sustainably, taking into account the environmental, economic and social needs of local people and communities.
- To support all members with special consideration for the needs of smaller groups.
- To promote equal opportunities and social justice, aiming to reach those individuals and groups most in need.
- To support voluntary action, aiming to promote and facilitate the involvement of service users, carers and citizens.
- To be flexible and responsive to the changing needs of members.

- To support and develop partnership working at all levels to identify, address and deliver actions that meet the needs of local communities.
- To work with others using asset based community development and coproductive approaches.
- To enhance and not compete with the work of member organisations.

As a County Voluntary Council, Interlink RCT is a member of Third Sector Support Wales who provide a universal service across Wales based on supporting the following four pillars:

- Volunteering.
- Good governance.
- A thriving and sustainable third sector.
- Influencing and strategic engagement.

Groups/organisations

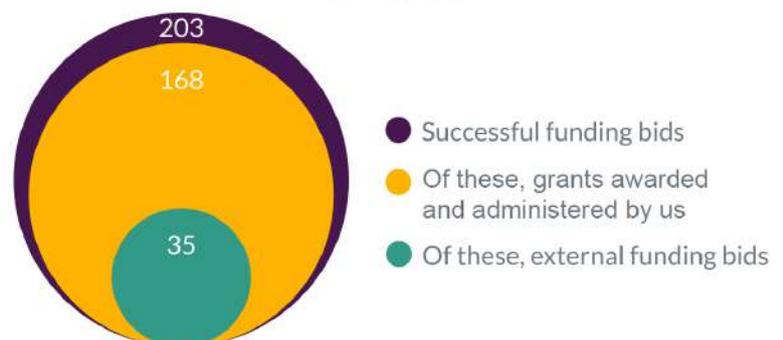


Total amount of money secured for the sector

£553,719.61

Groups receiving money from successful bids

119



Achievements and performance April 2020 to March 2021

Community support

The Community Advice Team were busy in the community dealing with the pandemic, supporting volunteers and new and existing formal and informal community and voluntary organisations. The variety of support provided by our team was huge as members responded to community need, and required assistance to keep volunteers and the community safe and supported. This included organising volunteers, carrying out risk assessments and handling money for shopping. Communication was essential in providing advice and information to local groups through daily bulletins.

The team were incredibly privileged to work alongside exceptional volunteers, formal and informal community and

voluntary organisations providing vital activities, facilities and services throughout Rhondda Cynon Taf.

Interlink RCT helped raise over £550,000 in grants for community and voluntary organisations mainly to support local groups to provide vital community support in RCT. Key funders include Pen-Y-Cymoedd Wind Farm CIC, The Moondance Foundation, the Big Lottery, Comic Relief and Welsh Government.

The year saw over 250 grants awarded directly by Interlink RCT through grants schemes that we manage on behalf of other organisations. This supported 119 community and voluntary organisations, which resulted in supporting an incredible community response to assist people of all ages and abilities throughout RCT. These funds included:

- **The Mental Health Covid 19 Response Fund** to address severe mental health challenges resulting from the pandemic.
- **The Integrated Care Fund** which funded projects for children and young people and older people with the help of The Welsh Government and the Cwm Taf Morgannwg Regional Partnership Board.

People supported with volunteering

351



People placed in volunteering

244



- **Interlink RCT's Development Fund**
- **COVID-19 Small Grants** supported by Welsh Government and Comic Relief
- **Youth-led Grants** to support young people to volunteer from Welsh Government and WCVA
- **Sydney Albert Fund** to support children, young people and families.

The Welsh Government's Coronavirus Recovery Grant for Volunteering enabled us to work with Rhondda Cynon Taf County Borough Council to support volunteers and community and voluntary groups during the pandemic and develop Connect RCT, a new community platform to promote community activities and volunteer opportunities.

There was an increase in volunteering at the start of the pandemic with over 350 volunteers supported and 244 placed in local groups. The youth-led grant scheme also led to an increase in volunteering amongst young people.

Volunteer Week went online and there was a huge response through a 'Big Thank You' campaign with a large number of local people alongside celebrities led by Sue Perkins taking the opportunity to thank the thousands of volunteers who have helped keep people fed, safe and connected during the pandemic.

One of the largest pieces of work was our action research into the community responses to the pandemic in RCT. Over 40 groups in RCT were interviewed alongside people who were shielding and local authority staff. We had support from many partners through our Action Research Advisory Group and captured three filmed case studies. The year ahead will involve looking at working with partners to take forward opportunities identified from the research.

Interlink RCT was also pleased to continue to be involved as grant recipient body for the Invest Local Programme,

Number of
workshops/events
delivered

28



Attendees at
workshops/events

520





employing a community development worker to support the Penywaun Invest Local Group. This helped the community in Penywaun come together to support the local community during the pandemic.

Interlink RCT worked in partnership with Pen-Y-Cymoedd Windfarm Community Fund CIC to support community and voluntary groups to apply to the fund, working across the fund area with Neath Port Talbot County Voluntary Service.

Training, networks and events

We moved to online events which were hugely successful with 28 events attended by over 500 people. This included Communities for Change 'Learning from and Looking beyond COVID-19' (as part of Interlink RCT's AGM), 'Tackling the Digital Divide', and 'Loneliness and Isolation: Learning from COVID-19' in partnership with Voluntary Action Merthyr Tydfil.

We held a wide range of successful network events and networks including the Cwm Taf Mental Health Forum, the RCT Local Community Partnership Steering Group, the Children, Young People and Families Network, the Managing Volunteers Network and the Accessing the Outdoors Network.

Action Research Launch

In July, we held a launch for our action research into community-led responses to the pandemic. Partners agreed to work towards the below three main opportunities which came out of the research. Going forward, we are using these as the priorities with the Place-based Pathfinder:

- **Opportunity 1: remove red tape.** For example, allow access to red-tape free funding, and require less and simpler reporting.
- **Opportunity 2: create collaborative approaches**

with public services that unlock community power. For example, working together to access resources like the revenue investment fund.

- **Opportunity 3: a long-term relationship-based approach to building community resourcefulness and resilience.**

Plans for future periods

Strategic Plans

We will use our findings from our action research into the community response to COVID-19 to better support community and voluntary groups and reduce red-tape. The research findings tell us we need to work better together, and we will work alongside local groups and the public sector to increase community resourcefulness and resilience.

Our strategic objectives for 2020 to 2023

To support Interlink RCT to achieve its vision of connected, resourceful and sustainable communities, we have agreed the following objectives:

- To support the sector recover from COVID-19
- To promote wellbeing
- To be an effective and well-governed charity
- To involve the Sector
- To promote the impact of the Sector

The investment in IT and remote working during 2018/2019 meant we were well placed to reconfigure all our services to address the needs of the community and work with partners during COVID-19. Interlink RCT will continue working with our members, including the many new COVID-19 support groups, local churches and other groups to support people and communities through COVID-19 in 2021-2022.





The Third Sector Grant Scheme was just what the doctor ordered

In the pandemic, an ICF (Independent Care Fund) medium sized grant of £100k enabled organisations to provide much needed care and support. Among other aims, it was provided to reduce COVID-19's impact in Rhondda Cynon Taf and Merthyr Tydfil. The recipients were Safer Merthyr Tydfil, Gilfach Goch Community Association, Tanio and Mental Health Matters.

The scheme enabled these organisations to identify the community's emerging needs quickly. By speedily modifying what they delivered, the groups met gaps in service provision. They designed their projects to develop social networks, build social capital, and reduce isolation among older people. Also, they aided health and wellbeing by better disseminating healthcare messages, while improving general wellbeing.

The scheme funded small, locally based charities. Indeed a principle of the community and voluntary sector approach is to work closely with communities. All projects used volunteers from local communities which provided local expertise as well as a flexible, efficient workforce. They delivered vital preventative services that kept older people away from expensive hospital stays, and frequent GP visits. These included activities like online social groups, befriending, welfare calls, advocacy, as well as information and advice.

The locally based organisations had the trust of people who public bodies often deem 'hard to reach'. This trust supported organisations to engage with and meet the communities' needs. In this way, voluntary groups greatly contribute to helping the public sector save money and deliver better services. Where there is public money, it is vitally important that it's used in the most effective way, which this grant scheme accomplished. The Third Sector Grant Scheme was hugely successful, with the money seeing groups reach even more people than originally intended.

Seed money grows garden

Sunrise Community Garden formed to grow food in Ferndale. As lockdowns swept the country, they managed to achieve quite a lot, and funding was crucial to getting their project running. From the Pen-Y-Cymoedd Wind Farm Community Fund CIC, the group received £3,800, and £500 from an Interlink RCT Community Development Grant.

The community grant paid for start-up costs including insurance costs and basic tools. The larger sum of money paid for their concrete shed for housing their tools, a greenhouse, pathways, raised beds and hard-core areas where the shed could be placed. Keep Wales Tidy provided a compost bin, tools, seeds, three items of heavy duty seating, and another shed. Also, the organisation provided a pre-seeded wildflower carpet.

As the project developed, Arts Factory partnered with the garden. Arts Factory hired a garden and project coordinator, and applied for funding for that post as well as more tools, chairs and a wheelbarrow.

The group planted carrot seeds, sprouting potatoes, onions, herbs and flower bulbs. The flowers blossomed (pictured), and five new women joined them as volunteers to learn how to grow food. Along the way, the group has been supported to find and attend courses from bush cutting to health and safety. The assistance extended to other important steps like forming a constitution too.

“The main lesson we have learnt is to keep talking to the local groups and local people. There is so much interest in what we are doing up here and so much support for groups that have a good idea!”

Steven Griffiths, Sunrise Community



People power at the Play Yard

Nathan Howells, Manager of the Play Yard, was always aware that children missed food in school holidays. As half term approached, he decided to use his organisation to support the children, and then as parents suddenly lost jobs in lockdown during the pandemic, even more families struggled to make ends meet. So he set up a hub at the Play Yard to distribute food parcels across RCT.

Nathan put a post on Facebook asking friends to help. Lots of people came forward including those he didn't know, and the volunteers gained a sense of fulfilment by assisting their community in a time of need. In turn, that helped their mental health. It brought society together, with people from different backgrounds rallying around the cause as they had done with previous issues like flooding.

To deliver the food, Nathan scaled up the FairShare Cymru project he'd been delivering for three years. He encouraged other businesses and organisations to adopt the scheme too. The Play Yard demonstrated the need, and then supported other bodies to set up. The business placed orders with FairShare, and then delivered to the other organisations.

Over the project, the hub delivered 20,000 food parcels. Doing good work for the community also helped the Play Yard, a private enterprise, as a brief reopening in September 2020 saw many new people using them.

Nathan reacted fast to tackle the crisis, and he felt that communities need resources to provide support in a crisis. The people of RCT had had to provide the funding to support their own community.

“I am very fortunate to have this platform to help develop young people. It brings me joy that a child learnt to ride a bike with us, or had a meal because of us.”

Nathan Howells.



Lighthouse Project guides community through crisis

Lockdown led to many people in Tonyrefail needing a helping hand. The Lighthouse Project headed by Dawn Parkin was ready to take up the challenge. With the community centre shut at the beginning of the pandemic, Dawn started a food bank out of her garage.

The group didn't just provide food. If someone needed something, they would sort it for them, and as people saw them helping, this built more trust in The Lighthouse Project. The community now knows that they can come to the project for anything.

The project itself was an opportunity for people to volunteer, as they needed a purpose and a sense of control in the

pandemic. Two women who approached the project were feeling depressed, but, now that they volunteer regularly, they are looking forward and feeling more positive. Reconnect 50+ has trained 40 people to become befrienders through the Lighthouse Project, which wouldn't have happened before the pandemic.

A greater sense of community has been created in Tonyrefail. This is shown in the number of donations that the Lighthouse Project receives, as Dawn only has to say what they need on Facebook and it gets provided by the end of the day. The building which they use, Tonyrefail Community Centre, has had a lot of work done to it during the period, and a core of trustworthy volunteers provide a service tailored to each family.

“Everyone understands the vision and how it will help their community. It's frigging awesome!”

Dawn Parkin.





A Facebook group goes viral against COVID-19

Watching news coming from China, Louise Karabulut became anxious about COVID-19. Not being able to find any groups across the country dealing with the situation, she decided to set up a Facebook group to share information. The Pontypridd Support Group was founded.

Because it grew quite quickly, sub-groups for each area were developed. One main group distributed information, and the smaller groups published the same or similar items. Local people volunteered to assist. A small admin group helped to make decisions on organising the operation.

When lockdown started, people in the community needed to isolate. This saw the Facebook groups evolve into providing practical help, such as dropping off shopping. They established

a network to keep tabs on what each area was doing or to share ideas.

Outside assistance from organisations was key. The network gained support with DBS checks, volunteers, health and safety knowledge, and exchanging insights on how to deliver practical support to the community. The flat power structure meant everyone collaborated and shared ideas without competition or abuse of authority. It created a polite, lovely atmosphere.

“Any problem that come up, Cathy’s there right away. I mean, she don’t just talk to you – she’ll come and visit you, and she’s got her own family to see to too, you know. And that’s wonderful, especially when you’re getting a bit older and you can’t really get out as much as you would like to.”

Anne Parker, resident in Hawthorn, Pontypridd.

Health and wellbeing support

The Wellbeing Team

In response to the pandemic, the team adapted how they provided their service. Removed from GP practices, community venues and the Social Care Single Point of Access, they worked from home, and supported people via telephone successfully. Referrals into the service increased, as many people needed support with foodbank vouchers, mental health issues, isolation and loneliness.

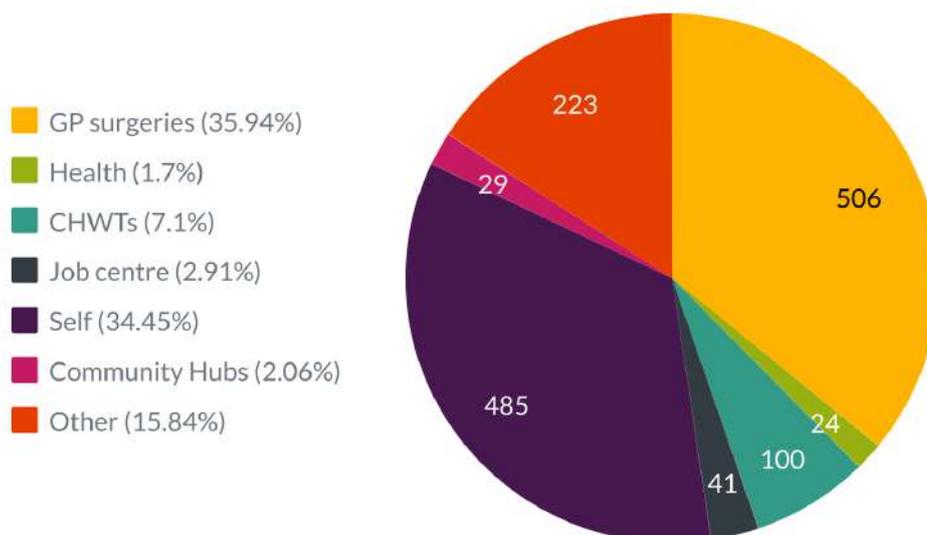
Each team member was the point of access from the COVID-19 helpline, and the team was aligned with the Council's Community Resilience Hubs. They were kept busy researching opportunities and support services, as most of the provision had repurposed their delivery to respond to COVID-19. Communication was an essential part of the service, with information and advice being provided via bulletins.

Befriending Services

£150k of ICF funding continued to support these services. However, service delivery was changed to online provision, alongside deliveries of food, essentials, and activity packs. The services provided

The Wellbeing Coordinators received **1,407** referrals...

...which came from:



vital links for people addressing the impact of isolation in lockdown.

ICF Community Capacity Grant Scheme

£50k funded the provision of small grants on behalf of Cwm Taf Morgannwg Regional Partnership Board. 13 projects offered services to older people, carers and people with learning disabilities.

ICF Grants for Older People

There were a range of projects to support older people and tackle loneliness and isolation. Thanks to £100k from the Integrated Care Fund, the work included four organisations delivering larger projects through medium sized grants.

Grants for children and young people

The Independent Care Fund provided £100k for four projects. This meant a continuation of funding for two projects for three months, and two new projects which were funded for nine and 12 months. The money supported young people's wellbeing and mental health in Rhondda Cynon Taf.

Highlights included 80% of pupils finding a Valleys Steps series of workshops 'really helpful'. A participant of a Valleys Kids event said 'this has been the happiest day of my life', and Barnardo's Cymru's project supported someone to find work and get qualified.

People's issues were:



Foodbank access



Mental health



Shopping



Loneliness and isolation



Care needs



COVID-19



Financial support/debt



Bereavement



Housing



Carer support



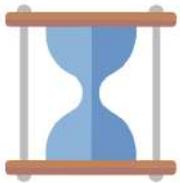
Alcohol and substance misuse

There were **176** professional enquiries.



We made **1,310** referrals into the community and voluntary sector to achieve 'what matters' to people.

We signposted people to the community and voluntary sector **2,259** times. a further



There were **17,845** hours of activity and support.

Dementia Grant Scheme

10 projects were helped to provide essential accessible services and activities to people living with dementia and their carers, through £45k from the Integrated Care Fund. Due to the pandemic, delivery was shifted online.

Community Engagement

Funding was secured from Cwm Taf Morgannwg University Health Board to employ a Black, Asian and Minority Ethnic Engagement Officer. She was hired to work at a community level, running a communications plan to increase BAME engagement with the Test, Trace, and Protect Service and COVID-19 information.

World Mental Health Day

To celebrate World Mental Health Day on 10th October, Interlink RCT ran an awareness raising campaign. To assist, we brought on board partners including BAVO, VAMT, Bridgend County Borough Council, Rhondda Cynon Taf County Borough Council, Merthyr Tydfil County Borough Council, Awen Cultural Trust, Pontypridd Town Council, Wellbeing Merthyr, and Cwm Taf Morgannwg University Health Board. Together, we turned several public buildings green with lighting, such as:

- Bridgend's Civic Offices as well as The Old Bridge and the walkway in front of the civic offices
- The Grand Pavilion, Porthcawl
- The Coliseum Theatre, Aberdare

- Park and Dare Theatre, Treorchy
- Pontypridd Museum
- Redhouse Cymru, Merthyr Tydfil
- several buildings owned by Cwm Taf Morgannwg University Health Board

mental health. While signposting to mental health organisations, the action also encouraged people to talk about mental health with friends, family and colleagues. This reduced stigma around mental health.

In a dark time, the activity shone a light on the bodies that can help people with



A helping hand with the household tasks

In summer 2020, Mr Moore called the Wellbeing Team for support. He explained that he was struggling with his mental health, and that he wasn't getting through housework including the cleaning, washing, ironing and meal preparation. Mr Moore has severe emphysema, and recently, his wife was diagnosed with cancer.

A Wellbeing Coordinator arranged for a company to collect Mr Moore's washing and ironing the next day. Also, she arranged for him to get on a priority list for a cleaning company. The Coordinator referred him to Meals on Wheels, who could provide him with daily hot meals in the following week. As he was concerned about how he would cook food in the meantime, the Coordinator worked with him to come up with some simple meals.

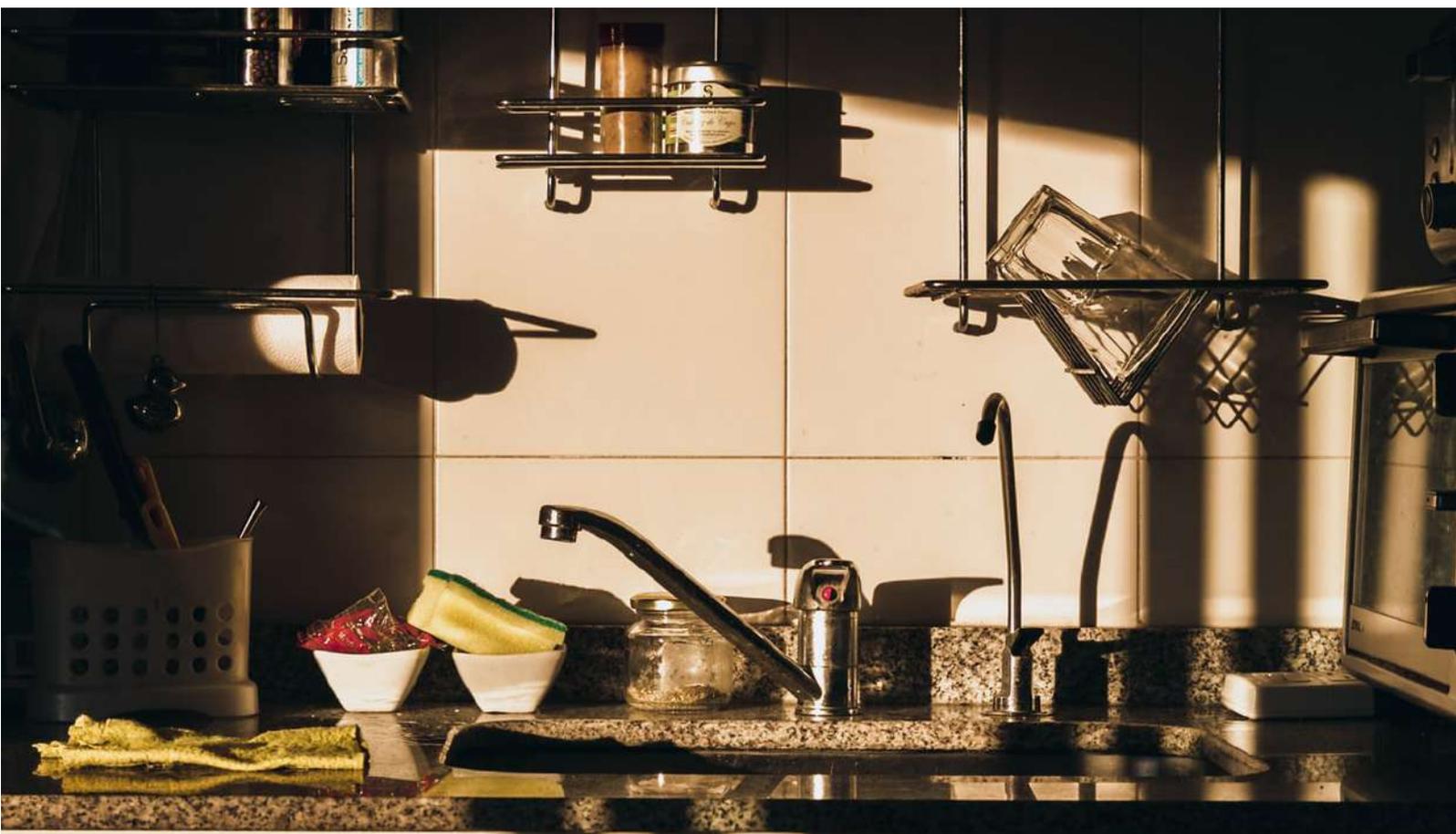
The shopping list for the meals was sent to Bryn Sion Church who did the shopping for him.

The volunteer who delivered the shopping also took Mr Moore's dog for a walk. In addition, the Coordinator referred Moore to the council's resilience hub, which provided volunteers to take people's dogs for regular walks. He was referred to Rowan Tree Cancer Support for counselling and support for his wife. To help him with his emphysema, he was signposted to the British Lung Foundation.

After this, Mr Moore said that he was so happy. He felt like he was getting somewhere, and he said his wife enjoyed the Wellbeing Coordinator's phone calls, which made her laugh when she wasn't feeling good.

"I cannot wait to meet you in the surgery when all this is over and say thank you in person. You have been so kind."

Mr Moore.



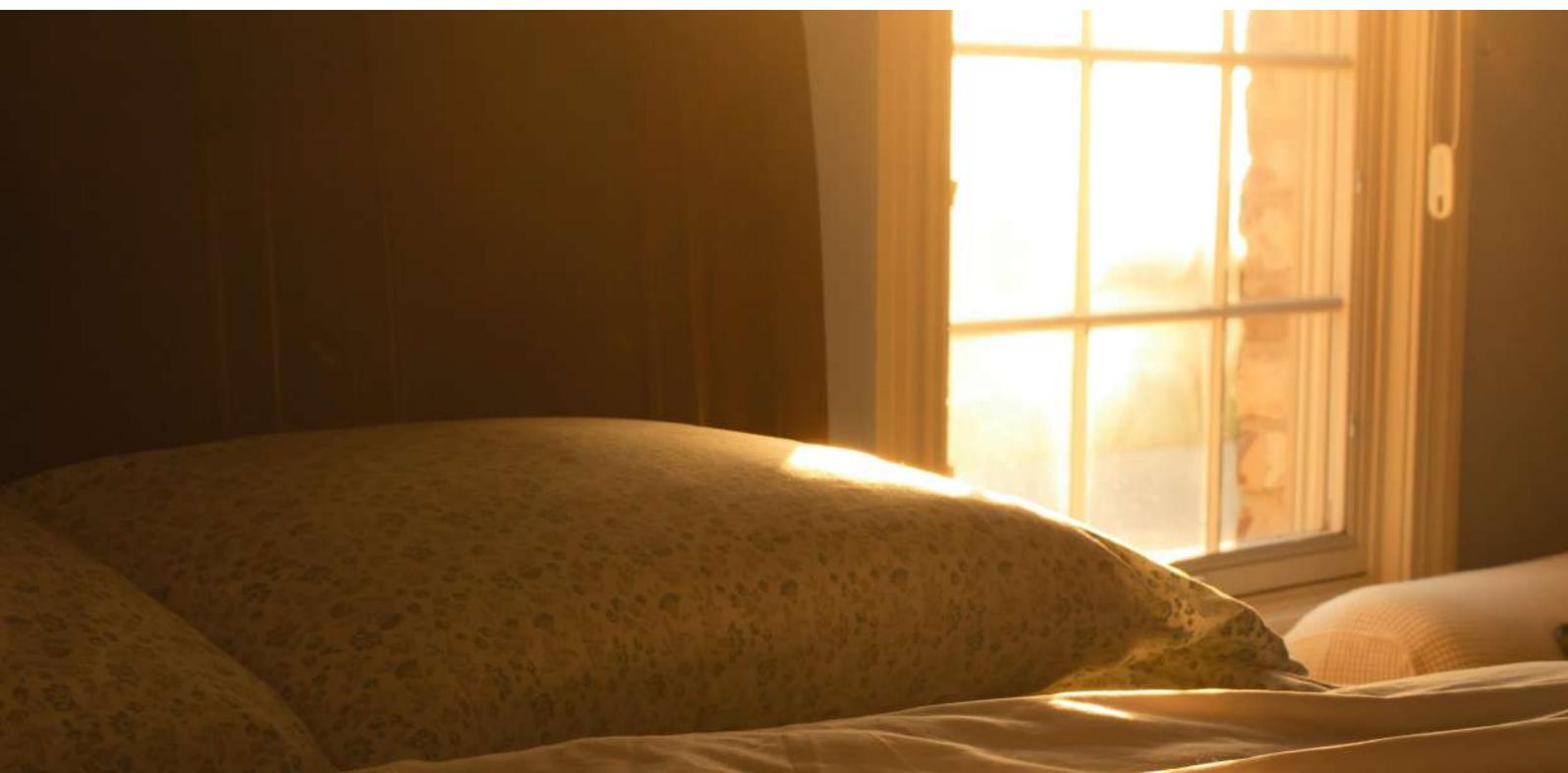
Making a house a home with a little local know-how

After a period of homelessness, Mr Rigby was housed in the Rhondda. While this was a great outcome for him, he lacked any furnishings beyond a bedframe and sofa. Also, he didn't know the local area. Then in the autumn, he came to our attention through his GP.

On registering at his new surgery, they suggested that he call a Wellbeing Coordinator. He had a good conversation with the Coordinator about what his interests were, and they discussed the community he had moved into. She highlighted the community centres, local amenities, shops, transport, and other important local information. The Coordinator gave him the local knowledge needed to help him feel at home in an otherwise alien community.

During the consultation, Mr Rigby explained that he had been saving whatever money he could to furnish his new flat. He needed a mattress, sideboards and a bookshelf. The Coordinator contacted all of her local connections including the Arts Factory in Ferndale for help in sourcing the items. Posts went out on social media asking for donations too.

This brought in a mattress, sideboards, artwork, bedding, a TV, and a box of clothes. Arts Factory were able to transport the donations to Mr Rigby who was overwhelmed with the response and thanked everyone involved. He contacted the Coordinator to note that he was so pleased with what the community had done for him that he wanted to give something back. He donated his old bed frame to Arts Factory, which was his preferred organisation as they had helped him so much.





An old soldier's recovery enters new territory

The NHS Mental Health Team referred Mr Barratt to one of our Wellbeing Coordinators. This was following on from progress made for addiction issues, and in the early part of this year, Mr Barratt was five years sober.

The Coordinator had a friendly consultation with Mr Barratt. She asked about his interests and what he wanted to take part in going forward. On the call, he explained that he had coped well with lockdown by accessing online classes, groups, quizzes and other Army veteran groups. He explained that he enjoyed this kind of support but felt ready to join groups face to face as restrictions eased.

Mr Barratt noted that he was still really interested in being outdoors amongst nature. Yet he said that he was unable to walk as far as he would like so a walking group might not be suitable. The Coordinator discussed the different groups that she thought he might like, which included Mens Shed, BeActive and Woodland Therapy. Mr Barratt agreed that these would be ideal, so referrals to these organisations were agreed.

The Coordinator spoke to the organisations first. She asked if they would ring Mr Barratt to introduce themselves, and tell him more about their groups. When she last spoke to him, Mr Barratt told the coordinator that he was looking forward to joining the groups and sharing his skills with the woodland therapy group, as well as learning new things himself.

Taking the panic out of a pandemic

In Spring 2020, RCT Social Services referred Mrs Price to our Community Coordinators. While taking the government's advice to self-isolate, Mrs Price found herself low on essentials, and was panicking.

Social Services asked the Coordinator to help her with shopping and prescription collection. On contacting her, she was clearly very upset and explained that she had no family living nearby. She needed asthma pumps. Also she only had half a loaf of bread and two tins of soup left. The Coordinator and Mrs Price discussed the local options for shopping services and volunteer support, and she began to feel relieved.

The Community Coordinator made a referral to Valleys Kids COVID-19 Support Group. A volunteer spoke to Mrs Price the same day in order to collect a shopping list, which they delivered the

next day while collecting her prescription from the pharmacy. Mrs Price still has support every week with the same volunteer. Meanwhile, Social Services have ended their support for her, as it's no longer needed.

"I'm so relieved. I was panicking as my daughter moved to West Wales last year and I live alone. Thank you for putting me in touch with the right people."
Mrs Price.

"Thank you for coordinating Mrs L's support. We have a very large number of clients to help during this difficult time and not all are eligible for a care/food package from us. Having the knowledge of what's actually going on in the community is invaluable. That is why we referred this lady to you."
Social worker.



Vital mental health support provided during the pandemic

The Mental Health Covid Response Grants funded voluntary sector projects in the pandemic. These addressed the surge in low level mental health and wellbeing issues while reducing the need for more specialist mental health support. Consequently from December 2020 to March 2021, we administered grants that helped hundreds across RCT, Bridgend and Merthyr Tydfil.

Around Christmas, there were three arts based projects, which:

- held eight online sessions for 35 service users
- issued 60 wellbeing packs
- issued 50 creativity packs
- issued 50 family activity packs
- created a project Facebook page for families to interact on
- hosted three intergenerational skills sharing sessions (including creative writing and vegan cookery)

As the new year progressed, 648 creative, care or wellbeing packs were sent out. There were over 500 engagements through a variety of online sessions including 'crafty cuppas', drama workshops, art therapy, virtual choirs and more. 27 door step visits took place, and 27 young people accessed counselling. 39 people entered support programmes,

and there were 13 new referrals for advocacy. 131 people were signposted or referred to 359 organisations or activities for further support.

Some peer support groups continued through the project, with the Eating Disorder Peer Support Group exceeding 30 members. 350 parents or families had some form of support through closed Facebook groups, and the schools-based project supported 80 pupils online or in person with creative, emotional intelligence activities outdoors. One project engaged with over 350 children, young people and families, as well as 25 agency partners.

Groups involved included: Breathe Creative, Mental Health Matters Wales, Tanio Limited, Cwm Taf Morgannwg Mind, Mental Health Matters Wales, New Horizons, Ray of Light Cancer Support, The Parent Network Ltd, Artis Community, Purple Shoots Business Lending, and Valleys Kids. The work was made possible by £200k which came from Welsh Government through CTMUHB.

“Parents who were contacted were very positive about the project. Comments received include ‘Aww you are awesome!’ and ‘Oh yes please that would be fantastic!’”

Parent Network, Seize The Day.

Executive Committee

April 2020 to March 2021

Pauline Richards	Valleys Kids	Chair
Janet Whiteman	New Horizons	Vice Chair
Richard Flowerdew	RCT Scouts	Treasurer
Stephen Davis	Spectacle Theatre	
Louisa Addiscott	Ynysybwl Regeneration Project	
Lisa Wills	Arts Factory	
Richard Walters	Gilfach Goch Community Association	
Alison Theaker	Eye to Eye Youth Counselling Service	
Kyle Luckwell	Grief Support Cymru (from January 2021)	

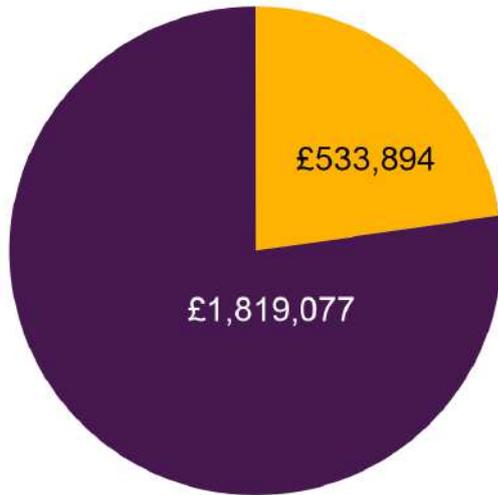
Staff Team

Simon James	Chief Executive
Anne Morris	Deputy Chief Executive
Alisa Davies	Finance Manager
Kathryn Rogerson-Davies	Funding and Development Manager (Mental Health)
Julie Edwards	Community Advice Team Leader
Kathryn Price	Office Manager (to August 2020)
Cara Jordan-Evans	Information and Communications Officer (to September 2020)
Claire Blackmore	Finance and Support Services Officer
Sue Phillips	Participation and Involvement Officer (to September 2020)
Ken Moon	Community Advice Coordinator
Meriel Gough	Community Advice Coordinator, Pen-Y- Cymoedd

Thomas Crockett	Community Advice Coordinator (until January 2021)
Katelyn Burch	Community Advice Coordinator (from February 2021)
David Evans Berry	Community Advice Coordinator (from February 2021)
Rebecca Bennett-Wilding	Community Advice Coordinator (from February 2021)
Taela Mae Davies	Community Hwbs Development Officer (from 2020)
Mark Burrows	Children and Young People Coordinator (from September to December 2020)
William Sullivan	Marketing and Promotions Officer (from July 2020)
Maria Abson	Mental Health Coordinator
Rhiannon McHugh	Community Development, Penywaun
Karen Powell	Community Coordinator, Taff
Lucy Foster	Community Coordinator, Rhondda
Deanne Rebane	Community Coordinator, Cynon
Julie Lomas	GP Wellbeing Coordinator, South Cynon
Hannah Furnish	GP Wellbeing Coordinator, Taff
Lisa Lewis	GP Wellbeing Coordinator, Rhondda
Aminah Teague	Wellbeing Coordinator, Taff
Melanie Holly	Wellbeing Coordinator, Rhondda
Katy Williams	Wellbeing Coordinator, Rhondda
Samantha Williams	Wellbeing Coordinator, Cynon
Imogen Hopkins	GP Wellbeing Coordinator, Taff (maternity cover from March 2021)
Robyn Hambrook	Wellbeing Coordinator, Taff (maternity cover from February 2021)
Abigail Wilson	BAME Engagement Officer (from March 2021)

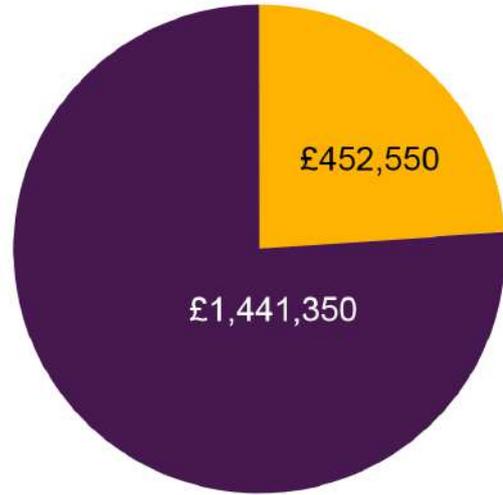
Important figures at a glance

Income



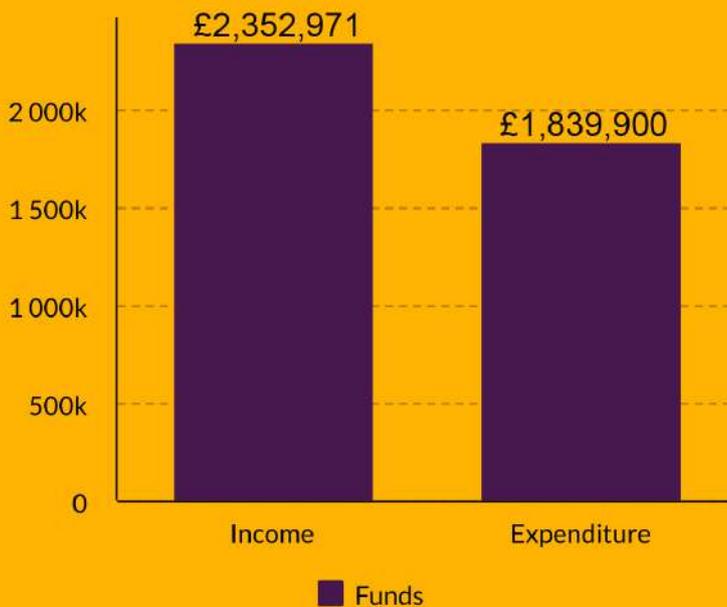
■ Unrestricted (22.69%) ■ Restricted (77.31%)

Expenditure



■ Unrestricted (23.9%) ■ Restricted (76.1%)

Totals



Gain on investment
£12,327

Surplus on unrestricted funds
£93,671

Total grants awarded: **£553,719.61**

Accounts

Interlink R C T

Statement of Financial Activities

for the year ended 31 March 2021

Income and endowments from charitable activities	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Grants and contracts		525,817	1,819,077	2,344,894	1,367,851
Other trading activities	2	5,437	-	5,437	8,404
Investment income	3	1,150	-	1,150	3,943
Other income		1,490	-	1,490	5,070
Total		533,894	1,819,077	2,352,971	1,385,268
Expenditure on					
Raising funds	5	1,769	-	1,769	2,721
Charitable activities	6				
Grants and contracts		2,621	-	2,621	-
Charitable activities		448,160	1,441,350	1,889,510	1,236,646
Total		452,550	1,441,350	1,893,900	1,239,367
Net gains on investments		12,327	-	12,327	13,776
Net income		93,671	377,727	471,398	159,677
Transfers between funds	17	221,018	(221,018)	-	-
Net movement in funds		314,689	156,709	471,398	159,677
Reconciliation of funds					
Total funds brought forward		706,210	100,463	806,673	646,996
Total funds carried forward		1,020,899	257,172	1,278,071	806,673

Balance Sheet

31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets					
Tangible assets	12	4,487	-	4,487	1,063
Investments	13	373,452	-	373,452	-
		377,939	-	377,939	1,063
Current assets					
Debtors	14	383,297	-	383,297	214,490
Cash at bank and in hand		544,029	257,172	801,201	674,288
		927,326	257,172	1,184,498	888,778
Creditors					
Amounts falling due within one year	15	(284,366)	-	(284,366)	(83,168)
Net current assets		642,960	257,172	900,132	805,610
Total assets less current liabilities		1,020,899	257,172	1,278,071	806,673
Net assets		1,020,899	257,172	1,278,071	806,673
Funds	17				
Unrestricted funds				1,020,899	706,210
Restricted funds				257,172	100,463
Total funds				1,278,071	806,673

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

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With thanks to our funders



Bwrdd Iechyd Prifysgol
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*sportwales
chwaraeoncymru*



We would like to thank all our members and partners, too many to mention individually. Their incredible support has enabled us to work alongside so many individuals, volunteers, and community and voluntary groups over the last 12 months.

Registered Charity Number: 1141143. Company Limited by Guarantee Number: 07549533.
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