

Company registration number: 03187574

Charity registration number: 1055056

# Help and Care

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

# Help and Care

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# Help and Care

## Reference and Administrative Details

<b>Trustees</b>	J A Dawson (Chair) A Bond C M Foreman T C Hayden E J Taylor (resigned 4 October 2021) N Yeo (appointed 4 October 2021)
<b>Secretary</b>	M R Sharman
<b>Senior Management Team</b>	M Sharman, Chief Executive Officer D Persse, Director of Services E Leatherbarrow, Director of Partnerships N Reshamwala, Head of Finance & IT
<b>Principal Office</b>	A49 Aerodrome Studios 2-8 Airfield Road Christchurch Dorset BH24 3TS  The charity is incorporated in England and Wales.
<b>Company Registration Number</b>	03187574
<b>Charity Registration Number</b>	1055056
<b>Solicitors</b>	Lester Aldridge Russell House Oxord Road Bournemouth BH8 8EX
<b>Bankers</b>	CAF Bank Limited Kings Hill West Malling Kent 4TA  Natwest Plc Commercial Banking 2nd Floor, Heron House 10 Christchurch Road Bournemouth BH1 3NR

## Help and Care

### Auditor

Francis Clark LLP  
Chartered Accountants & Statutory Auditors  
Towngate House  
2-8 Parkstone Road  
Poole  
Dorset  
BH15 2PW

# Help and Care

## Trustees Report

The Trustees present their Report, together with the audited Accounts, for the year ended 31 March 2022.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing Document**

The previous articles of association were adopted when Help and Care was incorporated in 1996. These articles were dated and the members agreed new articles of association in December 2014. The charity is constituted by the Articles of Association as a Registered Charity and as a Company Limited by Guarantee.

Every member undertakes to contribute such amount as may be required (not exceeding £10) to the Charity's assets if it should be wound up.

#### **Directors (Trustees)**

The directors of the company are also the charity trustees for the purposes of charity law.

The directors during the year were:

John Dawson (Chair)

Edward Taylor (resigned October 2021)

Ann Bond

Claire Foreman

Terry Hayden

Nicholas Yeo (appointed October 2021)

Membership is open to individuals who apply in the form required by the Directors and are approved by the Directors. New Trustees undergo a comprehensive induction programme. Trustees are recruited via advertising and word-of-mouth.

The Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 of the accounts.

One current Trustee has served more than 9 years on the Board. The Board believe that this is acceptable when balanced with other Trustees serving significantly less than this and the need to have a connection with the organisation's history, roots, and development.

The Trustees have had due regard to the Charity Commissions guidance on public benefit.

#### **Organisational Structure**

The Trustees meet at a minimum of 6 times per year in fulfilling their role of governance, financial accountability, approving the Business Plan for the organisation, formulation and review of strategy, holding the Chief Executive to account, and ensuring best practice.

The Audit, Risk and Remuneration Committee meets twice a year to review remuneration policy and set pay levels, review internal controls and risk management arrangements, and review the annual accounts in conjunction with the external auditors before submission to the Trustees.

Responsibility for the delivery of the Business Plan is delegated to the Chief Executive, Mark Sharman.

# Help and Care

## Trustees Report

Remuneration for key management personnel is set by the board in line with remuneration levels for similar roles in the industry.

The board considers the leadership team (as listed on page 1) to be the key management personnel.

### Related Parties

Help and Care is a member of the following companies -

Healthwatch Hampshire C.I.C.

Healthwatch Isle of Wight C.I.C.

Healthwatch West Sussex C.I.C.

Healthwatch Wokingham C.I.C.

### Risk Management

The major risks to which the Charity is exposed, as identified by the Trustees, have been reviewed and systems have been established to mitigate those risks. The Trustees have undertaken a full and rigorous review of all areas during the year and a risk register has been established and is updated regularly.

## OBJECTIVES AND ACTIVITIES

### Purposes and Aims

Our charity's purpose as set out in the objects contained in the company's articles of association are:

The charity's objects ("Objects") are specifically restricted to the following:

- to relieve financial hardship, sickness and poor health amongst elderly people;
- to assist in the treatment and care of people suffering from physical or mental illness or a physical, mental or sensory impairment;
- to provide practical assistance, support and information to people who care for elderly people or people suffering from physical or mental illness or a physical, mental or sensory impairment;
- to relieve poverty, hardship and distress associated with poor health;
- to promote good health and good practice in public health and healthcare; and
- to promote social inclusion for the public benefit by preventing people from becoming socially excluded by reason of old age, physical or mental illness or physical, mental or sensory impairment, relieving the needs of such people and assisting them to integrate into society in particular but not exclusively in the area of benefit.

### Review of Activities

Key plans and priorities in the short to medium term are identified as:

1. Help & Care is a strategic influencer and co-creator
2. Help & Care is a sustainable and effective organisation fit for the future
3. Help & Care services are delivered in more communities across Southern England

# Help and Care

## Trustees Report

Progress on the aims identified last year are as follows:

### **Diversification of the Help and Care funding base, both in terms of the range of contracts we deliver, social enterprise activity and fundraising**

During the year, our reliance on Healthwatch contracts has greatly reduced with increased income in related Healthwatch Trading activity and in advocacy. We are yet to realise the full potential of our fundraising and trading activity but plan to continue to build our work in these areas to support our ongoing sustainability.

We secured the opportunity to deliver dementia services across Dorset through another significant NHS funded contract - ensuring further integration of Help & Care within the local health and social care system.

Due to our strategic positioning across the system, we have secured additional funding for smaller scale, one-off projects or pilot activities - bringing further diversity to our portfolio and utilisation of our knowledge and experience. We have expanded our non-Clinical workforce through strong relationships with Primary Care Networks.

We are pleased that all of the above and our work developing the non-clinical workforce locally, has been recognised and we have secured accreditation with the Personalised Care Institute, under the auspices of the Royal College of General Practitioners. This will enable us to deliver accredited training and development activities to a wider audience, generating new income and opportunities.

### **Building the business assets and improving sustainability**

A key focus has been to build a better understanding of our real cost base for all our infrastructure support services including finance, HR and our advice and information activities. Most of our funding is directed towards our beneficiaries, but our infrastructure ensures that we remain a well-run and governed organisation that is sustainable and robust going forward.

### **Delivering sustainable Healthwatch models to include work with Partner Healthwatch Community Interest Companies**

During the year, we have been able to build on our experience of working with health and social care services during Covid and have delivered more projects working with local communities. Working online (which was required for the majority of the year) makes it much more difficult to hear from people who experience the worst health outcomes, and our teams used a range of approaches to ensure we were able to reflect broader perspectives. Our work on health inequalities has been a strength - our award-winning Community Cash Fund activity is a good example - but we know we need to do even more to ensure we hear from people of all backgrounds. While local authorities continue to have significant funding issues to support Healthwatch, relationships with health organisations means we have received funding to support some additional projects, adding to the sustainability and quality of our impact.

### **Bringing innovation in supporting people to live the lives they choose and exploiting digital opportunities across all our new and emerging work areas.**

We continue to make advances in our use of digital approaches. We have carried out further improvements to our website and supported staff to use handheld devices for more accurate and timely recording of outcomes from case work. Our Customer Relationship Management System remains the cornerstone of our digital approach and during the year we explored new ways of using this sophisticated tool, for tracking new opportunities and for understanding key relationships with stakeholders.

# Help and Care

## Trustees Report

### **Our Services, Engagement & Impact**

At Help & Care we work hard to promote, provide, and facilitate dignity and independence for the people we engage with. We work with communities to develop robust systems to support their residents. And we are passionate about social justice - advocating and championing for the most vulnerable in society.

Our range of community-based services are flexible and effective enough to reach the most isolated people, whether that isolation is geographical or circumstantial - we enable and empower to provide solutions.

#### **Advocacy**

Is at the heart of everything we do, and we have an established presence in Dorset, Bournemouth & Poole providing generic and specialist advocacy for adults. We advocate for over 500 people each year supporting them to deal with a range of issues including safeguarding concerns, financial challenges, family & relationships, and accommodation matters. The bulk of our work is undertaken with our partners at Dorset Advocacy.

Our team and service have secured the Advocacy Quality Performance Mark accreditation.

#### **Self-Care / Self-Management**

We continue to develop our collaboration with the local health & social care system in Dorset and are well regarded positively at strategic and service delivery levels.

The self-care / self-management agenda continues to be a priority at national policy level which filters down to local systems, in terms of both strategic priorities and service development / new funding opportunities.

We are confident that these relationships and the collaborative ethos will enable us to continue to deliver at scale.

#### **Dementia Service**

Our Dementia Coordinators Service is another local NHS commissioned service designed following a comprehensive review of the local dementia provision for Dorset.

Our team provide a bespoke support service from dementia diagnosis to (potentially) end of life. The service is entering its second year of operation and is meeting all contractual requirements and more.

We aim to utilise our experience of this work to strengthen our credentials as a specialist provider of community-based dementia services.

#### **Carers Services**

Although there have been no new contracted opportunities, and what appears to be disinvestment in the area: we continue to deliver bespoke interventions for carers through our advocacy, health coaching and dementia services while delivering a generic offer through our information, advice, and signposting activities. Our dementia related work in this area will be developed further this year.

#### **Volunteering**

Across our Healthwatch services, volunteers add significant value to what we can do, sharing their skills, energy, and local knowledge. We have approximately 150 volunteers across our Healthwatch services fulfilling tasks that include engaging with the community, carrying out research projects, delivering local leadership, attending meetings, and helping with administrative tasks.



## Help and Care

### Trustees Report

The Covid-19 pandemic has led to a radical shift in the way we work, and this has affected volunteers with a reduction in activity and a move to online tasks. Teams have worked hard to keep volunteers involved but this has been challenging as some volunteers do not wish to carry out tasks or meet online. In the last quarter of the year, teams were able to hold face to face meetings with volunteers and we also met to discuss the ongoing roles available, revising our application packs and role descriptions. While next year, more face-to-face activity can resume, some people find online volunteering works well for them and some of the most interesting projects involving volunteers (e.g., reviewing GP websites) have created some real impact and improvements.

#### Single Point of Access (SPOA)

This service continues to be important in the post Covid world as people remain or become isolated from traditional sources of support and networks and need real time / real people engagement as opposed to online alternatives. Our activity is still at Covid pandemic levels, and we have invested further manpower into the service.

#### Roots:

Our garden maintenance service is delivered by people recovering from mental ill health as a meaningful activity to support them in their recovery.

In turn, the customer base are elderly or vulnerable people who need support in maintaining their garden to maximise their independence and to remain safe.

The service benefits from annual grants for the Dorset Clinical Commissioning Group and Bournemouth, Christchurch & Poole local authority. This income is reviewed on an annual basis and not guaranteed. Increasingly, there is an expectation for performance reporting, and although this is understandable for accountability, it is disproportionate to the amounts received.

We are committed to this service continuing and expanding by support from income generation through alternative sources.

In addition to above, this year, we are collaborating with professionals from Dorset HealthCare to review the value of the service with a view to making a case for sustainable funding.

#### Healthwatch

Help and Care remain a large provider of Healthwatch in England both directly and through our work with the independent Community Interest Companies we helped establish. During the year, we were very disappointed to lose the tender for Healthwatch Wokingham Borough, a service we had delivered very successfully in partnership with a local Community Interest Company for 9 years. While contracts have shrunk, competition, particularly from larger organisations, has increased.

During 2021/22, we were able to build on our experience of working remotely and this has led to more collaboration across our teams and with health and care organisations, as meetings are much easier to arrange, and time is used more efficiently. However, teams and volunteers have missed the wider benefits of meeting people face to face and are looking forward to meeting people, particularly in communities, as we know there are some people we do not hear from otherwise.

While remote working brings challenges, the Help & Care network of Healthwatch teams is more collaborative than ever and during the year, we worked as a team to generate more than 7000 responses to a survey on people's experiences of accessing their GP, enabling us to provide local, system and regional insight. This project also involved key staff from Primary Care including GPs, Practice Managers, Commissioners and the Local Medical Committee enabling us to also highlight the challenges faced by people working in what has been the most difficult period in the NHS's history. We will take the learning from this project into more collaborative work on dentistry next year.

# Help and Care

## Trustees Report

Despite the continuing challenges of Covid, over the year, we carried out a wide range of project work including working with refugees and asylum seekers in Croydon on their health and care needs, hearing from people using remote blood pressure monitoring in Hampshire, emotional wellbeing and mental health support for young people in West Sussex and hearing from South Asian Unpaid Carers in Windsor, Ascot and Maidenhead. Our findings have been passed to providers and commissioners of services and changes have been made as a result. Tracking the impact of the work of Healthwatch has shown what difference feedback from patients and the public can make to services.

### Key performance indicators

The key performance indicators reviewed by the board are as follows:

- Face-to-face service income levels
- Volunteer activity levels
- Healthwatch income levels
- Service feedback benchmarks
- Non-contract income levels
- Twitter/Facebook/Website metrics
- Complaints/Compliments

### Financial Review

The total incoming resources for the year were £4,452,117 (2021: £3,055,278). Total resources expended were £3,723,988 (2021: £3,179,475), giving a surplus for the year before the revaluation of investments of £728,129 (2021: deficit of £124,197). The net assets at the end of the year total £2,446,052 (2021: £1,706,703). The major funding sources are set out in note 2-5 to the financial statements and the expenditure set out in notes 6 to 13.

The principal risks and uncertainties are possible reductions in public funding and contract base vulnerability and over reliance on one contract type for funding. These are also the factors likely to affect financial performance and position. A risk management log has been created to review and quantify these risks, enabling the board to act to mitigate them.

### Reserves Policy

Help and Care are aiming to establish unrestricted reserves at a minimum level of 3 months and a maximum of 9 months' costs. The relevant costs are those to maintain Help and Care's services. The Trustees may establish designated reserves for specific contingencies and asset replacement, where necessary.

At the year-end unrestricted and undesignated reserves were £1,836,305 and represent approximately 5.9 months' total costs which are deemed sufficient.

### Plans for the Future Period

Key plans and priorities in the short to medium term remain as set out above. During 2022-23 our priorities will include the following:

People and Communities Living the Lives they Choose

- Sustainable and effective organisation fit for the future
- Strategic Influencer, collaborator, and Co-Creator
- Services delivered in more communities across Southern England

## Help and Care

### Trustees Report

#### Small company provisions

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on 8 November 2022 and signed on its behalf by:

.....  
M R Sharman  
Chief Executive Officer

.....  
J A Dawson (Chair)  
Trustee

## Help and Care

### Statement of Trustees' Responsibilities

The trustees (who are also the directors of Help and Care for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and 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 charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 8 November 2022 and signed on its behalf by:

.....  
M R Sharman  
Chief Executive Officer

.....  
J A Dawson (Chair)  
Trustee

# Help and Care

## Independent Auditor's Report to the Members of Help and Care

### Opinion

We have audited the financial statements of Help and Care (the 'charity') for the year ended 31 March 2022, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Charity's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

## Help and Care

### Independent Auditor's Report to the Members of Help and Care

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinion on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees Report has been prepared in accordance with applicable legal requirements.

#### **Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

#### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 10), the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

## Help and Care

### Independent Auditor's Report to the Members of Help and Care

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

As part of our audit planning we obtained an understanding of the legal and regulatory framework that is applicable to the Charity. We gained an understanding of the Charity and the sector in which the Charity operates as part of this assessment to identify the key laws and regulations affecting the Charity. As part of this, we reviewed the Charity's website for an indication of any regulations in place and discussed these with the relevant individuals responsible for compliance. The key regulations we identified were Charity legislation, health and safety regulations and breaches of The General Data Protection Regulation ("GDPR"). We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011 and Charities SORP - FRS 102.

We discussed with management and trustees how the compliance with these laws and regulations is monitored and discussed policies and procedures in place. We also identified the individuals who have responsibility for ensuring that the Charity complies with laws and regulations and deals with reporting any issues if they arise. As part of our planning procedures, we assessed the risk of any non-compliance with laws and regulations on the Charity's ability to continue trading and the risk of material misstatement to the accounts.

Based on this understanding we designed our audit procedures to identify non-compliance with such laws and regulations. Our procedures involved the following:

- Enquiries of management and trustees regarding their knowledge of any non-compliance with laws and regulations that could affect the financial statements. As part of these enquiries we also discussed with management whether there have been any known instances, allegations or suspicions of fraud.
- Reviewed filings with the Charity Commission and whether there were any serious incident reports made during the year.
- Discussed with management if any health and safety incidents have been recorded during the year.
- Review of the GDPR policy and enquiries to management as to the occurrence of any reportable breaches.
- Reviewed legal and professional costs to identify any possible non-compliance or legal costs in respect of non-compliance.
- Reviewed Board minutes.
- Audited the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.
- Reviewed estimates and judgements made in the accounts for any indication of bias.

## Help and Care

### Independent Auditor's Report to the Members of Help and Care

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements. This risk increases the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements as we are less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

#### Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

.....  
Daniel Tout FCA (Senior Statutory Auditor)  
For and on behalf of Francis Clark LLP , Statutory Auditor

Towngate House  
2-8 Parkstone Road  
Poole  
Dorset  
BH15 2PW

28 November 2022



## Help and Care

### Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account)

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
<b>Income and Endowments from:</b>				
Donations and legacies	3	19,416	-	19,416
Charitable activities	4	335,164	3,952,454	4,287,618
Other trading activities	5	2,899	-	2,899
Investment income	6	485	2,750	3,235
Other income	7	138,949	-	138,949
Total income		<u>496,913</u>	<u>3,955,204</u>	<u>4,452,117</u>
<b>Expenditure on:</b>				
Raising funds		(231)	-	(231)
Charitable activities	8	<u>8,539</u>	<u>(3,732,296)</u>	<u>(3,723,757)</u>
Total expenditure		8,308	(3,732,296)	(3,723,988)
Gains/losses on investment assets		<u>1,022</u>	<u>10,198</u>	<u>11,220</u>
Net income		506,243	233,106	739,349
Transfers between funds		<u>147,772</u>	<u>(147,772)</u>	<u>-</u>
Net movement in funds		654,015	85,334	739,349
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>1,282,290</u>	<u>424,413</u>	<u>1,706,703</u>
Total funds carried forward	20	<u><u>1,936,305</u></u>	<u><u>509,747</u></u>	<u><u>2,446,052</u></u>

The notes on pages 19 to 34 form an integral part of these financial statements.

## Help and Care

### Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
<b>Income and Endowments from:</b>				
Donations and legacies	3	42,646	-	42,646
Charitable activities	4	252,241	2,742,762	2,995,003
Other trading activities	5	849	-	849
Investment income	6	3,286	-	3,286
Other income	7	13,494	-	13,494
Total income		<u>312,516</u>	<u>2,742,762</u>	<u>3,055,278</u>
<b>Expenditure on:</b>				
Raising funds		(1,946)	-	(1,946)
Charitable activities	8	<u>(328,048)</u>	<u>(2,849,481)</u>	<u>(3,177,529)</u>
Total expenditure		<u>(329,994)</u>	<u>(2,849,481)</u>	<u>(3,179,475)</u>
Gains/losses on investment assets		<u>-</u>	<u>37,507</u>	<u>37,507</u>
Net expenditure		<u>(17,478)</u>	<u>(69,212)</u>	<u>(86,690)</u>
Net movement in funds		(17,478)	(69,212)	(86,690)
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>1,299,768</u>	<u>493,625</u>	<u>1,793,393</u>
Total funds carried forward	20	<u>1,282,290</u>	<u>424,413</u>	<u>1,706,703</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 20.

## Help and Care

(Registration number: 03187574)  
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
<b>Fixed assets</b>			
Tangible assets	14	19,345	447,759
Investments	15	<u>402,936</u>	<u>163,584</u>
		<u>422,281</u>	<u>611,343</u>
<b>Current assets</b>			
Debtors	16	466,371	487,155
Cash at bank and in hand		<u>2,476,853</u>	<u>1,162,344</u>
		2,943,224	1,649,499
<b>Creditors: Amounts falling due within one year</b>	17	<u>(919,453)</u>	<u>(554,139)</u>
<b>Net current assets</b>		<u>2,023,771</u>	<u>1,095,360</u>
<b>Net assets</b>		<u>2,446,052</u>	<u>1,706,703</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds	20	509,747	424,413
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>1,936,305</u>	<u>1,282,290</u>
<b>Total funds</b>	20	<u>2,446,052</u>	<u>1,706,703</u>

The financial statements on pages 15 to 34 were approved by the trustees, and authorised for issue on 8 November 2022 and signed on their behalf by:

.....  
M R Sharman  
Chief Executive Officer

## Help and Care

### Statement of Cash Flows for the Year Ended 31 March 2022

	Note	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Net cash income/(expenditure)		739,349	(86,690)
<b>Adjustments to cash flows from non-cash items</b>			
Depreciation		3,414	4,017
Investment income	6	(3,235)	(3,286)
Profit on disposal of tangible fixed assets		(125,000)	-
Revaluation of investments		(2,936)	(37,507)
		<u>611,592</u>	<u>(123,466)</u>
<b>Working capital adjustments</b>			
Decrease/(increase) in debtors	16	20,784	(398,224)
Increase/(decrease) in creditors	17	57,022	(6,898)
Increase in deferred income		<u>308,292</u>	<u>238,914</u>
Net cash flows from operating activities		<u>997,690</u>	<u>(289,674)</u>
<b>Cash flows from investing activities</b>			
Interest receivable and similar income	6	3,235	3,286
Sale of tangible fixed assets		550,000	-
Disposal of investments in subsidiary undertakings		-	500
Purchase of investments	15	(400,000)	-
Sale of investments		<u>163,584</u>	<u>-</u>
Net cash flows from investing activities		<u>316,819</u>	<u>3,786</u>
Net increase/(decrease) in cash and cash equivalents		1,314,509	(285,888)
Cash and cash equivalents at 1 April		<u>1,162,344</u>	<u>1,448,232</u>
Cash and cash equivalents at 31 March		<u><u>2,476,853</u></u>	<u><u>1,162,344</u></u>

All of the cash flows are derived from continuing operations during the above two periods.

# Help and Care

## Notes to the Financial Statements for the Year Ended 31 March 2022

### 1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

### 2 Accounting policies

#### Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

#### Basis of preparation

Help and Care meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

#### Going concern

The financial statements have been prepared on a going concern basis. As explained in the trustee report the board have considered the uncertainty relating to the coronavirus pandemic, cost of living crisis and the impact on the charity's operations and finances in the short to medium term. The board have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. In the opinion of the board, the charity has sufficient working capital to continue to meet its financial obligations and pay its liabilities as they fall due for the foreseeable future. The budgeted income and expenditure is sufficient for the charity to be able to continue as a going concern and therefore the financial statements have been prepared on a going concern basis.

#### Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### ***Donations and legacies***

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

#### ***Grants receivable***

Grants relating to revenue are recognised in income over the period in which the related costs are recognised.

#### ***Deferred income***

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

#### ***Other trading activities***

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

#### ***Investment income***

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

#### ***Charitable activities***

The charity receives contract income in respect of its charitable activities. Income from local government and other authorities are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### ***Raising funds***

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

#### ***Charitable activities***

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

#### **Government grants**

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Tangible fixed assets**

Individual fixed assets costing £2,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	20% straight line
Equipment	15% reducing balance
Motor vehicles	25% reducing balance

#### Fixed asset investments

Fixed asset investments, other than programme related investments, are included at market value at the balance sheet date. Realised gains and losses on investments are calculated as the difference between sales proceeds and their market value at the start of the year, or their subsequent cost, and are charged or credited to the Statement of Financial Activities in the period of disposal.

Unrealised gains and losses represent the movement in market values during the year and are credited or charged to the Statement of Financial Activities based on the market value at the year end.

#### Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.



## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

### 3 Income from donations and legacies

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations	19,416	19,416	7,688
Grants, including capital grants;			
Government grants	-	-	34,958
	<u>19,416</u>	<u>19,416</u>	<u>42,646</u>

### 4 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Core activities and central support	295,648	-	295,648	234,846
Advocacy and self care	-	1,256,403	1,256,403	212,985
Healthwatch	-	1,208,638	1,208,638	1,294,609
Healthwatch trading	39,516	-	39,516	17,395
Non clinical health coaching and local prescription	-	1,487,413	1,487,413	1,235,168
	<u>335,164</u>	<u>3,952,454</u>	<u>4,287,618</u>	<u>2,995,003</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 5 Income from other trading activities

	Unrestricted funds General £	Total funds £	Total 2021 £
Fundraising	2,899	2,899	849
	<u>2,899</u>	<u>2,899</u>	<u>849</u>

#### 6 Investment income

	Unrestricted funds General £	Restricted funds £	Total 2022 £	Total 2021 £
Interest receivable and similar income;				
Interest receivable on bank deposits	485	2,750	3,235	3,286
	<u>485</u>	<u>2,750</u>	<u>3,235</u>	<u>3,286</u>

#### 7 Other income

	Unrestricted funds General £	Total 2022 £	Total 2021 £
Sundry	13,949	13,949	13,494
Gains on sale of tangible fixed assets for charity's own use	125,000	125,000	-
	<u>138,949</u>	<u>138,949</u>	<u>13,494</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 8 Expenditure on charitable activities

	<b>Total 2022 £</b>	<b>Total 2021 £</b>
Staff costs incl. expenses & training	3,355,480	2,778,163
Service costs, including Sitting, volunteer support and bad debts	48,705	44,497
Equipment and van maintenance	4,819	12,973
Depreciation	3,414	4,017
Establishment costs	39,517	65,832
Promotion expenses	13,671	13,315
Office costs	188,133	176,327
Bank charges and interest	3,181	2,771
Irrecoverable VAT relating to partial exemption	12,051	14,815
Professional fees	8,161	16,558
Governance (see note below)	46,625	48,261
	<u>3,723,757</u>	<u>3,177,529</u>

#### 9 Analysis of governance costs

##### Governance costs

	<b>Unrestricted funds General £</b>	<b>Total 2022 £</b>	<b>Total 2021 £</b>
Staff costs			
Wages and salaries	34,312	34,312	34,596
Audit fees			
Audit of the financial statements	10,000	10,000	9,200
Other fees paid to auditors	340	340	3,261
Other governance costs	1,973	1,973	1,204
	<u>46,625</u>	<u>46,625</u>	<u>48,261</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 10 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2022 £	2021 £
Audit fees	10,000	9,200
Profit on disposal of tangible fixed assets	(125,000)	-
Depreciation of fixed assets	<u>3,414</u>	<u>4,017</u>

#### 11 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

During the year £400 (2021: £1,204) reimbursed expenses were paid to trustees'.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

#### 12 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
<b>Staff costs during the year were:</b>		
Wages and salaries	3,030,021	2,520,769
Social security costs	245,677	205,300
Pension costs	63,464	50,235
Other staff costs	<u>50,630</u>	<u>36,455</u>
	<u>3,389,792</u>	<u>2,812,759</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2022 No	2021 No
Charitable activities	<u>143</u>	<u>120</u>

The number of employees whose emoluments fell within the following bands was:

	2022 No	2021 No
£70,001 - £80,000	<u>1</u>	<u>1</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

The total employee benefits of the key management personnel of the charity were £343,124 (2021 - £345,959).

#### 13 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 14 Tangible fixed assets

	Land and buildings £	Furniture, equipment and IT £	Motor vehicles £	Total £
<b>Cost</b>				
At 1 April 2021	425,000	51,840	17,459	494,299
Disposals	<u>(425,000)</u>	<u>-</u>	<u>-</u>	<u>(425,000)</u>
At 31 March 2022	<u>-</u>	<u>51,840</u>	<u>17,459</u>	<u>69,299</u>
<b>Depreciation</b>				
At 1 April 2021	-	36,065	10,475	46,540
Charge for the year	<u>-</u>	<u>2,366</u>	<u>1,048</u>	<u>3,414</u>
At 31 March 2022	<u>-</u>	<u>38,431</u>	<u>11,523</u>	<u>49,954</u>
<b>Net book value</b>				
At 31 March 2022	<u>-</u>	<u>13,409</u>	<u>5,936</u>	<u>19,345</u>
At 31 March 2021	<u>425,000</u>	<u>15,775</u>	<u>6,984</u>	<u>447,759</u>

#### 15 Fixed asset investments

	2022 £	2021 £
Other investments	<u>402,936</u>	<u>163,584</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### Other investments

	Listed investments £	Total £
<b>Cost or Valuation</b>		
At 1 April 2021	163,584	163,584
Revaluation	2,936	2,936
Additions	400,000	400,000
Disposals	(163,584)	(163,584)
At 31 March 2022	<u>402,936</u>	<u>402,936</u>
<b>Net book value</b>		
At 31 March 2022	<u>402,936</u>	<u>402,936</u>
At 31 March 2021	<u>163,584</u>	<u>163,584</u>

#### 16 Debtors

	2022 £	2021 £
Trade debtors	441,634	465,040
Prepayments	22,426	21,658
Other debtors	<u>2,311</u>	<u>457</u>
	<u>466,371</u>	<u>487,155</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 17 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	12,920	14,593
Other taxation and social security	164,152	141,503
Other creditors	15,041	16,807
Pension scheme creditor	12,221	10,209
Accruals	47,575	11,775
Deferred income	667,544	359,252
	<u>919,453</u>	<u>554,139</u>

	2022 £	2021 £
Deferred income at 1 April 2021	(359,252)	(120,338)
Resources deferred in the period	(667,544)	(359,252)
Amounts released from previous periods	359,252	120,338
Deferred income at year end	<u>(667,544)</u>	<u>(359,252)</u>

#### 18 Pension and other schemes

##### Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £63,464 (2021 - £50,235).

#### 19 Commitments

##### Other financial commitments

The total amount of other financial commitments not provided in the financial statements was £3,055 (2021 - £3,713).

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 20 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2022 £
<b>Unrestricted funds</b>						
<i><b>General</b></i>						
General fund	1,282,290	496,913	8,308	47,772	1,022	1,836,305
<i><b>Designated</b></i>						
Dementia Service	-	-	-	100,000	-	100,000
<b>Total unrestricted funds</b>	<u>1,282,290</u>	<u>496,913</u>	<u>8,308</u>	<u>147,772</u>	<u>1,022</u>	<u>1,936,305</u>
<b>Restricted funds</b>						
Information and Carers Service	47,772	-	-	(47,772)	-	-
Advocacy & Self Care	40,405	256,690	(280,887)	-	-	16,208
Dementia Service	-	999,713	(798,403)	(100,000)	-	101,310
Engagement	7,070	-	-	-	-	7,070
Healthwatch/Healthwatch Transistions	84,428	1,208,638	(1,197,852)	-	-	95,214
BACE	171,236	2,750	(1,820)	-	10,198	182,364
Non clinical health coaching and local prescription	73,502	1,487,413	(1,453,334)	-	-	107,581
<b>Total restricted funds</b>	<u>424,413</u>	<u>3,955,204</u>	<u>(3,732,296)</u>	<u>(147,772)</u>	<u>10,198</u>	<u>509,747</u>
<b>Total funds</b>	<u><u>1,706,703</u></u>	<u><u>4,452,117</u></u>	<u><u>(3,723,988)</u></u>	<u><u>-</u></u>	<u><u>11,220</u></u>	<u><u>2,446,052</u></u>



## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2021 £
<b>Unrestricted funds</b>						
<b>General</b>						
General fund	1,261,768	312,516	(329,994)	38,000	-	1,282,290
<b>Designated</b>						
Building maintenance	38,000	-	-	(38,000)	-	-
<b>Total unrestricted funds</b>	<u>1,299,768</u>	<u>312,516</u>	<u>(329,994)</u>	<u>-</u>	<u>-</u>	<u>1,282,290</u>
<b>Restricted</b>						
Information and Carers Service	47,772	-	-	-	-	47,772
Advocacy & Self Care	47,865	212,985	(220,445)	-	-	40,405
Engagement	59,314	-	(52,244)	-	-	7,070
Healthwatch/Healthwatch Transistions	108,130	1,294,609	(1,318,311)	-	-	84,428
BACE	136,799	-	(3,070)	-	37,507	171,236
Non clinical health coaching and local prescription	93,745	1,235,168	(1,255,411)	-	-	73,502
<b>Total restricted funds</b>	<u>493,625</u>	<u>2,742,762</u>	<u>(2,849,481)</u>	<u>-</u>	<u>37,507</u>	<u>424,413</u>
<b>Total funds</b>	<u>1,793,393</u>	<u>3,055,278</u>	<u>(3,179,475)</u>	<u>-</u>	<u>37,507</u>	<u>1,706,703</u>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

The specific purposes for which the funds are to be applied are as follows:

#### **Information and Carers Service:**

##### **Carer Training**

Funded by Dorset County Council (DCC) on a payment by results arrangement to provide training to unpaid carers. This includes basic Health & Safety, End of Life Care, Dementia & personal care.

##### **Short Breaks Service**

DCC funded service for carers enabling them to have access to respite breaks from their caring role. Help & Care liaise between the carers and the domiciliary care provider to coordinate the respite breaks.

##### **Carer's Individual Support Scheme**

Another DCC funded service where Help & Care administer a grant on their behalf for the benefit of Carers in the Dorset area. Due to come to an end in September '16.

#### **Advocacy and Self Care:**

##### **Advocacy & Support**

Funded from a variety of sources, our range of advocacy services enable vulnerable people to have their voices heard when they are dealing with challenging situations in their lives.

##### **Dorset Macmillan Advocacy**

A specialist advocacy service funded by Macmillan for people dealing with a cancer diagnosis who receive support and guidance from a cohort of volunteers who are in recovery from cancer.

##### **Self-Care - My Health My Way**

Funded by the Dorset Clinical Commissioning Group, Help & Care provide Health Coaches to people diagnosed with a long term health condition.

#### **Engagement:**

##### **Dorset POPP**

DCC initiative providing community engagement and development workers across every locality and parish in Dorset County.

##### **Healthwatch**

Local Healthwatch organisations give people a powerful voice and help them to get the best out of their local health and social care services. Whether it's improving services today or helping to shape them for tomorrow. Local Healthwatch is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in the future.

#### **BACE:**

BACE stands for Bournemouth Association for Care of the Elderly. The fund was previously managed through the BACE charity and was transferred to Help and Care in October 2017 after 60 years of operation.

The traditional use of the funds were:

- Grants to residents of Bournemouth over the age of 60.
- Only Grants to individuals, not organisations or to provide services

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

- Small Grants that make maximum impact. BACE Grants have tended to be for under £200 and in exceptional circumstances up to £500.

#### **NCHCSP:**

Funded by the NHS to provide non-clinical support and interventions in local Primary Care Networks. Our health coaches and social prescribers provide individual and group support to people living with a long-term health condition enabling them to find the skills, confidence, and resources to manage their lives successfully.

The transfer from Information and Carers Service relates to contract underspends which are transferred to general unrestricted funds as the services have ceased.

The transfer from Dementia Service relates to year one contract underspend which the trustees have designated for the same purpose.

#### **21 Analysis of net assets between funds**

	<b>Unrestricted funds</b>		<b>Restricted funds</b>	<b>Total funds at 31 March 2022</b>
	<b>General</b>	<b>Designated</b>		
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	19,345	-	-	19,345
Fixed asset investments	251,022	-	151,914	402,936
Current assets	2,485,391	100,000	357,833	2,943,224
Current liabilities	(919,453)	-	-	(919,453)
<b>Total net assets</b>	<b>1,836,305</b>	<b>100,000</b>	<b>509,747</b>	<b>2,446,052</b>

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds at 31 March 2021</b>
	<b>General</b>		
	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	447,759	-	447,759
Fixed asset investments	-	163,584	163,584
Current assets	1,225,086	260,729	1,485,815
Current liabilities	(554,139)	-	(554,139)
<b>Total net assets</b>	<b>1,118,706</b>	<b>424,313</b>	<b>1,543,019</b>

## Help and Care

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 22 Analysis of net funds

	At 1 April 2021 £	Financing cash flows £	At 31 March 2022 £
Cash at bank and in hand	1,162,344	1,314,509	2,476,853
Net debt	<u>1,162,344</u>	<u>1,314,509</u>	<u>2,476,853</u>

	At 1 April 2020 £	Financing cash flows £	At 31 March 2021 £
Cash at bank and in hand	1,448,232	(285,888)	1,162,344
Net debt	<u>1,448,232</u>	<u>(285,888)</u>	<u>1,162,344</u>

#### 23 Related party transactions

During the year the charity made the following related party transactions:

##### Healthwatch Companies

The following Directors and leadership team members are also on the Board of Healthwatch companies:

Mark Sharman - Healthwatch West Sussex + Healthwatch Wokingham

Emma Leatherbarrow – Healthwatch Slough, Healthwatch Hampshire + Healthwatch West Sussex

During the year income of £1,208,638 (2021: £1,294,609) was received from the Healthwatch Companies. Balances held are restricted fund balances. At the balance sheet date the amount due from Healthwatch Companies was £95,214 (2021 - £84,428).