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RAY CEREDIGION

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RAY Ceredigion

Annual General Meeting Report

1-3pm Pengloyn, Aberaeron 25th February 2023



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Pengloyn, Tabernacle Street,
Aberaeron SA46 0BN
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RAY Annual General Report 25.02.2023

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RAY Ceredigion Report, Annual General Meeting

Executive Officer Report

The past 12 months have been a very positive period for RAY Ceredigion, with the excellent news in the autumn that we have been successful with a further 3 years of People and Places lottery Community Fund grant income, securing many jobs and many of our core activities.

With the reduction in Covid restrictions 2022 was the first year for a while where we were able to reinstate some of our usual activities including outreach outdoor play sessions and our annual RAY Play Day which marks the UK National Play Day – these were welcomed by our staff team as well as many in the county and all were well attended.

We have been able to support a number of new activities including moving the Repair Café we host to Saturdays thereby increasing attendance and making it a busy event attracting new volunteers on a regular basis and helping to reduce items going to landfill.

Out of the Repair Café we now have a RAY Men's shed just starting up run by a number of our Repair Café volunteers and plans to take on an allotment.

And in 2022 we finally got ourselves a new website which links to three of our Facebook pages and so has up to date news visible on the Home page.

We have also worked with Alain Thomas and Rory Chapman on an external evaluation of our work, Alain will produce a narrative report and Rory is working on a film.

Our committee gained two new valuable volunteers in the past 12+ months who have been a real asset to the charity and who have formed an HR subgroup with the Executive Officer, resulting in a new RAY Staff Handbook and increased support for staff.

All in all a very good past 12 months putting us in a strong position to start the new 3 year lottery programme in April 2023 which will help with our sustainability through to end of March 2026.

As ever a big thank you to all the people who attend our sessions, our volunteers, staff team and trustees and the wider community in Ceredigion.

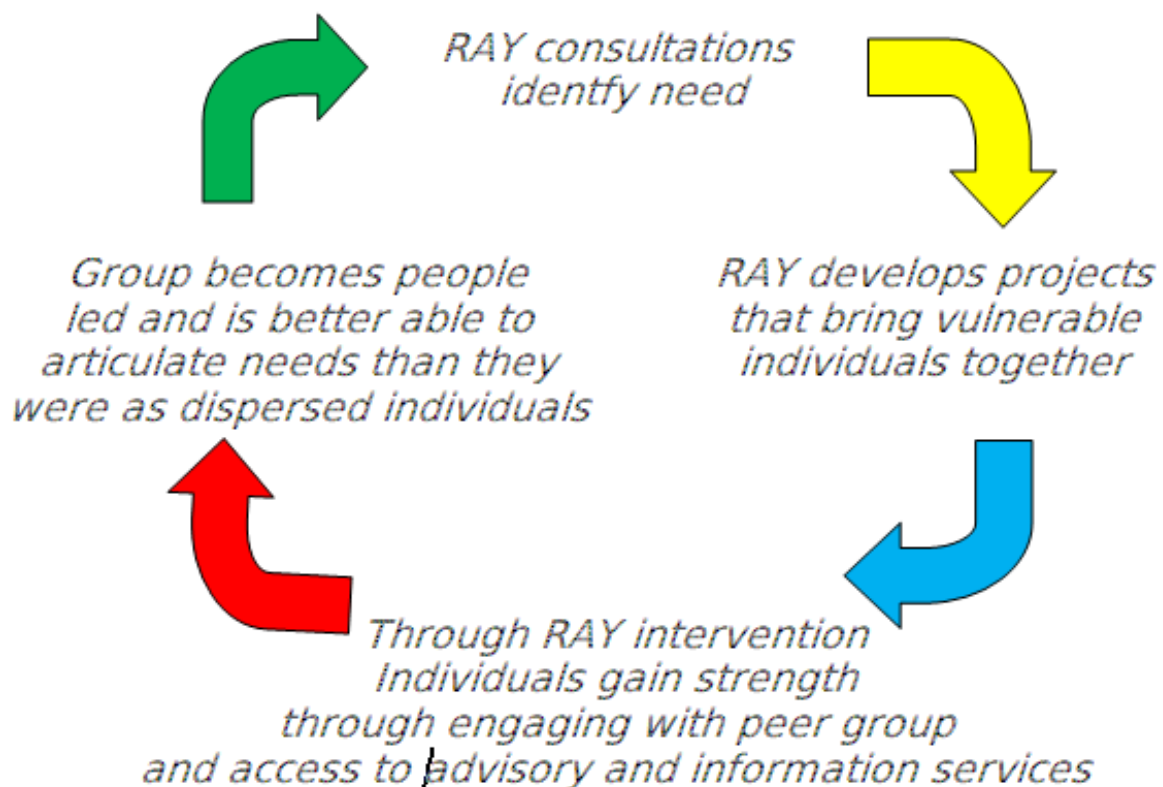
Thanks everyone



Gill Byrne
Executive Officer

RAY's role in the community

Over the past 22 years RAY's objectives have expanded as we worked within communities across the county, and listened to the needs expressed by residents, particularly those who are the most vulnerable and disadvantaged. We have been careful to work with other organisations, statutory, voluntary and private, to ensure that any projects and activities we have delivered have not duplicated the work of others, and where possible filled a gap in existing provision. We have recognised a productive cycle of community consultation identifying need, RAY checking if we are the right organisation to respond to that need, developing projects to meet the need, and through that creating increased capacity within the county, for example through peer support networks that emerge through our group activities, through linking supportive organisations with groups and individuals who need that support. This can be summed up in the diagram below:



Examples in the past 1 – 2 years are RAY responding to the need for a breastfeeding support group brought to us by a parent, we are now funding a third parent peer supported to attend training and the weekly group is very successful. Also a group of our repairers from the Aberaeron Repair Café expressed an interest in starting a Men's Shed and taking on an allotment and this now at the early stages of development. Most if not all of the individuals involved me through engaging with RAY activities and through that have developed new systems of support and development within the county.

RAY's Charitable Objectives and Mission Statement

As a charity registered with the Charity Commission we have a set of charitable objectives which have grown and expanded over the years to match our aims and objectives.

RAY's Charitable Objectives

- A. support, develop and enhance the provision of facilities for recreation, open access play and education for children & young people in Ceredigion
- B. to support, develop and enhance provision of facilities for adults including disabled, retired and older residents, building community capacity through the provision of social and recreational activities
- C. to advance the education and training of vulnerable and disadvantaged members of the community in Ceredigion and those that work or volunteer to support them
- D. to develop community activities and facilities that enhance health and wellbeing for vulnerable and disadvantaged members of the community in Ceredigion

These Objects reflect our Mission Statement which is to:

Improve the health and wellbeing of residents of Ceredigion particularly those that are vulnerable and disadvantaged.

We achieve this by developing activities that meet identified needs and through continuous consultation and listening we aim to keep the activities useful and relevant to the people who attend. We can only do this with the following:

Grant funders - We need to thank the funders listed later in the report for their support, we could not achieve what we do without their recognition of the value of our activities

Donations and bequests - We have been fortunate to receive larger and small donations from local business and individual families and we thank them for thinking of RAY often at sad time.

The RAY Trustees - As a registered charity we have a board of committee members who offer their time, experience and wisdom to oversee all aspects of RAY's activities.

The RAY Staff team - As many of you will know we have a really good team of staff delivering a wide variety of activities for all ages and abilities.

Volunteers = Last but not least we have a fantastic and dependable group of volunteers of all ages who add value to everything we do.

RAY Activities in past 12 months

We have been fortunate to secure a further 3 years of lottery funding to enable us to sustain 4 key elements of what we deliver namely:

- RAY Family Centre which meets Mondays, Tuesdays and Wednesdays
- RAY Actif for 6 – 11 year olds which meets Wednesdays after school and school hols
- DYMA NI for young adults with disabilities aged 17-35+
- Volunteering funding our Volunteer Coordinator post

We have new targets and outcomes under all of these headings, and the lottery also funds a proportion of our overall running and management costs, which then enables **us** to deliver **all** the other activities we provide including:

- Outreach community play sessions
- School based community play sessions
- Nyth y Fron volunteer led breastfeeding group
- RAY Actif sessions for 11 – 19 year olds
- Courses and qualifications accredited by Agored Cymru
- RAY Craft and Chat group
- Hosting of Aberaeron Repair Café
- RAY's Men's Shed
- Hosting of RAY Social Club for young adults with disabilities
- The Forget Me Knot dementia support group
- A Heritage Lottery funded Wildlife Garden

What follows is how each of these activities benefits the community of Ceredigion.



RAY Ceredigion Activities Canolfan Deuluol RAY Family Centre



In the past 12 months we have had Little Stars speech and language sessions, Move and Groove, baby weaning, Baby massage, Baby sensory, cooking with Peggy, days out in the park, a Family Links parenting course delivered with Pathfinder, and lots and lots of RAY Stay and Play. Led by our Family Centre Coordinator.

Sessions are attended by mums, dads, grandparents and carers, and the feedback is that the activities we provide help with getting out of the house, seeing other people for both the adult and the child, build confidence and social skills, help with speech and language, introduce new toys and textures. We work with a number of partners including the Family Centre Network, Pathfinder, Flying Start, Health Visitors, Speech Therapists and more.

Megan oversees a Facebook page and Facebook chat group where she shares information on all our activities:

<https://www.facebook.com/Canolfan-Deuluol-RAY-Family-Centre-109018824129129>



Canolfan Deuluol RAY Family Centre

354 likes • 393 followers



Message Like

Search





This is an after school and school holiday group for 6 – 11's and aims to build confidence, friendships and new skills and interests.



RAY Actif staff aim to support children to relax and have fun – photos show raft building and sailing on the river after school and baking pastries and cakes with Peggy. Through these sorts of activities and trips out on our minibus we provide new and exciting opportunities.

RAY Actif 11 – LA's is funded by the Waterloo Foundation for young people to learn new skills and gain vocational certificates. This year we have delivered a unit on Money Management and are about to start a unit on marine wildlife and last year we completed

Activity	Benefits
<i>Bush Craft Units (AC)</i>	Wild about Learning at New Quay Hone farm, all young people were taught how to safely light and put out a fire, and how to cook a meal for themselves safely.
<i>Candle Making</i>	Making candles to give as Christmas presents.
<i>Bread Making</i>	Learning how to make bread from scratch (Life Skills)
<i>Talk on Marine wildlife</i>	Learning about their environment and started working on their AC Recycle unit
<i>Music Workshop</i>	Learning new instruments
<i>Beach Clean, Talk on Bullying</i>	AC recycle units
<i>County lines Arad Goch theatre</i>	Learning about county lines and how to avoid something like this happening to them and also letting them know its ok to speak up if this is happening to them or someone they know.
<i>Beach Clean (morning)</i>	Looking after their environment
<i>Music Workshop (afternoon)</i>	Expanding their newfound music skills
<i>Recycle Project</i>	Making an art project out of plastic they have collected from the beach
<i>Sexual health talk</i>	Learning that NO means NO and how to stay safe online chats
<i>Talk about business</i>	Learning what it takes to be your own boss and the skills you need to run your own business
<i>Clay Modeling</i>	Learning how to make models and then filming them to appear to move around the table.
<i>Visit from PCSO</i>	With the rise of anti-social behavior in our community, police wanted to talk to the young people on the effects of this behavior within the community
<i>Coastal path</i>	Following on from learning about fitness we walked the coastal path, all asked if they could do more fitness
<i>Beach day</i>	Learning how to be safe in the water, they are becoming more confident in the water and beach clean, looking after the environment
<i>Craft Day</i>	Design for T shirts
<i>River swimming</i>	Learning about River Safety



In 2022 Summer of Fun funding enabled lots of trips and a residential stay in North Wales



Funded by



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FUND

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The DYMA NI group runs 2 days a week for young adults with disabilities and aims to first of all enable opportunities for meeting up, building friendships and social networks and secondly to work with the members of the group to deliver activities that interest them and help to develop new skills and build in existing skills and interests. In the past year the group has added wildlife gardening and food growing to the long list of **activities, and** made enough money from selling art work and food grown in the RAY greenhouse and garden to fund a trip the pantomime.





Volunteering with RAY

In 2022 RAY gained the Investors in Volunteers Award with some very positive feedback from out volunteers and the external evaluation including this section on our Strengths

A number of strengths were identified during the assessment which are detailed below. The numbers in brackets refer to the quality area and specific practice of the Investing in Volunteers standard.

Volunteers are proactively encouraged to develop their skills, and given opportunities to attend a variety of training opportunities. In some cases funding has been made available for volunteers to attend paid training courses to enhance their volunteering role, such as the 'Breastfeeding Support Training Foundation Module' run by the Association of Breastfeeding Mothers. The approach to training for volunteers was summed up by the Executive Officer who emphasised the importance of volunteer development. Subject to resources being available she said 'as much as possible, if people want to go on training courses they can'.

Volunteers expressed their feelings of being well supported by RAY Ceredigion through regular communication from the Volunteer Co-ordinator, Project Leads and the Executive Officer. The volunteers who were part of WhatsApp groups found this useful and they also appreciated the opportunities for debriefing conversations after each volunteering session. One volunteer summarised her opinion of staff support as 'they are very supportive'

Volunteers also said that they expressed their appreciation of feeling valued and very much part of the organisational team. This view came across strongly from volunteers and staff. One volunteer said 'I feel valued' and another said 'I feel very much part of an organisation.' Other volunteers reiterated these views

Two of our current volunteers Sue who helps with the RAY Actif 6-11's and Elin who has just started supporting all our activities.





Forget Me Knot Club

RAY Forget Me Knot dementia support group

This group goes from strength to strength and is busier now than it has ever been with sometimes 30+ people attending the weekly session. The group provides respite and support for people with dementia and their carers and is run by RAY staff supported by a wonderful team of volunteers and funded by the local Potter Trust. In 2022 we received funding via HAUL to run some community choir sessions and some mosaic art as the programme below shows



RAY Ceredigion
Pengloyn, Tabernacle St
Aberaeron SA46 0BN
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Forget Me Knot Club

Are you a carer for someone with memory loss?
Then please bring them along to our RAY Forget Me Knot dementia support group every Friday from 10.30-1.30pm at RAY Ceredigion, Pengloyn, Tabernacle Street, Aberaeron SA46 0BN. You are welcome to come and join us.

RAY Forget Me Knot Club Activity programme July to September 2022

Date	Activity
1 July	Tea, cake, chat and games. Consultation on Mosaics with Pod
8 July	Summer picnic with games and visit to the Geler Jones Collection. Meet in Llanerchaeron carpark at 10.30am.
15 July	Come in and relax with tea, cake, chat and games
22 July	Join in with the RAY Forget-me-knot Choir or just come and relax with tea, cake, chat and games
29 July	Join in with the RAY Forget-me-knot Choir, carers advice from Tracey from Credu, or just come and relax with tea, cake, chat and games
5 August	Join in with the RAY Forget-me-knot Choir or just come and relax with tea, cake, chat and games
12 August	Join in with the RAY Forget-me-knot Choir or just come and relax with tea, cake, chat and games
19 August	Tea, cake, chat, games, creation of individual mosaics to take home with Pod
26 August	Join in with the RAY Forget-me-knot Choir, carers advice from Tracey from Credu, or just come and relax with tea, cake, chat and games
2 September	RAY Forget-me-knot Choir, mosaic work or just come and relax with tea, cake, chat and games
9 September	RAY Forget-me-knot Choir, mosaic work or just come and relax with tea, cake, chat and games
16 September	RAY Forget-me-knot Choir, tea, cake, chat and games, creation of individual mosaics to take home with Pod
23 September	RAY Forget-me-knot Choir, tea, cake, chat and games, creation of individual mosaics to take home with Pod, carers advice from Tracey from Credu
30 September	RAY Forget-me-knot Choir final performance, mosaic work or just come and relax with tea, cake, chat and games

**To find out more email the group Coordinator Jenny Higgins
rayforgetmeknot@rayceredigion.org.uk
Or ring the RAY office on 01545 570 686**

Funded by

THE MARGARET & ALICK POTTER CHARITABLE TRUST
Charity Number 1088823
Grants to help people living with dementia in Ceredigion
Grantiau i helpu pobl sy'n byw gyda dementia yng Ngheredigion



GIG Ceredigion NHS
Bwrdd Iechyd Prifysgol Hywel Dda
University Health Board



HAUL
Cefnogiadau ariannol iechyd
Arts in Health



Play sessions in community and schools

In 2022 RAY delivered play sessions in communities including throughout the summer holidays for Wales and West Housing Association and sessions in schools and Pentop in Cardigan using funds provided by Cardigan playscheme. We benefited from Ceredigion local authority funding to provide sessions in Ysgol y Dderi and then in the autumn term to be able to start a programme of activities across a large number of primary schools which is ongoing. Llanon and Llanrhystud community councils kindly provided donations to help us with the costs of delivering outdoor play sessions on their community play areas.



Courses and training

We delivered two Level One playwork courses and Forest School Level 3 leader qualification.




RAY Ceredigion Free Level One Playwork
Accredited 3 Day course
 All work for the course is completed during the 3 days
 Have fun and learn more about how play supports child development

Wednesday	19th October	9.15 – 2.45pm
Wednesday	26th October	9.15 – 2.45pm
Wednesday	9th November	9.15 – 2.45pm

Course venue RAY CEREDIGION
 TABERNACLE STREET, ABERAERON SA46 0BN
 To book a place phone 01545 570 686 or email
 Gill.byrnell@rayceredigion.org.uk


"RAY Ceredigion provided me with the opportunity to train as a playworker, It has been an invaluable experience and I have been really inspired by the power of playwork to instill confidence in children and young adults."

Agored Cymru RAY Ceredigion



RAY Ceredigion & Cambium Sustainable Forest School Level 3 Leader Course 2022
 Cost £995

19 & 20 March	9.30-5 pm	Forest School Theory, Learning and Development	RAY Aberaeron
14 & 15 May	9.30-5 pm	Flora and Fauna ID, Planning for learner led sessions	Cors Ian Uedrod
25 & 26 June	9.30-5 pm x 2 days	Practical Skills development and assessment	Elemental Adventures Overnight camp
June – September	Learner plans and deliver programme of 6 x 2 hour sessions		
11 September	9.30-5 pm	Tutor support and portfolio building day	RAY Aberaeron
17 & 18 September	9.30-5 pm	Practical Skills development and Learner Handbook building	Denmark Farm
30 October	9.30-5 pm	Tutor support and portfolio building day	RAY Aberaeron
31 January	TBC	Portfolio completed and submitted	TBC



Applicants must be

- aged 19 or over / have a Level 2 outdoor related qualification OR
- 2 years experience of outdoor activities with groups of learners
- Trainees need to work with a group for at least 6 sessions

Agored Cymru Cambium

Heritage Lottery Wildlife Garden

Our garden was completed and planted and a fantastic Open Day was held at the end of May attended by over 100 people.



Men's Sheds

RAY hosts and supports the Aberaeron Repair Café and in the past year a number of the repairers have started a Men's Shed, we received funding from the Oakdale Trust to allow for a visit to North Wales to visit 3 Men's Sheds for ideas.



RAY would like to thank the following FUNDERS



Oakdale



Trust

Llanon and Llanrhystyd Community Councils
New Quay Fish Factory

Numbers benefiting from RAY Activities during 2022

Number attending by year	Numbers 2022
Family Centre adults	657.00
Family Centre children	742.00
RAY Actif 11 - 19's	52.00
RAY Actif 6 -11	38.00
DYMA NI	28.00
FMK carers	62.00
FMK people with dementia	54.00
Volunteering 2022	74.00
Community Play sessions	1,450.00
School Play Sessions	1,246.00
RAY Play Day 10.08.2022	2,000.00
RAY Training courses	125.00
Direct beneficiaries	6,528.00
Indirect beneficiaries	2,200.00
Total supported	8,728.00

Our indirect beneficiaries are family members and members in the community who also benefit from our activities for example a father said recently that he always has a better day at work when he knows his partner and child have attended RAY Family Centre as he returns to a happier home – this is an example of secondary beneficiaries.

Closing statement from the Chair

This will be my last closing statement as Chair of RAY Ceredigion as I regret to say I will be resigning at the forthcoming AGM. It has been a real honour to serve as Chair of RAY Ceredigion. I have always been immensely proud of the hard work and determination of RAY Ceredigion in providing such excellent and innovative services to people of all ages in Ceredigion. Over the years I have watched RAY continue to develop and adapt in the face of what at times have been challenging circumstances. In the time I have served as Chair they have supported and helped thousands of people and helped to support the development of new and innovative services. In recent years this has, amongst many others, included the DYMA NI group and Forget me Knot Club and more recently help to set up the Repair Café and now a men's shed group.

The dynamic and innovative approach to serving the community that RAY has, means they can offer services to all members of the community from the youngest through to the more mature in years, at the very time the Local Authority has adopting a Through Age model to service delivery. It is this unique and flexible approach that has meant that RAY has been able to secure further funding from the National Lottery through their People and Places programme and to be able to provide a firm foundation for further growth.

All the above would not be possible without the continuous support of our funders and partners. Nor without the support of my fellow committee members who have provided such essential support in guiding RAY over the years I have been Chair. Finally, RAY would not be the success it is without the tireless work of its' staff team, especially that of its Executive Officer Gill. Gill it has been a real privilege working with you over the years. I understand that RAY is very much your baby, and I am grateful for the opportunity to help 'parent' over the years. A time that I will always look back on with the fondest memories.

I wish you all the very best for the future.

Mike Allman Chair, RAY Ceredigion

February 2023

