

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 2024

YORK CARERS CENTRE

CONTENTS

	Page
Legal and administrative information	1
Trustees' report	2 - 10
Statement of trustees' responsibilities	11
Independent examiner's report	12
Statement of financial activities	13
Statement of financial position	14
Notes to the financial statements	16 - 25

YORK CARERS CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs R J Temple - Chair Mr J P R Dean - Treasurer Mr C Durant Ms L Shelbourn Ms H Weatherly Mr E I C Robson Mrs E Ryan Mrs J Chapman	(Appointed 7 December 2023)
Secretary and chief executive	Mrs S Smith	
Patron	Mr Matt Harper Hardcastle	(appointed 18 September 2023)
Charity number	1127644	
Company number	6760783	
Registered office	Priory Street Centre 17 Priory Street York YO1 6ET	
Independent examiner	Frances Howard FCA Fortus Limited Business Advisors and Accountants Equinox House Clifton Park Shipton Road York YO30 5PA	
Bankers	Unity Trust Bank Plc PO Box 7193 Planetary Road Willenhall WV1 9DG	
Key management personnel	Mrs S Smith Mrs J Crosby Trustees noted above	(after 1 April 2023)

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2024

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 2024 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

Our vision

Our vision is that unpaid carers, of all ages, in York are valued, recognised and supported to have a good quality of life.

Our mission

Our mission is to challenge the inequalities unpaid carers face, and ensure carers have access to support and services that reflect their needs and interests.

We do this through:

- Attending meetings and campaigning for better for carers
- Training professionals to be 'carer aware'
- Running awareness events, stalls, stands and carer groups
- Providing individual carers with information, advice and support
- Supporting carers to have their voices heard

Achievements and performance summary

- We have provided information and support to **4662** unpaid carers.
 - Actively worked with **2,487** carers of all ages
 - Received **1,646** new registrations and responded to **3,393** requests for support
 - Provided **2,411** one-to-one carer support sessions across the different services, responding to individual needs
 - **8,419** quarterly newsletters and **35,261** monthly e-bulletins sent to carers and professionals
 - Survey results highlighted that **80%** of carers feel that the newsletter information is relevant and useful
-

YORK CARERS CENTRE

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

FOR THE YEAR ENDED 31 MARCH 2024

- 168 groups or workshops delivered, which 932 different carers attended. There were 1445 attendances overall, helping carers to maintain a life of their own and stay connected to other carers
- Supported 238 carers to access benefits advice, raising £238,000 in extra welfare benefits to increase their family income
- 143 Carers Assessments of Need completed ensuring carers received early information and advice, and the right support for their individual needs
- 864 Carers hold our Carers Emergency Card
- 61 professionals attended our Carer Awareness Training sessions
- 63% of carers who completed our annual survey have accessed more than one type of support from us in the last 12 months
- Our project for carers of people with mental ill-health supported 124 carers with 693 contacts

Support for Individuals - Providing support to carers when they need it most

One to One Support

This year we have provided 2,411 one-to-one carer support sessions across all our services, including young carers. This support helps carers to take time to focus on themselves as well as providing practical advice and information.

"I'd like to thank [staff member] for reminding me that I need to care about myself. I had completely lost track of this for many years. I'm here today because of [staff member] and am so grateful to her for encouraging me to remember to look after myself."

Counselling service

35 carers have accessed counselling during this year. The Benenden funding ended, and we are seeking further funds to provide more sessions for carers

"I'm getting towards the end of my counselling sessions with [staff member], and OMG 🤯 what a journey this has been. It's difficult to put into words just how brilliant she's been. The whole thing has left me so much stronger as a person."

Telephone Listening Service

We made 204 contacts with carers through the telephone listening service, providing regular or one-off contacts with a volunteer, helping carers to keep in touch and signposting to other support where needed.

Support for carers when the cared for person is being discharged from hospital

In January we joined the Extra Discharge Support Service (EDSS), working with other organisations to support people being discharged from York Hospital. Our role to support carers has seen 9 carers supported in the first quarter with this gradually building as we become more visible within the hospital.

Supporting carers of someone with mental ill-health

The number of one-to-one sessions has increased over the year due to additional funding, including a large project to support carers of someone with mental ill-health.

We work in partnership with other organisations to support the transformation of Community Mental Health services. Our role includes:

- Supporting carers when the person they care for is being discharged from Foss Park hospital
- Supporting carers through the Mental Health hub at 30 Clarence Street
- Influencing services

Groups and activities - Keeping carers connected through groups and activities

We helped 932 carers to maintain a life of their own and stay connected to other carers through 168 groups or workshops

Hubs in the community

We hosted 24 hubs in the north and west of York aimed at providing space for carers to come together in a relaxed environment. Carers can chat to each other, build up networks and obtain essential advice and information from a Carers Support Worker.

"...the level of support is fantastic. It's amazing and I have made friends through these groups and connections."

Workshops, trips and events

We provided 25 sessions aimed at improving adult carers wellbeing, including:

- Wreathmaking
- Coherent breathing with Justin Mazotta
- Art and loss workshops with Next Door But One
- A wellbeing day at York College
- Day trip to Leeds Royal Armouries

Thank you to our partners who have facilitated many of these sessions, which support carers physical and mental health, help carers build social networks, and access information and advice from knowledgeable staff.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

"Many thanks for Art and Loss group. I really appreciated and needed it."

Families affected by addiction

We ran **24** groups for carers of people who have an addiction. **44** carers have benefitted from guest speakers, peer support and the chance to share their coping strategies with one another. The group regularly welcomes new members.

"I'm so glad I came, it's the first time I've talked openly about what's going on."

Care home carers group

We supported a group of carers to meet regularly to share the many emotions involved when a partner or parent moves into a care home. The group continues to meet independently with arm's length support from our Advice Worker.

Supporting carers of someone with mental ill-health

We facilitated **24** groups for carers of those with a mental health condition. One monthly group provides peer support, guest speakers and the opportunity to share stories helping to raise awareness of the issues they face with professionals.

We adapted the other group to focus on well-being, covering topics including gut health, mindfulness and sleep.

We also held focus groups to hear from carers about their experiences of the person they care for being discharged from Foss Park hospital.

Carers' Rights

Advice work

We provided **1,076** carer advice sessions on topics including:

- Paying for care, care options and arranging care
- Short Breaks for disabled children
- Managing finances of cared for
- Working and caring
- Foodbank referrals
- Blue Badge applications

We have provided access to **2 legal advice** and **2 independent financial advice** clinics

60 carers accessed our evening advice line

"I just wanted to thank you for all the support and advice you have given, and which has helped to decide what to do next at different stages of this lengthy process. Thank you so much for your time and patience in answering all my questions and listening! It has been hugely appreciated and your advice has been invaluable."

Carers Assessments of Need

We completed **143** Carers Assessments of Need. These are undertaken by experienced staff who help carers access information and advice, outlining what services are available as well as their rights and entitlements, alongside supporting with the emotional impact of caring.

"In the few minutes we have been speaking, my shoulders have gone down as I now feel there might actually be someone there for us, who can help us..."

Information sessions

Carers Rights Day

24 Carers attended an event to provide information and advice on some of our most asked about topics. Guest speakers covered:

- Legal Planning (Lasting Power of Attorney, Wills, Trusts)
- Financial planning (Benefits, Independent financial advice)
- Potential funding sources (Local Authority, Continual Health Care, Section 117 aftercare)
- Paying for care (Local Authority contributions/self-funding).

There was opportunity to ask questions and access individual advice as well as a nice lunch

"Very good content more than I expected"

Maximising carers' income

This year our specialist welfare benefits worker helped **238** carers with benefits entitlement checks and through the application process and responded to carers impacted by the Carers Allowance issues reported in media.

This part-time role has generated **£238,000** in extra income for carers and their families.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Equality and Inclusion

We have started some work to look at how we reach and support all carers and have set up a small working group to look at the Equity of our service for all.

Raising Awareness of Carers' Needs

Our vision is to ensure carers' needs are recognised, valued and supported by society and services. We do everything we can to promote this. We attended at least **99** awareness raising sessions from stalls and stands to presentations and meetings.

Carers Action Group

This group meets regularly to provide the opportunity for carers' voices to be heard. We invite guests to hear directly from carers, and to consult with them on relevant issues. This year we engaged with different staff from York and Scarborough Teaching Hospitals NHS Foundation Trust, the Integrated Care Board, City of York Council amongst others.

There are some carers who are very actively involved and represent carers on various forums across the city. The group have members who sit on the Carers Strategy Group, and collectively we have started to look at what should be included in the new Carers Strategy for York.

Our thanks to carers who give their time and energy to attend and help to campaign for better support and recognition of carers.

GP resource pack

Along with NHS England, City of York Council, and other organisations, carers and staff have produced a resource pack for primary care to help identify and support carers through GP practices. This will be launched later in 2024.

Families affected by addiction

Further to work completed in 2022-2023, we have continued to facilitate regular marketplace events for all services involved in addiction support to come together and for carers to access support in one place.

We have also further showcased our findings from the **Mind the Gap** project which highlighted the importance of involving carers in the development of services for those with addictions.

Mental Health Services

We are one of the partners involved in Community Mental Health Transformation, working with York Mind, City of York Council, Tees, Esk & Wear Valleys NHS Foundation Trust (TEWV), Primary Care and York CVS amongst others, to change the way mental health services are provided.

Carers' voices are essential, and we seize every opportunity to represent, advocate, and push for better outcomes through this work. We are based across both the new Mental Health hub and Foss Park hospital and have a seat in meetings alongside directors and decision makers.

A special thank you to carer Ros Savege who despite a continuing caring role, attends many meetings and is intricately involved in this work.

The Young Carers and Young Adult Carers Services also raise awareness of the needs of young and young adult carers.

61 professionals attended our Carer Awareness Training sessions, aimed at highlighting the challenges carers face. Professionals leave with a better understanding of how they can identify and support carers, where other help is available and the importance of looking after carers' own health and wellbeing.

"This was an excellent session with some great discussions".

"The videos really brought the caring roles to life and I will definitely share with carers the value of the CEC (emergency card)"

Media Coverage - Raising awareness through the media

Throughout the year, we have raised awareness of issues affecting carers and reached out to those who may not see themselves as carers. From interviews with our new CEO, radio, regional television and local press coverage as well as social media, we have made caring visible in our community.

Young Carers Action Day (YCAD) and **Love January festival** for Young Adult Carers were featured in radio interviews.

Carers Week

This year, our carers week events went well:

- Stall in the Parliament Street in the centre of York, with tombola, giveaways, information and lots more
- Marketplace at NHS event to raise awareness

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

- Carer Awareness training for York University students
- Legal and financial advice clinics
- Carer hubs, groups and the Carers Action Group held during the week celebrated with cake

Valuing Volunteers

We couldn't do what we do without our amazing group of volunteers. We are proud that **43** volunteers committed to supporting our work over the year. The total number of volunteer hours was **4,586**. Volunteers support with many aspects of work including helping in groups and with activities for both adults and young carers, supporting fundraising and awareness events, providing one-to-one support through the telephone listening service and assisting with office/admin work.

We have started a series of **volunteer roadshows** in libraries and other locations, to raise awareness of carers and the wide range of opportunities for volunteering with us.

"York Carers Centre is an amazing charity, dedicated to support so many individuals in the community. Being a volunteer with York Carers Centre gives you an opportunity to work amongst some of the most caring, welcoming supportive people I have ever had the pleasure of working with."

Student social work placements

We hosted 2 social work students on 70-day placements who made the most of the opportunity and helped with many areas of work. They got involved with Carers Assessment Reviews, research, planning events, helping at hubs and on stalls, updating the carers discount card and much more.

Carer champions

Many carers feel strongly about raising awareness of carers' needs and reducing the stigma around certain conditions. We support those carers to make a difference, to represent the voices of carers and help shape local services. It is crucial that the voices of those with lived experience are heard.

14 Carer Champions have represented carers through attending meetings, conferences and strategic forums as well as sharing their experiences through training and presentations. Examples include Carer Champions delivering posters and flyers to GP Practices and Pharmacies across York about the substance misuse service.

Young Adult Carers

This year our work with 18- to 25-year-old carers was varied to say the least.

We supported **120** Young Adult Carers through our service

We provided **221** breaks through events, activities and one to one support

We maintained our Instagram channel **@yacsyork** to maintain contact, continuity, familiarity, peer support and momentum.

One-to-one support was provided flexibly to meet the needs of individuals and consider any social anxiety or other needs.

Events and groups

Alongside the monthly groups, Young Adult Carers have attended **Art Walks** to see York Open Studios, Educated Vandals, a graffiti exhibition, and a trip to Yorkshire Sculpture Park.

Young Adult Carers have had 2 **theatre trips**, and had the opportunity to go on a **speedboat** thanks to Wet Wheels.

"I was really anxious about coming to the event today and nearly didn't bother coming so many times. But I'm so glad I did as I don't feel nervous at all now. It's been really nice to spend time with people who understand some of the things I go through as a carer but also to chat to people about other things too" Young Adult Carer

We introduced small peer groups formed around a shared interest or experience which encourages friendships to form over time. From this we developed some specific groups with young male carers.

We ran a wellbeing skills share session with **Felt Keyring Making** led by one of the young adult carers.

The York University Outreach team attended our pre-Christmas social and made some positive observations:

"The session felt so warm and welcoming, and the young people seem so at ease having that as one of their safe spaces to just enjoy being themselves."

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Love January was created to beat the blues of January, to encourage wellbeing, peer-support, and kindness. One of the carers crocheted some branded stress balls, and we received donations of goodies to give away.

YACstars

With thanks to funding from the Bramall Foundation, we will be able to run 6 months of the YACstars project. We have consulted with young adult carers and will be holding 6 bitesize sessions at future YACsYork Socials on the following topics:

- Finding a Job
- Getting the Job
- Keeping Your Job
- Thriving at Work

Carers Voices

Young Adult Carers have taken part in various opportunities to influence and raise awareness:

- Young Adult Carer co-presenting at National Carers Trust conference
- Stage one and two of City of York's Realising Rights project
- Involved in the production of GP resource pack
- Contributed to emotional support research
- Attended 'Nothing about us without us' - mental health feedback events

Nothing About Us Without Us

Carers from both the young and young adult carers groups attended the Summer Meeting of Humber and North Yorkshire Health & Care Partnership Access to Mental Health Advisory Group

Helping young carers to stay well/ Lottery funding

Cognitive Behavioural Therapy (CBT) and family support

Our final year of National Lottery funding enabled us to support **75** individuals with Cognitive Behavioural Therapy and/or family support.

The early intervention project was set up in response to the increasing needs of young and young adult carers aged 11-24, struggling with their mental health.

267 therapy sessions have been provided for young people, covering a range of circumstances including depression, anxiety, self-harm, PTSD and trauma.

"It's been really good. I was worried it wouldn't be and I would have to say I didn't want to do it anymore. I thought I might feel really judged"

"I feel better in the mornings I can come to school without feeling nervous"

Family support

Alongside therapy for young people there is wraparound support for the whole family, including an essentials fund, emotional support, family breaks, foodbank vouchers and support with managing the cost of living. We have liaised with schools, colleges and statutory services in order to improve understanding of the issues faced by young people with caring responsibilities.

Young Carers

This year we have supported **241** young carers.

We received and assessed **53** new referrals for the young carers service.

We provided **96** opportunities for a break, through trips, events, workshops and youth clubs, with **566** attendances.

5 whole family events including ice skating, Yorkshire Wildlife Park and a day trip to Scarborough with **83** attendances.

With funding from York Children's Trust, we were able to provide **64** families with support towards the cost of school uniforms.

100 one-to-one sessions provided to young carers.

We'd like to thank those who have supported our work through providing funding or in-kind support, without whom we would not be able to provide amazing opportunities for young carers and their families.

Activities are not just trips and time to have fun, they are carefully planned to consider opportunities for building positive relationships, improving mental and emotional health as well as getting outside and experiencing things that many other young people might take for granted.

Schools

We provided **38** school support sessions, with drop-ins and individual sessions. Staff plan sessions around different themes such as World Autism Day, Mental Health Awareness week, Carers week and exam stress.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Young Carers Action Day

We contacted all schools asking them to take part in the Carers Trust 'Young Carers Challenge', wrote to MP's, the Education lead at CYC, and all primary and secondary schools across the city as well as putting on events and activities for young and young adult carers.

Youth Groups

Regular groups, called LAFFS provide space for young carers to get together, try new things and have a break from caring. We have provided sports sessions, crafts, music sessions and a visit from the author of a book about young carers with signed copies to give out.

"I have always found making friends difficult but here it is just different."

One-to-One Support

Tailored to individuals, these sessions can be a lifeline for many young carers. Themes have included:

- Low self-esteem, confidence, anger, anxiety, managing emotions
- Mental health, CAMHS Crisis, Self-Harm
- School issues, lack of understanding, exclusions, exam stress
- Managing caring role and navigating feelings of responsibility and guilt
- Neurodivergence, transgender and health issues
- Hidden young carers, service delays
- Family and relationship issues

Trips and events

Events provide opportunities to build positive relationships, try new things and address the negative impacts of caring/isolation. These are just some examples of the exciting and varied programme we have provided thanks to additional funding:

- Graffiti workshops, art walks, drama workshops
- Escape rooms, Go Ape, climbing
- Seaside trip, Allerthorpe Lake, Lotherton Hall
- Beetlebank Farm, the Web adventure park

"I don't think I would have the opportunity to do an activity like this without York Carers Centre."

Whole family events

"With the cost of living this year this was the only day out we have had so Thank you"

Financial review

York Carers Centre finished the year with a surplus of £6,781 (2023: surplus £67,230). Total income decreased by £24,607 to £664,872 (2023: £55,724 to £689,479) and at the same time expenditure increased by £35,842 to £658,091 (2023: £17,009 to £622,249).

Reserves policy

Free reserves of £61,089 were held at 31 March 2024. (2023: £72,358) Free reserves exclude those reserves which are restricted, fixed assets and commitments.

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.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Future Plans

As always there are challenges in maintaining our current level of provision and in responding to the needs of carers on a day-to-day basis. We have brought in significant additional funds, and to maintain this is an ongoing challenge.

Carers need more support than ever, and we will strive to meet their needs.

Maintaining positive relationships with the carers we serve, our funders and partner organisations, not least through the Carer Support Service Contract commissioned by City of York Council is a key aim and requires time and energy.

According to our survey, completed in October, carers said they are likely to need the following from us:

63% information and advice
43% someone to talk to
34% benefits advice
28% events and activities
17% counselling

In response, we would like to source funding for another Advice worker to meet the growing demand for this service.

Equality, Diversity and Inclusion

We want to do everything we can to provide inclusive information, advice and support for all unpaid carers and ensure that there is equity across our services. We will improve the data we gather, look at our current reach and make plans for widening this. We will attend events such as York Pride, sign the City of York anti racist pledge and attend events to raise awareness amongst carers from the entire community of York. We envisage this being ongoing work.

Evidence of Quality

We plan to evidence and further improve the quality of our service, through undertaking a self-assessment tool working towards Trauma Informed Practice and a Carers Trust Social Return on Investment tool, which will be useful when applying for funding.

Website

We will develop a new website to incorporate improved accessibility and user experience. As well as having brand consistency this will enable us to digitise some processes and update the information that is available to carers.

Carers Emergency Card and Discount card

We would like to review the Carers Emergency Card to better meet the needs of carers, improving information for our new website and reducing any unnecessary complex procedures. We have updated the Discount Card but will take up any opportunities to add new discounts to this.

Local Strategies and resources

We will facilitate carers to have their voices heard in the development of a new Carers Strategy document for York, support the launch of the GP resource pack and continue to raise awareness of the issues carers face through attendance at Strategic forums and meetings, and will facilitate carers voices to be heard and represented.

Funding

We have bid for further Lottery funding for CBT and family work, which includes a fundraiser post. This is a new post for us and a fantastic opportunity to widen our community fundraising efforts.

We hope for a continuation of community mental health funding and will work to secure ongoing funding for the posts within York Hospital as these roles are key to identifying carers at points when they are most likely to need support

Sourcing a range of financial support for addiction work, counselling, carers activities, school uniforms for Young Carers and YACstars will be key to enhancing the support available for carers.

General

We will make the most of any opportunities that arise to support or involve carers and raise awareness, for example, we have been invited to take part in the Trailblazers Tansy beetle project by Make It York and York Civic Trust.

We will build on opportunities to recruit and support volunteers and carer champions to help raise awareness of the needs of carers.

Our dedicated committed staff team are our greatest asset, many of whom are carers themselves. They work beyond expectation with such passion and commitment. We will continue to provide a supportive, flexible and open working culture which enables them to undertake their roles whilst maintaining a good work-life balance.

All these plans support our Aims and Objectives as outlined under Objectives and Activities continuing to support staff and volunteers

Trustee report on plans

As Trustees, we recognise the ongoing challenges in maintaining our current level of service, particularly in securing the necessary funds to meet the growing demands of carers. Yet, we are encouraged by the proactive steps outlined to address these needs, from the proposed addition of an Advice Worker to the emphasis on inclusivity through enhanced data collection and community engagement.

YORK CARERS CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

The commitment to evidence-based practices, such as the Trauma Informed Practice self-assessment and the Carers Trust Social Return on Investment tool, is a significant stride in ensuring the quality and impact of our services. Moreover, the planned development of a more accessible and user-friendly website aligns with our goal of reaching more carers and providing them with the support they need in a more efficient manner.

We are particularly heartened by the focus on maintaining strong relationships with carers, funders, and partner organisations. The emphasis on the Carer Support Service Contract with the City of York Council and the broader strategic initiatives, including the new Carers Strategy document, underscores our commitment to representing and advocating for carers at every level.

The proposed expansion in fundraising efforts, including the bid for Lottery funding and the new fundraiser post, reflects our determination to secure the resources necessary to sustain and grow our services. These efforts, combined with the initiatives to enhance support for carers in hospitals and through addiction work, counselling, and other vital services, will be critical in meeting the diverse needs of our community.

Finally, we are deeply appreciative of our dedicated staff, whose passion and commitment are the backbone of our organisation. Their well-being remains a priority, and we fully support the plans to maintain a positive and flexible working culture.

These future plans are not only ambitious but also deeply rooted in our mission. As Trustees, we are confident that with continued collaboration, strategic focus, and a shared commitment to excellence, we will successfully navigate the challenges ahead and make a lasting impact on the lives of carers in our community.

This comment reflects the Trustee's endorsement of the plans, acknowledges challenges, and expresses confidence in the organisation's ability to achieve its goals

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 2024 the charity held funds on behalf of Young Carers Revolution of £5,060 (2023: £5,273).

The trustees' report was approved by the Board of Trustees on 16 September 2024.



Mrs R J Temple - Chair

YORK CARERS CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES ***FOR THE YEAR ENDED 31 MARCH 2024***

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; 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 2024.

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.

Frances Howard

Frances Howard FCA

Fortus Limited
Business Advisors and Accountants
Equinox House
Clifton Park
Shipton Road
YO30 5PA
York

Dated: 18 September 2024

YORK CARERS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments							
Donations and legacies	2	2,746	7,848	10,594	885	9,495	10,380
Charitable activities	3	402,287	243,390	645,677	402,847	274,475	677,322
Other trading activities	4	-	2,907	2,907	103	1,674	1,777
Other income	5	1,492	4,202	5,694	-	-	-
Total income		<u>406,525</u>	<u>258,347</u>	<u>664,872</u>	<u>403,835</u>	<u>285,644</u>	<u>689,479</u>
Expenditure							
Charitable activities	6	415,667	242,424	658,091	408,125	214,124	622,249
Gross transfers between funds		-	-	-	(791)	791	-
Net (expenditure)/income for the year/							
Net movement in funds		(9,142)	15,923	6,781	(5,081)	72,311	67,230
Fund balances at 1 April 2023		<u>81,257</u>	<u>183,934</u>	<u>265,191</u>	<u>86,338</u>	<u>111,623</u>	<u>197,961</u>
Fund balances at 31 March 2024		<u><u>72,115</u></u>	<u><u>199,857</u></u>	<u><u>271,972</u></u>	<u><u>81,257</u></u>	<u><u>183,934</u></u>	<u><u>265,191</u></u>

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 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Intangible assets	11		2,121		-
Tangible assets	12		5,315		5,265
			<u>7,436</u>		<u>5,265</u>
Current assets					
Debtors	13	3,445		4,809	
Cash at bank and in hand		276,635		267,845	
		<u>280,080</u>		<u>272,654</u>	
Creditors: amounts falling due within one year	15	(15,544)		(12,728)	
		<u></u>		<u></u>	
Net current assets			264,536		259,926
			<u></u>		<u></u>
Total assets less current liabilities			<u>271,972</u>		<u>265,191</u>
Income funds					
Restricted funds	16		199,857		183,934
Unrestricted funds			72,115		81,257
			<u>271,972</u>		<u>265,191</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 2024.

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 Board of Trustees on 16 September 2024



Mrs R J Temple - Chair

Company registration number 6760783

YORK CARERS CENTRE

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	20		16,179		70,152
Investing activities					
Purchase of intangible assets		(3,182)		-	
Purchase of tangible fixed assets		(4,207)		(7,530)	
Net cash used in investing activities			(7,389)		(7,530)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			8,790		62,622
Cash and cash equivalents at beginning of year			267,845		205,223
Cash and cash equivalents at end of year			276,635		267,845

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

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 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 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	33% straight line
---------	-------------------

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.7 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.

1.8 Cash and cash equivalents

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

1.9 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.

1.10 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
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations	2,746	7,848	10,594	885	9,495	10,380

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3 Charitable activities

	Charitable Income 2024 £	Charitable Income 2023 £
Grants and contracts		
City of York Council	400,137	480,353
NHS Humber and North Yorkshire Integrated Care Partnership	81,154	81,154
Carers Trust	2,590	4,940
Grant making trusts	78,327	11,460
Children in Need	-	8,720
National Lottery	83,469	82,695
Mind the gap NHS	-	8,000
	<u>645,677</u>	<u>677,322</u>
Analysis by fund		
Unrestricted funds	402,287	402,847
Restricted funds	243,390	274,475
	<u>645,677</u>	<u>677,322</u>

4 Other trading activities

	Restricted funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising	2,907	103	1,674	1,777
	<u>2,907</u>	<u>103</u>	<u>1,674</u>	<u>1,777</u>

5 Other income

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Other income	1,492	4,202	5,694	-
	<u>1,492</u>	<u>4,202</u>	<u>5,694</u>	<u>-</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Charitable activities

	Expenditure on Charitable Activities 2024 £	Expenditure on Charitable Activities 2023 £
Salaries	472,017	462,504
DBS and recruitment	4,208	2,544
Volunteers expenses	929	1,211
Training and conferences	5,803	5,945
Rent and room hire	21,210	12,531
General running costs	55,390	39,661
Carers week and carers rights day	1,143	899
Travel expenses including parking	3,346	4,726
Activity costs	45,646	55,179
Project costs (counselling)	2,660	3,620
Newsletter costs	5,928	4,569
Hospitality for carers	561	450
	<u>618,841</u>	<u>593,839</u>
Share of support costs (see note 7)	36,240	24,871
Share of governance costs (see note 7)	3,010	3,539
	<u>658,091</u>	<u>622,249</u>
Analysis by fund		
Unrestricted funds	415,667	408,125
Restricted funds	242,424	214,124
	<u>658,091</u>	<u>622,249</u>

7 Support costs

	Support costs £	Governance costs £	2024 £	Support costs £	Governance costs £	2023 £
Depreciation	5,218	-	5,218	4,026	-	4,026
Bank charges	470	-	470	551	-	551
Legal and professional fees	27,101	-	27,101	14,370	-	14,370
Website and IT costs	1,976	-	1,976	4,031	-	4,031
Advertising	1,475	-	1,475	1,893	-	1,893
Accountancy	-	2,194	2,194	-	2,430	2,430
Governance cost	-	816	816	-	1,109	1,109
	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>
Analysed between						
Charitable activities	<u>36,240</u>	<u>3,010</u>	<u>39,250</u>	<u>24,871</u>	<u>3,539</u>	<u>28,410</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Trustees

During the year the charity paid £35 of subsistence expenses to one Trustee (2023: £93 of travel expenses to one trustee).

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	26	27
	<u> </u>	<u> </u>
Employment costs	2024	2023
	£	£
Wages and salaries	419,170	414,500
Social security costs	29,252	30,650
Pension costs	23,450	18,996
Holiday accrual movement	145	(1,648)
	<u> </u>	<u> </u>
	<u>472,017</u>	<u>462,498</u>

No employee received emoluments of more than £60,000 per annum (2023: none).

The average number of full time equivalent staff was 18 (2023: 15).

The total paid to key management personnel during the year was £63,182 (2023: £60,911).

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Intangible fixed assets

	Website £
Cost	
At 1 April 2023	-
Additions - separately acquired	3,182
	<u> </u>
At 31 March 2024	3,182
	<u> </u>
Amortisation and impairment	
At 1 April 2023	-
Amortisation charged for the year	1,061
	<u> </u>
At 31 March 2024	1,061
	<u> </u>
Carrying amount	
At 31 March 2024	2,121
	<u> </u>
At 31 March 2023	-
	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

12 Tangible fixed assets

	Computer System £	Office Equipment £	Total £
Cost			
At 1 April 2023	30,419	2,029	32,448
Additions	4,207	-	4,207
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2024	34,626	2,029	36,655
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 April 2023	25,399	1,784	27,183
Depreciation charged in the year	3,912	245	4,157
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2024	29,311	2,029	31,340
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2024	5,315	-	5,315
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2023	5,020	245	5,265
	<u> </u>	<u> </u>	<u> </u>

13 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Prepayments and accrued income	3,445	4,809
	<u> </u>	<u> </u>

14 Funds Held For Other Parties

The Charity holds funds on behalf of Young Carers Revolution.

During the year the Charity received no income (2023: £nil) and paid £213 of expenses (2023: £1,400) on behalf of Young Carers Revolution.

The balance held at year end was £5,060 (2023: £5,273).

15 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	5,359	4,157
Accruals	10,185	8,571
	<u> </u>	<u> </u>
	15,544	12,728
	<u> </u>	<u> </u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 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 2023	Movement in funds			Balance at 31 March 2024
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,813	1,840	(820)	-	2,833
Young Carers	40,486	20,198	(19,864)	-	40,820
Young Adults	4,943	1,245	(2,896)	-	3,292
Adults	6,906	4,077	(7,220)	-	3,763
Substance Misuse Fund	4,279	6,214	(2,679)	-	7,814
National Lottery Community Fund	32,252	83,469	(81,706)	-	34,015
YMH Partnership Funding	93,255	101,304	(116,937)	-	77,622
Extra Discharge Support Service (EDSS)	-	40,000	(10,302)	-	29,698
	<u>183,934</u>	<u>258,347</u>	<u>(242,424)</u>	<u>-</u>	<u>199,857</u>

	Balance at 1 April 2022	Movement in funds			Balance at 31 March 2023
		Income	Expenditure	Transfers	
	£	£	£	£	£
Carers Trust	1,781	840	(808)	-	1,813
Young Carers	35,275	10,446	(5,235)	-	40,486
Young Adults	7,079	-	(2,136)	-	4,943
Adults	10,635	11,800	(15,529)	-	6,906
Substance Misuse Fund	2,954	3,773	(2,448)	-	4,279
Children in Need	-	8,720	(8,871)	151	-
Quilter Foundation	13,932	3,600	(18,050)	518	-
National Lottery Community Fund	32,494	82,695	(82,937)	-	32,252
Holiday Activity Fund	-	11,990	(12,013)	23	-
Mind the Gap NHS	-	8,000	(8,099)	99	-
YMH Partnership Funding	7,473	143,780	(57,998)	-	93,255
	<u>111,623</u>	<u>285,644</u>	<u>(214,124)</u>	<u>791</u>	<u>183,934</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

(Continued)

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 (2023 only)

A 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.

Quilter Foundation (Carers Trust) (2023 only)

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.

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) (2023 only)

Holiday provision (Summer 2022) 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 (2023 only)

Phase 2 of the NHS funded programme to help integrate care systems to identify and support carers from vulnerable communities through co-production and carer-led innovation. Working in collaboration with NHS and project partners to put in place interventions, informed by 2021/22 scoping exercise, so that carers can access support to enable them to maintain their own wellbeing. This involved 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 CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

(Continued)

York Mental Health Partnership Grant

NHS Humber and North Yorkshire Integrated Care Partnership grant funding to deliver a peer support service as part of the Pathway to Recovery Project to support carers of individuals with mental ill health. This is an exciting project delivering 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 and Clarence Street Mental Health Hub (part of the Community Mental Health Transformation work), provide a point of contact for information, advice and support and a link into regular groups/other support services.

Extra Discharge Support Service (EDSS) at York Hospital

The EDSS is a partnership of Age UK York, North Yorkshire Sport, York CVS and York Carers Centre. The service supports patients and unpaid carers on discharge from hospital and includes help with transport home and settling in and a programme to get patients up and moving to feel steady on their feet again. York Carers Centre Outreach Advisers support unpaid carers offering advice and guidance so they can continue in their caring role after discharge.

17 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fund balances at 31 March 2024 are represented by:			
Intangible fixed assets	2,121	-	2,121
Tangible assets	3,336	1,979	5,315
Current assets/(liabilities)	66,658	197,878	264,536
	<u>72,115</u>	<u>199,857</u>	<u>271,972</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 March 2023 are represented by:			
Tangible assets	4,032	1,233	5,265
Current assets/(liabilities)	77,225	182,701	259,926
	<u>81,257</u>	<u>183,934</u>	<u>265,191</u>

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	5,569	4,124
Between two and five years	-	743
	<u>5,569</u>	<u>4,867</u>

YORK CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

19 Related party transactions

There were no disclosable related party transactions within the year (2023 - none).

20 Cash generated from operations	2024	2023
	£	£
Surplus for the year	6,781	67,230
Adjustments for:		
Depreciation and impairment of tangible fixed assets	5,218	4,026
Movements in working capital:		
Decrease/(increase) in debtors	1,364	(1,415)
Increase in creditors	2,816	311
Cash generated from operations	<u>16,179</u>	<u>70,152</u>