

Charity registration number 1127644

Company registration number 6760783 (England and Wales)

YORK CARERS CENTRE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

YORK CARERS CENTRE

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YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J P R Dean - Treasurer Mrs R J Temple - Chair Mrs J Chapman (Resigned 23 September 2021) Mr C Durant Ms L Shelbourn Ms H Weatherly Mr E I C Robson
Secretary and chief executive	Ms C D Zagrovic
Patron	Mr H Gratton MBE, DL (Died 24 June 2022)
Charity number	1127644
Company number	6760783
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET
Independent examiner	N Clemit ACA, FCCA JWPCreers LLP Chartered Accountants Genesis 5 Church Lane York YO10 5DQ
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG
Key management personnel	Ms C D Zagrovic Mrs J Crosby Trustees noted above

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees (who are also the directors of York Carers Centre for the purposes of company law) present their report and financial statements for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019".

The legal and administrative information page forms part of this report.

Objectives and activities

The company's principal activity and public benefit is to relieve in and around the city of York the elderly, the sick and people with disabilities by providing support, advice and information to those responsible for their care.

York Carers Centre is committed to meeting the needs of all Carers in York and improving their quality of life, helping them fulfil their full potential living their own life alongside their caring role. We aim to achieve this by providing support, advice and information, representing carers' views and influencing local and national policies and practice.

Aims

- To enable carers to have choices about their caring role
- To positively influence local and national policy and practice to benefit carers
- To support effective caring

Objectives

- To support carers in their caring role
- To provide quality information, advice and advocacy for carers in York
- To provide accurate and accessible information and advice
- To assist carers to register an emergency plan
- To facilitate carer representation on local and national groups and forums
- To support carer groups and facilitate consultations
- To run groups, organise trips and events for carers
- To provide a support service for young carers including one to one work
- To provide access to breaks for all carers
- To provide groups, trips and events for young carers
- To provide specific support groups for 18-25 year old carers
- To provide help with employment, education and training for carers

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Keeping carers connected through groups and activities

We helped 513 adult carers to maintain a life of their own and stay connected to other carers through 153 group activities.

Hubs in the community

We run regular Carers' Hubs in different locations around the city, adapting these to meet need. We've heard lots of positive feedback from carers about how this has helped to reduce isolation and build relationships with other carers in similar situations.

Families affected by addiction

Our regular group for people affected by a family member or friend's drug or alcohol use helps those carers to stay connected to others in similar situations, reduces isolation and equips carers with new skills.

The group discussions focus on helping carers with establishing boundaries, learning coping skills, understanding relationships, sharing experiences and hearing about local resources and services.

Bereavement workshops

Our series of bereavement workshops this year gave carers chance to connect with one another, and to speak openly about both their bereavement loss and the loss of their caring role and identity.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Supporting someone with mental ill-health

We host two regular mental health support groups, offering family members and friends of someone with mental ill-health the chance to talk to others in similar situations, stay up to date by hearing from local health services and have their voice heard by decision makers.

Valuable speaker sessions this year included Tees, Esk and Wear Valleys NHS Trust pharmacists, several sessions with the Head of Nursing for mental health for North Yorkshire and York, the Social Prescribing and Local Area Coordination Teams, and the Action Towards Inclusion team.

Planning for Tomorrow

We responded to carers' needs by offering a series of workshops on planning for the future, focusing on end-of-life care.

The sessions worked to tackle this difficult topic in a sensitive and open manner and provided carers with information, advice and the chance to speak to others in similar situations.

Supporting better understanding of Carers' rights

Advice work

After receiving information and advice from our specialist carer advice worker, carers said that:

- they felt listened to and understood
- they understood their particular issue more and felt able to make an informed choice
- they felt better equipped to challenge decisions
- receiving clear information and advice relieved stress and anxiety levels
- they were able to move forward with their issue or it had been resolved

Carers Assessments of Need

We completed 135 Carers Assessments of Need this year. The Assessments are undertaken by experienced staff who help carers access information and advice at a point when they first seek support, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

Information sessions

Our information sessions aimed at empowering carers to understand and use their rights included:

- A Carers Rights Day event: 'Get Heard in the UK Parliament, highlighting how to raise issues and understand the parliamentary system
- Communicating with Professionals workshops, funded by York Inspirational Kids, empowering parent carers to use their rights to challenge decisions and communicate effectively.
- Benefits advice sessions covering carers entitlements and individual support.

Raising awareness of Carers' needs

Families affected by addiction

Our successful application to the NHS Mind the Gap programme, resulted in an innovative carer-led project and three carefully crafted short films demonstrating the challenges carers face in looking after someone with an alcohol or drug dependency.

The films were shared widely by our health and social care partners to raise awareness of what matters most to carers and how services, professionals and the wider community can help.

The panel concluded that our successful application showed "great knowledge of helping carers from vulnerable communities to identify and understand what matters most to them. And great evidence of co-production with carers in co-designing recommendations."

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Carers Action Group

The Carers Action Group was set up to ensure carers voices are heard and carers are acknowledged as experts by experience. The group meet regularly with staff and statutory services and members represent carers through City of York Council Carers Strategy meetings.

Themes for discussion and action have included: care homes; the pandemic and vaccinations for carers; disability parking; a 'wish list' for Primary Care; carer breaks.

Staff and carers take an active role in a number of groups in the city including, Dementia Strategy; Ageing Well Partnership; Healthwatch Steering Group, all highlighting carers' needs and the value they bring to integrating health and social care services.

Raising awareness through the media

Throughout the year we have raised awareness of caring in our community and issues affecting carers, as well as reaching out to 'hidden' carers who may not be accessing any support. From regional television to local press, radio and social media, we have made caring visible in our community.

Training for health and social care staff

We facilitated carer awareness training to 400 professionals from local health, social care and voluntary organisations.

Our training aims to highlight the challenges carers face, particularly around navigating statutory services and co-ordinating health and social care support. Professionals leave with a better understanding of identifying and supporting carers, where other help is available and carers health and wellbeing.

Work with employers

We engaged with 35 local employers this year to raise awareness of carers' needs in the workplace. We are proud to have continued our partnership work with large organisations, such as York and Scarborough Teaching Hospitals NHS Foundation Trust through their launch of the Caring 4 Carers staff network.

Carer Champions

Many carers are passionate about raising awareness of carers' needs and reducing the stigma around conditions. We support those carers to make a difference, to represent the voice of carers and to help shape local services.

Helping carers to stay well

One to one support

This year we have completed 570 one-to-one carer support sessions with 130 carers, responding to what each individual needs.

Wellbeing sessions

We delivered a range of sessions, meeting the expressed needs of carers, including: voicefulness, creative writing, an art group, bereavement workshops, and mindfulness to name just a few. Sessions support carers' wellbeing, and help carers develop social contacts, while knowledgeable staff provide information and advice.

We hosted two courses facilitated by a counsellor helping carers to cope with their caring roles, providing time and space to explore the many emotions and feelings involved when caring for someone.

Support for carers at Foss Park

We were granted funding to work as part of a Pathway to Recovery team based at Foss Park mental health hospital, employing carers as peer supporters to support families and carers of those being discharged from hospital.

This project which began in September 2021 received around 40 referrals and we actively worked with over 20 carers up to the end of March, ensuring they have access to information and advice at the point of crisis, and support to help maintain their wellbeing.

Maximising carers' income

This year our specialist welfare benefits worker helped 226 carers with benefit entitlement checks and support through the entire application process, generating £160,000 extra income for carers and their families.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Valuing volunteers

Our committed group of volunteers are an important part of our work with carers, and we are proud to have over 35 volunteers this year.

Volunteers are involved in many areas of our work and use their skills and experience to support carers in a range of ways, including helping in groups for both adults and young carers, planning events, making one-to-one welfare and befriending calls and assisting with office work.

Young adult carers

Our work this year with 18- to 25-year-old carers focused on being a point of contact throughout the pandemic and providing activities to maintain their health and wellbeing. We facilitated walk- and-talk sessions enabling carers to talk freely (away from the person they care for); give them a break from the household environment, and an opportunity to exercise.

We started an Instagram Channel @yacsyork to maintain contact, continuity, familiarity, peer support and project momentum. We also developed a 60 Second Virtual Steering Group which was well received and helped shape our offer.

29 young adult carers directly benefitted from our Inspiring Change project funded by the Quilter Foundation. Creative sessions, social events, and one-to-one coaching helped carers establish goals towards independence and employability.

To celebrate Carers Rights Day, we arranged a group trip to Liverpool to meet with Barnado's young adult carers. The trip was a real success and Liverpool carers were inspired by the possibilities and opportunities.

Young carers

We continually adapted our support during the pandemic for 5- to 18-year-old carers, responding to restrictions and finding ways to maintain activities and services without any pause or gaps. Our successful funding to the National Lottery enabled us to employ a Family Worker and Cognitive Behavioural Therapist to meet the increasing needs of young carers experiencing mental health problems.

Funding from BBC Children in Need and the Holiday Activity and Food programme provided 416 Summer Fun experiences, with a focus on healthy eating, physical activity, positive creative expression, making new friendships and young carers having their voices heard.

Successful funding including from City of York Council, Ed de Nunzio Charitable Trust and York Children's Trust, provided 52 families with school uniforms, free IT equipment and other essentials.

Participating in the national Young Carers Action Day, young carers produced a film to use in schools to raise awareness and help identify and reach 'hidden' young carers.

Helping young carers to stay well

Family Support and CBT

Successful funding from the National Lottery provided 67 young carers and their families with Cognitive Behavioural Therapy (CBT) and Family Support.

This early intervention project was developed in response to the increasing needs of young carers aged 11 to 24, struggling with their mental health, and who often face months of waiting for diagnosis or support.

208 therapy sessions have been delivered, teaching coping skills and techniques, in venues such as schools and community centres, alongside providing practical support for the whole family, including emotional support, foodbank vouchers, debt management, funding for household items, sourcing mentors and liaising with schools and statutory service.

Highlights for the year

- We answered 3,495 calls and enquiries from carers, providing support, information and signposting to other services that might be able to help.
- We helped 513 carers to maintain a life of their own and stay connected to other carers through group activities.
- We supported carers to access £160,000 in extra welfare benefits to increase their family income.
- We completed 135 Carers Assessments of Need ensuring carers got early information and advice, and the right support for their individual needs.
- We ran a survey to better understand the needs of carers in our area, and gained 230 responses, providing us with evidence to shape our services accordingly and highlight wider issues.
- We distributed 17,408 copies of our regular newsletter, to ensure local carers and professionals had up to date information about events and news that may help them.
- 503 unpaid carers in York hold our Carers Emergency Card, making them better equipped to deal with a crisis, with 85% saying the card provides peace of mind.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Financial review

York Carers Centre finished the year with a surplus of £28,515 (2021: surplus £24,636). Total income increased by £111,793 to £633,755 (2021: £521,962) and at the same time expenditure increased by £107,914 to £605,240 (2021: £497,326).

Reserves policy

Free reserves of £84,577 were held at 31 March 2022. Free reserves exclude those reserves which are restricted and fixed assets.

The trustees have now established a reserves policy and agreed on the level of reserves the charity will require to sustain its operations in the future.

Risk management

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

York Carers Centre is a registered charity and a company limited by guarantee not having a share capital. The company is governed by its Memorandum and Articles of Association dated 28th November 2008 and Articles dated 18th September 2014 as amended by special resolution dated 21 September 2017.

The board of trustees is responsible for management of York Carers Centre. The board consists of a minimum of 6 and a maximum of 12 trustees who should either be elected by and from the membership at or prior to the annual general meeting. Up to four persons (who need not be members of the charity) can be co-opted by the trustees because they make a special contribution or have a particular interest in the work of the charity; provided that at no time shall co-opted trustees constitute more than one half of the total board.

The chief executive who is also the company secretary reports to the board of trustees, and is responsible for the day to day management of the Carers Centre. The board of trustees hold a management meeting once a month. All trustees received training and an induction when appointed, and their training needs are reviewed annually.

Funds held as custodian trustee

At 31 March 2022 the charity held funds on behalf of Young Carers Revolution of £6,673 (2021: £7,224).

The trustees' report was approved by the Board of Trustees.



R J Temple
Signed on 29/09/22 @ 10:43

Mrs R J Temple - Chair

Trustee

Date: 23 September 2022

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of York Carers Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

YORK CARERS CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YORK CARERS CENTRE

I report to the trustees on my examination of the financial statements of York Carers Centre (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, and the Association of Chartered Certified Accountants, which are listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



N P Clemit

Countersigned on 29/09/22 @ 11:48

N Clemit ACA, FCCA

JWPCreers LLP
Chartered Accountants
Genesis 5
Church Lane
York
YO10 5DQ

Dated: 27 September 2022

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income							
Donations and legacies	2	2,067	3,561	5,628	1,841	11,657	13,498
Charitable activities	3	431,535	195,565	627,100	435,757	72,641	508,398
Other trading activities	4	-	1,027	1,027	66	-	66
Total income		433,602	200,153	633,755	437,664	84,298	521,962
Expenditure							
Charitable activities	5	445,692	159,548	605,240	438,859	58,467	497,326
Net (expenditure)/income before transfers		(12,090)	40,605	28,515	(1,195)	25,831	24,636
Gross transfers between funds		(734)	734	-	619	(619)	-
Net (expenditure)/income for the year/							
Net movement in funds		(12,824)	41,339	28,515	(576)	25,212	24,636
Fund balances at 1 April 2021		99,162	70,284	169,446	99,738	45,072	144,810
Fund balances at 31 March 2022		86,338	111,623	197,961	99,162	70,284	169,446

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

YORK CARERS CENTRE

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	9		1,761		3,050
Current assets					
Debtors	10	3,394		12,213	
Cash at bank and in hand		205,223		164,607	
		<u>208,617</u>		<u>176,820</u>	
Creditors: amounts falling due within one year	11	<u>(12,417)</u>		<u>(10,424)</u>	
Net current assets			196,200		166,396
Total assets less current liabilities			<u>197,961</u>		<u>169,446</u>
Income funds					
Restricted funds	12		111,623		70,284
Unrestricted funds			86,338		99,162
			<u>197,961</u>		<u>169,446</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 23 September 2022



R J Temple
Signed on 29/09/22 @ 10:43

Mrs R J Temple - Chair
Trustee

Company registration number 6760783

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

York Carers Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is Priory Street Centre, 17 Priory Street, York, YO1 6ET.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the statement of financial activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both the direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include its audit fees and costs linked to the strategic management of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Fixed assets are stated at cost or valuation less accumulated depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer System	33% straight line
Office Equipment	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are measured at transaction price.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are recognised at transaction price

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised at transaction price.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Pension costs

Staff can pay into the Pension Trust's Flexible Retirement Plan. The assets are held separately from those of the charity. Pension costs charged in the statement of financial activities represent the contributions payable by the charity in the year.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations	2,067	3,561	5,628	1,841	11,657	13,498

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

3 Charitable activities

	Charitable Income 2022 £	Charitable Income 2021 £
Grants and contracts		
City of York Council	383,421	356,603
Vale of York CCG	81,154	81,154
Carers Trust	29,265	9,078
Grant making trusts	25,171	54,658
Children in Need	8,220	-
Better Care	-	6,905
National Lottery	89,869	-
Mind the gap NHS	10,000	-
	<u>627,100</u>	<u>508,398</u>
Analysis by fund		
Unrestricted funds	431,535	435,757
Restricted funds	195,565	72,641
	<u>627,100</u>	<u>508,398</u>

4 Other trading activities

	Restricted funds 2022 £	Unrestricted funds 2021 £
Fundraising	1,027	66
	<u>1,027</u>	<u>66</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	Expenditure on Charitable Activities 2022 £	Expenditure on Charitable Activities 2021 £
Salaries	431,332	371,920
DBS and recruitment	2,502	481
Volunteers expenses	876	690
Training and conferences	4,358	1,846
Rent and room hire	21,222	22,307
General running costs	48,319	43,504
Carers week and carers rights day	865	273
Travel expenses including parking	2,469	2,842
Activity costs	43,904	24,108
Project costs (counselling)	16,000	16,000
Newsletter costs	6,128	3,465
Hospitality for carers	532	257
	<hr/>	<hr/>
	578,507	487,693
Share of support costs (see note 6)	24,357	7,565
Share of governance costs (see note 6)	2,376	2,068
	<hr/>	<hr/>
	605,240	497,326
	<hr/>	<hr/>
Analysis by fund		
Unrestricted funds	445,692	438,859
Restricted funds	159,548	58,467
	<hr/>	<hr/>
	605,240	497,326
	<hr/>	<hr/>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

6 Support costs

	2022		2021		2021
	Support costs	Governance costs	2022 Support costs	Governance costs	
	£	£	£	£	£
Depreciation	2,019	-	2,019	3,289	3,289
Bank charges	376	-	376	367	367
Legal and professional fees	9,993	-	9,993	750	750
Website and IT costs	8,857	-	8,857	3,159	3,159
Advertising	3,112	-	3,112	-	-
Independent examiners fee	-	1,920	1,920	-	1,860
Governance cost	-	456	456	-	208
	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>	<u>7,565</u>	<u>9,633</u>
Analysed between					
Charitable activities	<u>24,357</u>	<u>2,376</u>	<u>26,733</u>	<u>7,565</u>	<u>9,633</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Total	<u>23</u>	<u>22</u>
Employment costs	2022	2021
	£	£
Wages and salaries	381,834	326,003
Social security costs	27,834	23,530
Pension costs	17,895	18,062
Holiday accrual	3,769	3,698
	<u>431,332</u>	<u>371,293</u>

No employee earned £60,000 pa or more (2021: none).

The average number of full time equivalent staff was 14 (2021: 13).

The key management personnel received £58,523 in the year (2021: £56,204).

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2021	22,889	1,299	24,188
Additions	-	730	730
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	22,889	2,029	24,918
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2021	20,705	433	21,138
Depreciation charged in the year	1,586	433	2,019
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	22,291	866	23,157
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2022	598	1,163	1,761
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	2,184	866	3,050
	<u> </u>	<u> </u>	<u> </u>

10 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Prepayments and accrued income	3,394	12,213
	<u> </u>	<u> </u>

11 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	616	2,483
Accruals	11,801	7,941
	<u> </u>	<u> </u>
	12,417	10,424
	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2021	Movement in funds			Balance at 31 March 2022
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	2,160	4,588	(4,967)	-	1,781
Young Carers	34,833	22,423	(21,981)	-	35,275
Young Adults	6,584	750	(255)	-	7,079
Adults	13,424	6,164	(8,953)	-	10,635
Substance Misuse Fund	3,517	3,872	(4,435)	-	2,954
Children in Need	-	8,220	(8,340)	120	-
Quilter Foundation	7,178	23,227	(16,473)	-	13,932
Joseph Rowntree Foundation	2,588	-	(2,669)	81	-
National Lottery Community Fund -Dev	-	7,000	(7,017)	17	-
National Lottery Community Fund	-	82,869	(50,375)	-	32,494
Holiday Activity Fund	-	11,040	(11,315)	275	-
Mind the Gap NHS	-	10,000	(10,241)	241	-
YMH Partnership Funding	-	20,000	(12,527)	-	7,473
	<u>70,284</u>	<u>200,153</u>	<u>(159,548)</u>	<u>734</u>	<u>111,623</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

(Continued)

	Movement in funds				Balance at 31 March 2021 £
	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	
Carers Trust	3,255	5,298	(6,393)	-	2,160
Young Carers	19,922	24,095	(9,184)	-	34,833
Young Adults	5,502	5,105	(4,023)	-	6,584
Adults	8,165	7,910	(2,651)	-	13,424
Substance Misuse Fund	3,050	1,995	(1,528)	-	3,517
Quilter Foundation	5,178	2,000	-	-	7,178
National Lottery Community Fund (Covid Support)	-	18,506	(17,686)	(820)	-
Independent Age Grants Fund	-	7,484	(7,564)	80	-
Joseph Rowntree Foundation	-	5,000	(2,412)	-	2,588
City of York Council Better Care Fund	-	6,905	(7,026)	121	-
	<u>45,072</u>	<u>84,298</u>	<u>(58,467)</u>	<u>(619)</u>	<u>70,284</u>

Carers Trust

Individual grants received to provide opportunities for carers to improve and maintain their health and wellbeing, support them in accessing work, training and employment and to work with them to explore a life outside their caring role.

Funding for young carers

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers under 18 years.

Funding for young adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 18-25 years.

Funding for adults

Grants from trust funds and donations/fundraising from local businesses, churches and organisations specifically to provide activities and groups for carers aged 25+ years.

Substance Misuse Fund

Donations/fundraising from businesses and organisations specifically to provide information and support groups for carers who are affected by someone else's substance misuse.

Children in Need

A three year grant to deliver a six week activity programme over the summer holidays to increase the emotional wellbeing of young carers and enable them to build emotional and mental resilience. The programme delivers workshops to learn about food and nutrition in a fun, creative way. It enables young carers to adopt healthy eating habits and cooking healthy meals on a budget, and will help families on low incomes and increase young people's practical skills throughout their lives. Through this programme young carers will engage in physical activities that challenge and improve their physical and mental ability and benefit them from engaging in team-work, relieve stress and build fitness thereby helping overcome long-term health problems such as obesity.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Restricted funds

(Continued)

Quilter Foundation (Carers Trust)

Funding from the Inspiring Change grant programme enabling young adult carers to take time out from the pressures they face to engage in fun activities and access one-to-one support helping overcome isolation and build their confidence and self-esteem. They will explore and identify future goals and plans that will help their transition into adulthood. In addition funding from the Aspirations grant programme helps young adult carers towards their goals, for example paying to complete a qualification needed for a job. On completion of the project, all young adult carers will have a portfolio featuring their skills and strengths; photographs of their achievements and a detailed action plan matching their identified goals and aspirations.

Joseph Rowntree Foundation

A small grant to employ a part time member of staff to facilitate a regular group for carers of people with severe mental ill health. The member of staff will also offer additional support to carers who require it and follow up any issues that arise at group meetings.

National Lottery Community Fund - Development

Funding for a development stage taking up to at least two months prior to the project work with young carers commencing. This will produce systems; develop partners, forums, groups, terms of reference; and also work with young adult carers to develop a group to influence the project going forward.

National Lottery Community Fund

Three year funding to employ a CBT Therapist and Family Worker to support young carers who have developed, or are at high risk of developing a mental health condition, whose caring responsibilities worry and upset them to such a degree that they are unable to function and lead normal healthy lives. The Therapist offers support to equip young carers with the tools and coping skills to manage a range of emotional conditions. Alongside this the Family Worker assesses the family circumstances and caring role and identifies appropriate help in the home, liaison with school, support for young carers to maintain their own health and wellbeing, maintain their education and lead healthy fulfilling lives transitioning into adulthood.

City of York Holiday Activities and Food Programme (HAF)

Holiday provision (Summer and Christmas 2021) for young carers who receive benefits-related free school meals. School holidays for some families because of increased costs (such as food and childcare) and reduced incomes can be particularly difficult and this programme provides free holiday activities including food which encourages young people to eat more healthily over the school holidays and be more active. Engaging and enriching activities are delivered which support the development of resilience, character and wellbeing along with young carers gaining an increased knowledge of health and nutrition.

Mind The Gap Programme

NHS funded programme to help integrate care systems to identify and support carers from vulnerable communities through co-production and carer-led innovation. The six month programme is aimed at scoping how to best identify and support carers of individuals with alcohol and drug dependence. This involves engaging carers and families attending a peer support group for carers looking after someone with an addiction problem and facilitating focus group sessions with carers and families to explore, discuss and share their experience.

York Mental Health Partnership Grant

City of York grant funding to deliver a peer support service as part of the Pathway to Recovery Pilot to support carers of individuals with mental ill health. This is an exciting project, funded for one year initially, to deliver support for carers looking after someone discharged from hospital. Focus groups and carer peer support groups together with drop-in sessions at Foss Park Hospital will provide a point of contact for information, advice and support to those carers visiting people in hospital and a link into regular groups/other support services.

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
Fund balances at 31 March 2022 are represented by:			
Tangible assets	1,761	-	1,761
Current assets/(liabilities)	84,577	111,623	196,200
	<u>86,338</u>	<u>111,623</u>	<u>197,961</u>
	<u><u>86,338</u></u>	<u><u>111,623</u></u>	<u><u>197,961</u></u>
	Unrestricted funds	Restricted funds	Total
	2021	2021	2021
	£	£	£
Fund balances at 31 March 2021 are represented by:			
Tangible assets	3,050	-	3,050
Current assets/(liabilities)	96,112	70,284	166,396
	<u>99,162</u>	<u>70,284</u>	<u>169,446</u>
	<u><u>99,162</u></u>	<u><u>70,284</u></u>	<u><u>169,446</u></u>

14 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).