

Registered number: 03677361
Charity number: 1074906

Care for the Carers
(A company limited by guarantee)

Trustees' report and financial statements
for the year ended 31 March 2022

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**Reference and administrative details of the Company, its Trustees and advisers
for the year ended 31 March 2022**

Trustees	Susan Lilja, Treasurer (resigned 27 September 2022) Alan Botterill Chris Raper (resigned 25 March 2022) Polly Evans Neil Churchill OBE, Chair Jake Jay, Vice Chair Mary Barnes (appointed 9 December 2021) Jane Lawrence (appointed 9 December 2021) Richard Pearson (appointed 9 December 2021) Vikki Carruth (appointed 9 December 2021) Graham Turner (co-opted 17 May 2022) Geoffrey Munn (co-opted 13 May 2022)
Company registered number	03677361
Charity registered number	1074906
Registered office	Highlight House 8 St Leonards Road Eastbourne East Sussex BN21 3UH
Company secretary	Jennifer Downs
Chief executive officer	Jennifer Downs
Independent auditors	Kreston Reeves LLP Chartered Accountants Plus X Innovation Hub Lewes Road Brighton East Sussex BN2 4GL
Solicitors	Keeleys LLP 28 Dam Street Lichfield Staffordshire ES13 6AA

Care for the Carers
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Trustees' report
for the year ended 31 March 2022

The Trustees present their annual report together with the audited financial statements of the charity for the year ended 31 March 2022. The Trustees confirm that the Annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provision of the Statement of Recommended Practice (SORP), applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) as amended by Update Bulletin 1 (effective 1 January 2015).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

The objects of the charity are to provide support, advice and information to any carer, of any age, living in East Sussex, Brighton and Hove or who is caring for someone living in East Sussex, Brighton and Hove. A carer is a relative, partner or friend, of any age, who within the past three years has provided essential care or support to someone who is disabled whether through mental or physical ill health, learning disability or frailty. This includes a parent or sibling caring for a disabled child.

There are many reasons why caring for someone else leaves the carer needing support:

- Caring reduces the physical and mental health and wellbeing of many carers.
- Caring may lead to poverty, with many carers needing to give up work in order to care, or to manage on benefits.
- Caring often impact on carers' ability to sustain employment, friendships and hobbies.
- Many carers face isolation and loneliness.

Care for the Carers seeks to address these issues through directly supporting carers, raising awareness of the issues faced by carers and influencing local and national policy affecting carers.

b. Vision and mission

Our vision: we will work with carers until all East Sussex carers have recognition, choices, influence and access to quality support and services that they need and want.

Our mission: we represent East Sussex carers, enable their voices to be heard and provide services in response to what they need and want.

c. Main activities undertaken to further the Company's purposes for the public benefit

Support, Advice and Guidance

Carers are offered a single point of contact – Carers Hub – accessible by phone, email, via the website or by dropping in to the Carers' Centre. Specialist staff provide swift support to carers, including onward signposting to the range of services available across the county, and access to coaching support.

Regular Coaching and Directions sessions enable support workers to provide one to one support, advice and guidance to carers, by telephone, online, in person near to their home, or within a carer's home when necessary.

Our counselling service Time to Talk provides emotional support to carers, reducing feelings of social isolation and improving carers' health and wellbeing.

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Trustees' report (continued)
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Objectives and activities (continued)

Our volunteer led Carers in Touch listening service provides regular wellbeing telephone calls to carers who are at risk of social isolation.

Groups and Activities

Carers' Information and Advice groups offer people new to the caring role an opportunity to meet one another and access information, advice and support. Groups are facilitated by support workers, and guests are invited from relevant services to share useful information. These groups support those new to caring for up to twelve months to build their confidence, resilience and resources. There is also a monthly evening group to enable working carers easier access to information, advice and support at a time convenient to them.

Carers' Wellbeing groups are the 'next step' after a carer has attended a Carers' Information and Advice group for twelve months. They are aimed at carers who have been caring for a while and are already connected with services. Carers' Wellbeing groups are led by carers for carers, with volunteer hosts being supported by a named Carer Support Worker. Carers' Wellbeing groups focus on anything that the group feels would improve their wellbeing, so could be based around activities such as walking, arts and crafts or meeting for a coffee and chat.

Care for the Carers also runs groups for carers with specific needs or interests. The focus of these groups is led by feedback from carers on shared areas of interest or identity. We run monthly Mental Health carers' groups for carers of people with mental health issues, monthly Making Memories groups for carers and the people they care for living with dementia and monthly Young Adult Carer groups for carers aged 17-25 years. These groups are run in a similar format to the Carers' Information and Advice groups, but participation in these groups is not time-limited.

In addition to the monthly groups, Care for the Carers has made use of specific funding from generous donors to undertake additional work with Young Adult Carers. This has included providing vocational support, involving the Young Adult Carers in influencing how services are run and offering social activities which their caring role prevents them from accessing.

Our Young Carers project has grown since its launch in February 2021, and provides a range of groups and activities. The project is designed to give young carers space for time away from their caring role, peer support, as well as opportunities to speak up on the issues affecting young carers. We have delivered a range of activities, support and outings for Young Carers over the year. During the Covid restrictions we delivered an online package of support including mindfulness sessions, drama and photography workshops, and virtual youth clubs. Our face to face activities included establishing a monthly youth club, offering outings such as paddle boarding, Drusilla's trip and paintballing as well as drama and art workshops. We also supported with Young Carers to make a film explaining what it was like as a Young Carer over the pandemic.

Our popular Carers' Activities Programme is funded by donations from mainly local trusts. Offering activities and events which give carers a break, engage with something fun and/or enable them to socialise with other carers, the project continues to be popular. Activities have included online Bingo, online quizzes, letterbox 'wellbeing' gifts, wellbeing and pamper days and Christmas lunches for all our carers groups.

Care for the Carers' innovative Photographer in Residence programme continued during the year, funded through donations. Through the project, carers have the space to reflect on their caring role and share their experiences of caring through a camera lens. In total 15 workshops were held in locations across East Sussex, with 84 carer attendances. Carers learnt about photography and built their photography skills including editing, composition, lighting and other technical aspects. The project was drawing to a close at the end of 2021-22, with an exhibition of the work due to launch in Carers Week, in June 2022.

Tools and Resources

Our East Sussex Carers Card has a number of functions. It identifies carers, offers discounts to carers from a wide range of businesses in East Sussex, and alerts the emergency services that cardholders are carers. The card is available to all carers including young carers and parent carers of children. Adult carers of another adult can also link their Carers Card to a backup emergency care plan through East Sussex County Council's Carers

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Trustees' report (continued)
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Objectives and activities (continued)

Respite Emergency Support Scheme (CRESS).

The Healthcare Appointments Respite Grant, administered on behalf of East Sussex County Council (ESCC), allows carers to access respite to enable them to attend healthcare appointments, training courses or engagement opportunities.

Care for the Carers also administers the 'Small Grants for Carers Groups' fund on behalf of ESCC, which supports set up costs for new groups that directly benefit carers and helps established groups to develop their offer.

Since October 2019, Care for the Carers has been commissioned by ESCC and NHS East Sussex Clinical Commissioning Group (CCG) to act as their Strategic Partner. Part of this role includes supporting other service providers commissioned to deliver carer services to work together to provide dynamic, responsive and cohesive local offer for carers. This collaborative approach also supports carers to be identified at the earliest opportunity.

Awareness, Information and Communications

Care for the Carers' 'Building a Carer Friendly Community' programme raises awareness of the valuable role carers play, their needs, experiences and the challenges they face. We work with local businesses and organisations, supporting them to become more carer-aware, taking into account both carers who access their services, and their own employees who are also carers. Organisations are supported to address obstacles that carers face in the workplace and do 'small things that can make a big difference' to carers' lives. We also actively reach out to local businesses asking them to sign up to the East Sussex Carers Card and offer discounts to carers.

Our 'Think Carer' Training has been successfully delivered on-line since the pandemic, with the content adapting very well to this new format. As result, the demand for the sessions has continued to grow and we have nearly doubled the number of participants this year. We support attendees from health, social care, businesses and the community & voluntary sector, with regular open sessions anyone can attend and bespoke training which is delivered directly to specific teams and agencies.

Care for the Carers leads on the local coordination of national campaigns such as Carers Rights Day and Carers Week. This involves promoting events, sharing resources, evaluating the campaigns, building on partnership working and sharing learning with our partners. The Carer Awareness remit is cross cutting and embedded in all of our roles.

Care for the Carers produces the quarterly CareLine magazine which is distributed to around 9,000 carers by email, online and by post. Our monthly e-Newsletter, sent to over 3,800 recipients, focuses on carer engagement, providing policy updates, event invitations and more. In addition to the monthly eNewsletter, Care for the Carers is also very active on social media platforms, such as Facebook, Twitter, Instagram and YouTube, sharing information and reaching out to as many carers as possible from diverse groups.

Our website acts as first port of call for carers and professionals who wish to know more about local services for carers and support. It also acts as an awareness raising and fundraising platform reaching out to a wide group of stakeholders. During the year, we re-designed our website to improve accessibility and navigation, making the user journey more carer-centric and adding translation features and more 'out of hours' help and advice for carers.

Engagement and Representation

Our commitment to the meaningful involvement of unpaid carers in local health, social care and voluntary sector strategic planning is achieved through the Carers Voices Network. This enables carers to share their views, experiences and needs and to influence decision making on the issues that impact their lives. The Network encourages a wide group of carers to participate in consultations, focus groups and campaigns initiated by Care for the Carers or by our partners and uses a range of methods to ensure these opportunities are made as accessible as possible.

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Trustees' report (continued)
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Objectives and activities (continued)

Alongside supporting carers who wish to be Carers Voices representatives to attend formal meetings and contribute to consultations, carers' views are also gathered more informally through feedback from carers' groups and focus groups.

Our monthly engagement eNewsletter keeps carers, volunteers and professionals up to date with local and national policy, highlights opportunities to influence decision making and raises awareness of issues of importance to carers. In March 2022, we held our Carers Voices Conference, "For Caring Out Loud!". Building on the learning from our online engagement work during the pandemic, we ran a hybrid conference spanning a week. The conference began with an in person event in Uckfield which was followed by a mix of in person and online events and workshops. The conference included information-sharing workshops to gather carers' views, an online marketplace of local providers and opportunities for carers to socialise and build their networks. The conference findings were shared with key decision-makers and have shaped Care for the Carers' strategic development.

Fundraising

Working to build the support of the charity's work has become a core part of our strategy, as we continue to diversify our income streams. Funds generated enable the charity to respond to carers' needs by providing specific projects, or one off wellbeing events, which complement the existing services available locally.

Achievements and performance

a. Main achievements of the Company

Support, Advice and Guidance

During the year the charity supported 9,265 (2021: 9,047) carers across East Sussex, exceeding our target of 7,875. Of these, 2,717 (2021: 2,421) were newly identified carers. 4,399 (2021: 3,271) carers accessed Carers Hub, our single access point for information, advice and support, through 19,494 (2021: 14,069) contacts. Carers accessed one-to-one specialist support, advice and guidance through 1,318 (2021: 894) Carer Coaching and Directions sessions. 96% (2021: 98%) of referrals received a response within 5 working days.

211 (2021: 170) carers accessed our Time to Talk counselling service regarding the challenges of their caring role, significantly exceeding our internal target of 100 carers supported by the counselling service during the year.

Carers regularly tell us about the impact that Care for the Carers has made on their lives:

"Thanks very much for all your help, it's been brilliant . Things are really looking up and your help has really improved things."

"Care for the Carers has been such a great organisation and so supportive. The groups were a real help before lockdown, and throughout it, the counselling and Carers in Touch calls from yourself – I'm just so grateful and I can't speak of it all highly enough."

"I've have been beyond impressed with the knowledge, empathy, signposting and support I've received in such a very short space of time. You're all brilliant and such a valuable resource."

"Counselling has helped me keep my sanity under very trying and difficult circumstances. The counsellor has been absolutely amazing"

"I was feeling very isolated and vulnerable. It is such a relief to me that someone else knows about the situation. I really appreciate it."

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Trustees' report (continued)
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Achievements and performance (continued)

"There's loads of stuff you've sent us which is great, there's so many options...Thanks very much for all your help, it's been brilliant. Things are really looking up and your help has really improved things."

Groups and Activities

222 carers attended our regular Carers' Groups in the year. These groups were a combination of Carers' Information and Advice groups, Carers' Wellbeing groups, a Mental Health carers' group, Making Memories Dementia groups, an Evening Carers Group and a group for Young Adult Carers.

Care for the Carers' work with Young Adult Carers continues to thrive. Our Young Adult Carers group meets monthly and has a regular membership of 17 (2021: 24), carers from across the county aged from 16 to 25. This year we have trialled adding an Eastbourne venue to our established Hastings group. During 2021, we quickly transitioned our groups to face to face activities, which was imperative to combat the social isolation members felt following COVID-19 restrictions. The group activities are led by its members and include workshops on their chosen themes of caring, employment, education and health and wellbeing themes. These are coupled with opportunities to relax, socialise with their peers and access information and advice from experienced staff. The groups are supported by a private Facebook group, providing support, professional information and advice, and connecting young adult carers with their peers between groups.

Our other carers groups have also been complemented by social activities for carers. 32 activities were delivered during the year, with 310 carers benefiting. Reaching increased number of carers in Hastings has been a real success this year. We kept the activities programme flexible and have been able to respond to carers needs, often at quite short notice due to the changing situation with Covid 19. We continued to offer activities online, socially distanced with increased outdoor provision as well as activity gift boxes and gift vouchers for carers to use with a friend/relative. Our activities included days out, on-line physical and wellbeing sessions, spa days, meals and walks, gym passes and gift boxes.

Tools and Resources

The Carers Card offers discounts from a wide range of businesses in East Sussex, as well as identifying carers and including the option to link to an emergency plan. 1,963 (2021: 1,438) carers signed up for the Carers Card during the year, with 162 (2021: 169) businesses providing discounts and offers to card holders. We are delighted that so many carers have access to discounts from diverse businesses, ranging from food and drink, health, fitness and wellbeing, legal and financial, and retail, and that despite the challenges businesses have faced during the pandemic, they continue to support the scheme. We are also proud to support so many local partners to publicly pledge their recognition of carers.

9 (2021: 11) carers have accessed respite through the Healthcare Appointments Respite Grant, which has enabled them to attend healthcare appointments, training courses or engagement opportunities.

COVID-19 Response to Future Service Delivery

Care for the Carers acted swiftly in response to measures taken by the Government at the outset of the Coronavirus pandemic. Our priority was to ensure Carers continued to receive high quality support and advice as well as protecting carers and staff from the virus and supporting their wellbeing. The office closed to the public but our telephone lines remained active as staff transitioned to working from home. All face-to-face contact ceased and new service delivery models were quickly developed for Counselling, Groups, Activities, and Training to continue by telephone or by using virtual video platforms. We also introduced a new Carers in Touch service, which continues to respond to carers needs, and reduces carers at risk of social isolation. We adapted our planning for the Annual Carers Conference offering an in-person event with limited numbers and high level of Covid safety measures alongside seven on-line workshops and debates. The 'For Caring Out Loud!' conference and workshops captured the breadth of carers' experiences as we came out of the pandemic and helped us identified the key needs going forward.

During this continued period of uncertainty, we increased our engagement and collaboration with partner organisations, and have maintained an increased use of technology ensuring carers are not left to care alone. A

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Trustees' report (continued)
for the year ended 31 March 2022

Achievements and performance (continued)

number of new service delivery models required increased investment and we were fortunate to secure additional funding from external funders. Over the course of the year, we delivered a mixed model of telephone, online, and face-to-face support, adapting to meet carers' changing needs and working within the changing government restrictions as the year progressed. Looking forward, we intend to continue to provide a blended model of face to face and online delivery for our services, ensuring we build on the learning from supporting carers during the pandemic.

Awareness, Information and Communications

Care for the Carers' work is supported by 355 (2021: 324) volunteers, in a range of voluntary roles, with 286 (2021: 274) acting as Carer Ambassadors, and working with us to build a carer-friendly East Sussex.

Our Carer Awareness training this year included 12 (2021: 8) open 'Think Carer' training sessions to 115 (2021: 61) volunteers and professionals. Their consistently positive feedback included:

"I really enjoyed the session as it helped me understand so much more about your organisation but also the wide-ranging issues carers can face"

We also delivered 46 (2021: 31) bespoke 'Think Carer' Carer Awareness training sessions for a range of local health and social care services in the statutory and voluntary sectors, with 425 (2021: 274) people attending.

We undertook several awareness raising campaigns during the year, most notably COVID-19 vaccination and Winter Pressures Campaign, in partnership with Carers Centres in West Sussex and Brighton & Hove and national Carers Week in June 2021. During Carers Rights Day in November 2021 we offered an online 'Caring for your future workshop' with partners at Taylor Rose MW, supporting carers with information on how to safely prepare for their future, as well as the futures of those they care for.

CareLine, the quarterly magazine produced by Care for the Carers, had an average print run this year of 4,500 copies. The CareLine postal mailing list is 3,850 and the email distribution list 4,024.

Our monthly eNewsletter reaches over 3,800 carers and professionals, focusing on local and national Carers Voices opportunities, campaigns, policy updates and activities.

Our social media activity is increasing and reaching out to a more diverse range of carers.

Care for the Carers' website offers a range of useful information for carers, professionals and supporters. During the coming year, we plan to build on the current site to increase the information it offers to carers and build in more interactive features and simplify access to services and information. We regularly update news stories to ensure the site is engaging and an up to date resource.

Engagement and Representation

Care for the Carers facilitates the Carers Voices Network which offers opportunities for carers from across the county to share their views, experiences and needs, and to influence decision making around issues that impact on their lives. There are currently 234 (2021: 235) carers signed up to the Carers Voices Network. During the year its members participated in a range of engagement opportunities, including a research project exploring carers' experiences of healthcare during the pandemic, co-delivered with the Carers Centre for Brighton & Hove and Carers Support West Sussex.

In addition, Carer Engagement is threaded through all that we do, with live issues being experienced by carers being understood through our one to one support work. This enables us to identify themes and ensure carers' voices influence our own service delivery and are represented in our contributions to strategic debate with and for carers. Key engagement debates are shared with all carers' Wellbeing groups, ensuring they are informed of topical issues and empowering carers to have their say.

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Trustees' report (continued)
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Achievements and performance (continued)

In March 2021 Care for the Carers held a week long countywide Annual Carers Voices Conference, 'For Caring Out Loud!' which comprised of an in-person conference event and seven on-line workshops and debates.

The conference events are free to attend for unpaid carers and aim to:

- keep carers informed and share information
- bring carers together
- listen to and amplify carers voices

This year we took what felt like a bold decision, to host an in-person event in Uckfield, being one of the first charities to do so in East Sussex since the pandemic. We received very positive feedback, with a number of carers sharing how much it meant to them to be able to meet face to face with other carers and professionals, to discuss issues that matter to them.

Total attendance across all the events saw 51 carers, 13 voluntary and community sector professionals and 13 public sector practitioners. Four new carers joined the Carers Voices network as a result of attending the conference week.

The conference week allowed us to capture a breadth of views on carers' experiences coming out of the pandemic. We also received further feedback from several carers groups, young carers and parent carers.

Our Carers Voices events are valued opportunities for carers to explore and share issues important to them, to contribute to shaping services and local strategy and to build their networks. The events also raise the profile of Care for the Carers' work and build strong partnerships with colleagues across health, social care and the voluntary sector. In addition to the Annual Carers Voices Conference, our Annual Carers Survey captures carers' experiences and impact of their carrying role on their life.

We also supported carers to take part in a range of statutory and voluntary sector consultations via the Carers Voices Network.

Carers Voices research reports are available at: www.cftc.org.uk/about-care-for-the-carers/reports-and-annual-reviews/ and are circulated widely to influence decision making and service development.

Fundraising

We continue to build great relationships with local and national funders and grow the range of support delivered through voluntary funding.

After a successful response to our emergency COVID 19 appeal last year, we have built on relationships with partners such as The National Lottery Community Fund, securing a multi-year grant to establish new satellite carers centres in Uckfield and Hastings.

We are grateful to the following funders for their continued commitment to our Young Carers Service; the Masonic Charitable Foundation, 29th May 1961 Charitable Trust, Arnold Clark Community Fund, the Homity Trust, Tesco Bags of Help in Uckfield, Crowborough and Hastings and Waitrose Community Matters in Hailsham. We have also benefited from the support of Sainsburys, The Beacon, ASDA in Eastbourne and Waitrose in Uckfield.

We also thank the following community groups for their support over the last year; Seaford Youth Forum, Rotary Club of Senlac, Royal Eastbourne Golf Club, Firlie and Beddingham Women's Institute, Hastings Winkle Club, Eastbourne Quizzers, and in particular Nick Law and everyone at Eastbourne Sovereign Rotary Club, for selecting us as their Charity of the Year.

We are also hugely grateful to our fabulous individual fundraisers and donors, including Barbara and Hazel, Michelle, Sheelagh, Robert, Sarah, Rosemary, Pauline, Carolyn, Lynda and Susan.

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Trustees' report (continued)
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Achievements and performance (continued)

Every penny raised and donated makes a real difference to the lives of local carers.

Financial review

a. Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Overall financial review

The charity was in a good financial position at the year end, with cash balances of £834,005 (2021: £632,019) and reserves totalling £2,359,273 (2021: £2,092,222).

The charity generated a surplus of £267,051 for the financial year ended 31 March 2022 (2021: £367,490). The reserves are allocated to specific activities as detailed below.

The principal funding sources of income to the charity were grant income of £986,391 (2021: £753,351) and donations of £53,263 (2021: £124,415).

Our fundraising strategy is achieving a growth in funding streams, enabling the charity to introduce new sources of income and move away from reliance on one main funding stream. The contract to deliver the East Sussex Carers Centre, jointly funded by ESCC and NHS East Sussex CCG, remains secure and the charity's largest contract, however this is now complemented by several additional multi-year contracts, as a result of Trustees recognising the inherent risk in working with one main income stream, and continuing to lead a strategy to diversify our funding and reduce reliance on statutory funds.

Following a successful tendering process, the Carers Centre contract will continue until 2025 with the possibility of an extension for two further years; the contract's annual value is £574,000. However, as the contract progresses, the percentage of guaranteed income reduces and the percentage of income based on achieving Key Performance Indicators increases. It is acknowledged that this poses an increased financial risk to the charity, however the risk is rated as low and the charity continues to perform well against Key Performance Indicators.

During the year, Care for the Carers continued to generate additional income through dividend payments from the shareholding investment generously gifted by Catharine House Trust in 2019-20. The shareholding investment, a holding in units managed for Charities by BlackRock, is held as designated funds, and generates additional income through dividend payments. This income is held as unrestricted funds, and will be designated to increase activity that supports carers.

The reserves of the charity comprise restricted, designated and unrestricted funds.

Restricted funds are those which may only be spent on the purpose specified by the donor. The charity had restricted funds of £144,784 (2021: £66,955).

Designated funds are those set aside by the Trustees to finance particular projects which cannot be met from future income alone. The charity had designated funds of £1,857,997 (2021: £1,788,957). These designated funds include the shareholding investment.

Unrestricted funds are those which are available for use to further the charity's purposes. The charity had unrestricted funds of £356,492 (2021: £236,310).

Trustees' report (continued)
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c. Reserve policy

This year, the Trustees have extensively reviewed the reserves policy and made significant amendments. This takes into account the ever-changing, uncertain external financial landscape, and also responds to a larger than usual level of reserves that built up over the pandemic period due to being unable to deliver planned face to face activities. The review ensures reserve funds are set at an appropriate amount to meet any unforeseen emergency, to support salary increases reflecting increases in the cost of living, and to support digital development. The policy also sets out our plans for utilising reserve funds to enable the introduction of further support opportunities for Carers, linking to our 4-year business plan objectives.

Previously, the **Trustee Contingency Reserve** comprised of funds set aside to enable the charity to adapt to a future decrease in funding. It was the policy of the charity that this reserve should be maintained at a level which is adequate to meet the costs of restructure and continue to further the objects of the charity, while new sources of funding are sought. The Board had set this level at £125,000. This fund has now been removed, as the Trustees consider the unrestricted expenditure holding within General Funds to be sufficient to enable the charity to adapt to any decrease in funding. The current risk of a decrease in funding from our main source of income (East Sussex Carers Centre contract) is categorised as low, as the value of the contract is set until 2025.

Previously, the **Sustainable Development Reserve** comprised of funds set aside to absorb a deficit of unrestricted income in relation to unrestricted expenditure in the near future. The Trustees continued to be prudent in setting aside funds to absorb any future unrestricted deficits while at the same time putting strategies in place to ensure that the charity was able to return an appropriate unrestricted surplus. The Sustainable Development Reserve had a balance of £100,000.

This fund has been replaced with the **Sustainable Development of Non-Statutory Services Reserve** and comprises funds which have been set aside to support the development of non-statutory, unfunded, services for carers in line with our 4-year business plan objectives. Within the 4 year business plan, this fund will enable us to underwrite our commitment of delivering a non-statutory, unfunded Young Carers service and our volunteering programme as well as giving the opportunity to seed-fund and grow Specialist and Community Services. The fund will also be used to build our partnership strategy which supports partner organisations to develop and grow their services for Carers. By the end of 2023/24 our 4-year business plan shows this fund will have reduced significantly and almost be exhausted, therefore, as well as attempting to secure additional restricted external funding for these purposes, this fund will also be maintained by utilising the shareholding held within our Capital Fund. This fund currently has a balance of £210,612.

Previously, the **Staff Development Reserve** has been set aside to further the development of our team. The Staff Development Reserve had a balance of £2,253.

This reserve has been replaced with a **Staffing Reserve** which comprises funds which have been set aside to support an increase to staff salaries, in recognition of the cost of living crisis, as well as to support staff development. Previously, the Trustees have only been able to award the NJC cost of living pay rise element to staff salaries and incremental salary progression was paused in 2017. From April 2023 it is expected salary scale increments will be reintroduced in line with the NJC pay scale together with applying the annual cost of living increase. Whilst we are in discussion with funders about the potential of salary increases, the Trustees have agreed the use of this reserve for this purpose to enable Care for the Carers to proactively respond at pace to the pressures that a rapidly increasing cost of living is placing on our staff team. The Trustees value highly our staff team, the backbone of the charity, and recognises the pressures and concerns felt by staff in this time of financial uncertainty and have prioritised ensuring that employees receive fair remuneration.

Once reintroduced, the increased salary costs will be included into future project planning and subsequent budgets to reduce the reliance on this fund. By the end of 2023/24 the fund will have reduced significantly, as the increment payments will have been made. From 2024/25, the fund will be maintained at a lower amount for the purpose of support staff development. From this point, any higher than expected cost of living pay rises will be met by utilising the shareholding held within our Capital Fund. The Staffing Reserve fund currently has a balance of £69,500

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Trustees' report (continued)
for the year ended 31 March 2022

The trustees have agreed to introduce a new reserve, **Sustainable Development of Digital Resources**, to set aside funds to support the development and introduction of our digital offer to Carers and professionals. The aim of this development is to increase our reach to less represented groups of carers by delivering sustainable provision of information, advice and learning to carers and professionals via an additional route of support for those whose preference is to self-serve. This is planned to include development of self-help resources online, digitalising of our Carers Card offer, support our Awareness workstream and include Think Carer training for professionals, enhancing our promotional materials including QR codes and connecting these with information online, increasing electronic displays for use in NHS and community settings. To enable us to achieve these developments we are expecting to outsource specialist elements to external providers. From 2023/24, we will be attempting to secure additional restricted external funding as well as maintaining this fund by utilising the shareholding held within our Capital Fund. This fund currently has a balance of £100,000.

Previously, the **CHT Carers Fund** comprised of the shareholding investment and cash funds received from Catharine House Trust together with the dividend income generated by the shareholding. The Fund had a balance of £1,561,704 following a revaluation of the investment holding on 31st March 2021. It was the policy of the charity that this reserve and the income generated from this shareholding is used to enable increased support to carers.

This fund has been replaced with a **Capital Fund Reserve** and comprises of funds held within the shareholding investment, currently with BlackRock. This fund will capture any loss or gain on investment and will be used, and drawn down in future years, to support funding requirements as explained above when additional external restricted funding has been unsuccessful. In accordance with the 4 year business plan and premises strategy, this fund is also proposed to be used to secure the purchase of a property for use as a main Carer Centre, therefore by 2025/26 the shareholding will have significantly reduced. This fund currently has a balance of £1,477,885.

In previous years, the Board aimed to hold 5 months of unrestricted expenditure within General Funds, which would equate to £334,548, for the following reasons;

- Aid cash-flow as expenditure can sometimes precede receipt of the corresponding income and mitigate against delays in funding
- Cover unforeseen expenditure, unforeseen operational costs that may accumulate throughout the year
- Provide transitional funding for core programmes which suffer a short-term shortfall in funds

The unrestricted general funds currently stand at £356,492 and, in the short term, the Board has focussed on maintaining the level at 3 months holding of unrestricted expenditure by the end of 2022/23, given planned investments and due to cost increases in response to inflation rises.

d. Asset cover for funds

Note 17 sets out an analysis of the assets attributable to the various types of funds and a description of the funds. These assets are sufficient to meet the charity's obligations on a fund by fund basis.

Structure, governance and management

a. Constitution

The charity is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 25 January 2010.

It is registered as a charity with the Charity Commission. Membership is open to individual carers, groups, organisations and individuals who are interested in caring issues or who wish to support Care for the Carers. There are currently 128 members (2021: 125), each of whom agrees to contribute £1 in the event of the Company winding up.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2022

Structure, governance and management (continued)

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

Dr Neil Churchill OBE	(Chair from 28th May 2021)
Mr Jake Jay	(Vice-Chair from 28th May 2021)
Mr Chris Raper	(Chair to 21st May 2021; Resigned 25 March 2022)
Mrs Susan Lilja	(Treasurer from 28th May 2021)
Mr Alan Botterill	
Ms Polly Evans	
Cllr Mrs Mary Barnes	
Ms Jane Lawrence	
Mr Richard Pearson	
Ms Vikki Carruth	
Mr Geoffrey Munn	
Mr Graham Turner	

During this year the Trustees introduced a new role of Associate Trustee, and were pleased to appoint Natasha Burrows to the role in December 2021. Natasha is also Young Adult Carer, and an Ambassador for Care for the Carers.

b. Methods of appointment or election of Trustees

The number of Trustees shall not be less than three. The Trustees may appoint a person who is willing to act as a Trustee either to fill a vacancy or as an additional Trustee. A Trustee so appointed shall hold office only until the next following annual general meeting and shall not be taken into account in determining the Trustees who are to retire by rotation at the meeting. If not reappointed at such annual general meeting, he/she shall vacate office at the conclusion thereof. At every annual general meeting one third of the Trustees shall retire from office and may be reappointed at the meeting.

c. Policies adopted for the induction and training of Trustees

The Trustees participate in an induction process to brief them on their legal obligations under charity and company law, the committee and decision making processes, the Strategic Plan and the recent financial performance of the charity.

Trustees are encouraged to attend appropriate external training events and to meet the senior management team, to be given an overview of the charity's work. An opportunity is provided to shadow the Carer Support Workers to observe the work involved.

d. Pay policy for key management personnel

The remuneration of all staff is guided by the National Joint Council ("NJC") pay scales. The charity aims to keep staff salaries in line with those set by the NJC, although this is not always possible. All staff complete an annual Performance Review.

e. Risk management

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these risks.

The Board recognised in 2017 that the principal risk to the organisation was its reliance on one major source of income. To mitigate this risk, a Fundraising Manager was appointed to generate new income streams, a strategy which is now enabling the organisation to secure increasingly diverse funding.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2022

Structure, governance and management (continued)

f. Organisational structure and decision making

The board of Trustees administer the charity with the appointment of a Chief Executive, who has delegated authority to manage the day to day operations of the charity. The charity's senior management team is comprised of the Chief Executive, Head of Resources, Head of Communities and Head of Services.

Care for the Carers is a Network Partner of Carers Trust and a member of Carers UK. This requires adherence to shared operational standards and values, and enables the organisation to ensure local carers' voices are represented to national decision-makers. In addition, membership brings access to a number of grants for carers, good practice learning and support, and partnership opportunities.

Plans for future periods

Future Developments

Care for the Carers' current Strategic Plan concentrates on the following four priority areas:

i. Supporting carers

Objective:

- Identify and support more carers including more carers from less heard groups
- Build the range of specialist services available to carers
- Support more carers to take a break from their caring role
- Support - and help prevent – carers experiencing financial hardship and/or ill health as a result of caring

ii. Think Carer

Objectives:

- Create a Carer Friendly East Sussex by keeping carers' issues on the agenda, empowering our partners to support carers, and raising public awareness of caring
- Deliver carer awareness training to partners, organisations and businesses
- Be an active partner and empower others to identify and support the carers in their organisations, networks and communities, and know how and when to access specialist support
- Grow and nurture our network of Carer Ambassadors: carers, community members and professionals working with Care for the Carers to build a carer-friendly East Sussex and who are connected to our information and support
- Build our presence and the profile of carers within communities – of geography, identity and experience as well as online networks and groups
- Use national campaigns to maximise the impact of our awareness raising, adding value by empowering carers and volunteers to add their voices and influence

iii. Carers Voices

Objective:

- Speaking up with and for carers to improve services and shape policy
- Act as an independent voice supporting carers seeking to raise specific concerns
- Build detailed current insight into carers' needs and experiences through engagement and consultation
- Amplify carers' voices to decision makers and lobby for strategic change to improve the lives of carers and the people they care for

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2022

Plans for future periods (continued)

iv. Impact and Innovation

Objectives:

- Continue to strengthen the charity, and secure our future by diversifying our income streams
- Develop Care for the Carers to secure our future as a strong, independent and resilient charity
- Evaluate, use, celebrate impact

The planned activities for achieving these aims are set out in our Strategic Plan 2020-2025, a copy of which is available on request from info@cftc.org.uk

Members' liability

Membership is open to individual carers, groups, organisations and individuals who are interested in caring issues or who wish to support Care for the Carers. There are currently 128 members (2021: 125), each of whom agrees to contribute £1 in the event of the Company winding up.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes 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 . 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 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 then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2022

Auditors

The auditors, Kreston Reeves LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Neil Churchill OBE
Chair

Date: 25/10/22

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the Members of Care for the Carers

Opinion

We have audited the financial statements of Care for the Carers (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company'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 Charities Act 2011.

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 Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council'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 charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are 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.

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the Members of Care for the Carers (continued)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) 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 charitable company'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 charitable company or to cease operations, or have no realistic alternative but to do so.

Independent auditors' report to the Members of Care for the Carers (continued)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 Auditors' 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.

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:

Capability of the audit in detecting irregularities, including fraud

Based on our understanding of the charity and the sector as a whole, and through discussion with the Trustees and other management (as required by auditing standards), we identified that the principal risks of non-compliance with laws and regulations related to health and safety and employment law. We considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities SORP (FRS 102) Second Edition (released October 2019), the Companies Act 2006 and other relevant charity legislation. We communicated identified laws and regulations throughout our team and remained alert to any indications of non-compliance throughout the audit. We evaluated Trustees' and management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls) and determined that the principal risks related to posting inappropriate journal entries to increase income or reduce expenditure and management bias in accounting estimates and judgemental areas of the financial statements. Audit procedures performed by the engagement team included:

- Discussions with management and assessment of known or suspected instances of non-compliance with laws and regulations and fraud, and review of the reports made by management; and
- Assessment of identified fraud risk factors; and
- Challenging assumptions and judgements made by management in its significant accounting estimates; and
- Confirmation of related parties with management, and review of transactions throughout the period to identify any previously undisclosed transactions with related parties outside the normal course of business; and
- Reading minutes of meetings of those charged with governance; and
- Identifying and testing journal entries, in particular any manual entries made at the year end for financial statement preparation.

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 or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Care for the Carers
(A company limited by guarantee)

Independent auditors' report to the Members of Care for the Carers (continued)

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.
- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditors' report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' 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 members, as a body, for our audit work, for this report, or for the opinions we have formed.

Kreston Reeves LLP

Kreston Reeves LLP
Chartered Accountants
Registered Auditors
Plus X Innovation Hub
Lewes Road
Brighton
East Sussex
BN2 4GL

Date: 25 October 2022

Kreston Reeves LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

Care for the Carers
(A company limited by guarantee)

**Statement of financial activities (incorporating income and expenditure account)
for the year ended 31 March 2022**

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies:	4				
Donations and legacies		2,550	50,713	53,263	124,415
Charitable activities		166,025	881,050	1,047,075	786,608
Other income	5	-	45,851	45,851	46,140
Total income		168,575	977,614	1,146,189	957,163
Expenditure on:					
Raising funds	6	-	33,874	33,874	36,357
Charitable activities		146,306	769,044	915,350	789,810
Total expenditure		146,306	802,918	949,224	826,167
Net income before net gains on investments		22,269	174,696	196,965	130,996
Net gains on investments		-	80,287	80,287	236,494
Net income		22,269	254,983	277,252	367,490
Transfers between funds	15	55,560	(65,761)	(10,201)	-
Net movement in funds		77,829	189,222	267,051	367,490
Reconciliation of funds:					
Total funds brought forward		66,955	2,025,267	2,092,222	1,724,732
Net movement in funds		77,829	189,222	267,051	367,490
Total funds carried forward		144,784	2,214,489	2,359,273	2,092,222

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

The notes on pages 24 to 44 form part of these financial statements.

Care for the Carers
(A company limited by guarantee)
Registered number: 03677361

Balance sheet
as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	20,275	16,258
Investments	12	1,477,885	1,397,598
		1,498,160	1,413,856
Current assets			
Debtors	13	236,161	81,936
Cash at bank on notice		173,871	173,088
Cash at bank and in hand		660,134	458,931
		1,070,166	713,955
Creditors: amounts falling due within one year	14	(209,053)	(35,589)
Net current assets		861,113	678,366
Total net assets		2,359,273	2,092,222
Charity funds			
Restricted funds	15	144,784	66,955
Unrestricted funds			
Designated funds	15	1,857,997	1,788,957
General funds	15	356,492	236,310
Total unrestricted funds	15	2,214,489	2,025,267
Total funds		2,359,273	2,092,222

Care for the Carers
(A company limited by guarantee)
Registered number: 03677361

Balance sheet (continued)
as at 31 March 2022

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 145 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Neil Churchill OBE

Chair

Date: 25/10/22

The notes on pages 24 to 44 form part of these financial statements.

Care for the Carers
(A company limited by guarantee)

Statement of cash flows
for the year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities	167,229	47,544
Cash flows from investing activities		
Dividends and interest received	45,851	46,140
Purchase of tangible fixed assets	(11,094)	(13,631)
Net cash provided by investing activities	34,757	32,509
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	201,986	80,053
Cash and cash equivalents at the beginning of the year	632,019	551,966
Cash and cash equivalents at the end of the year	834,005	632,019

The notes on pages 24 to 44 form part of these financial statements

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2022

1. General information

The charity is a private company limited by guarantee incorporated in England and Wales. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The registered office and principal place of business of the charity is:

Highlight House
8 St Leonards Road
Eastbourne
East Sussex
BN21 3UH

2. Accounting policies

2.1 Basis of preparation of financial statements

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

Care for the Carers 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.

2.2 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.

Whilst the impact of the current general economy has been assessed by the Trustees, so far as is reasonably possible, due to its unprecedented impact on the worldwide economy it is difficult to evaluate with any certainty the potential outcomes on the Charity's future activities. However, taking into consideration the Charity's level of reserves, the Trustees believe that the Charity will be able to continue in operational existence for the foreseeable future.

2.3 Income

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

Grant income is recognised over the period for which it is granted.

Donations and gifts are recognised when receivable.

Investment income is recognised when receivable.

Notes to the financial statements
for the year ended 31 March 2022

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

Grant expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a partner, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the bank.

2.6 Tangible fixed assets and depreciation

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	- 25% straight line
Computer equipment	- 25% straight line

2.7 Investments

Fixed asset investments which consist of listed investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless fair value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading 'Gains/(losses) on investments' in the Statement of financial activities incorporating income and expenditure account.

Notes to the financial statements
for the year ended 31 March 2022

2. Accounting policies (continued)

2.8 Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Cash at bank on notice includes cash which is held with a notice period in excess of 60 days.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

2.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.12 Employee Benefits

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

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Notes to the financial statements
for the year ended 31 March 2022

2. Accounting policies (continued)

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

Allocation of wages to the correct fund.

The Charity makes estimates and assumptions in relation the allocation of wages to funds. Allocation is based on staff members estimated time split between each of the charity's activities. These estimates and assumptions are completed by informed members of management and management accounts are reviewed by the Board monthly.

4. Income from donations and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Donations	2,550	50,713	53,263
Grants	166,025	881,050	1,047,075
	<hr/>	<hr/>	<hr/>
	168,575	931,763	1,100,338
	<hr/>	<hr/>	<hr/>

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

4. Income from donations and legacies (continued)

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Donations	4,542	119,873	124,415
Grants	118,675	667,933	786,608
<i>Total 2021</i>	<u>123,217</u>	<u>787,806</u>	<u>911,023</u>

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £
Interest received	1,535	1,535
Investment income	44,316	44,316
	<u>45,851</u>	<u>45,851</u>

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Interest received	2,538	2,538
Investment income	43,602	43,602
	<u>46,140</u>	<u>46,140</u>

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Notes to the financial statements
for the year ended 31 March 2022

6. Expenditure on raising funds

Costs of fundraising

	Unrestricted funds 2022 £	Total funds 2022 £
Other fundraising costs	899	899
Fundraising staff costs	32,975	32,975
	<hr/> 33,874 <hr/>	<hr/> 33,874 <hr/>
	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Other fundraising costs	787	787
Fundraising staff costs	35,570	35,570
	<hr/> 36,357 <hr/>	<hr/> 36,357 <hr/>

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Notes to the financial statements
for the year ended 31 March 2022

7. Analysis of expenditure on charitable activities

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Support & Advice	-	397,875	397,875
Groups	-	13,857	13,857
Tools & Resources	28,093	9,753	37,846
Information & Communication	-	44,268	44,268
Carer Awareness	-	73,192	73,192
Involvement	-	46,817	46,817
Development	-	42,802	42,802
ESCC Hastings PC project	-	67,347	67,347
ESCC Mental Health	-	43,696	43,696
Carers Review Project	-	21,529	21,529
Activities Project	13,561	7,907	21,468
Children in Need	12,948	-	12,948
Dementia Group	5,748	-	5,748
Photography	9,663	-	9,663
Parent Carers	8,637	-	8,637
Young Carers	40,691	-	40,691
Volunteering	-	15,438	15,438
Making Carers Count	3,694	-	3,694
Big Lottery	6,396	-	6,396
	129,431	784,481	913,912

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Notes to the financial statements
for the year ended 31 March 2022

Analysis of expenditure on charitable activities (continued)

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Support & Advice	-	420,592	420,592
Groups	-	12,785	12,785
Tools & Resources	19,710	10,520	30,230
Information & Communication	-	45,438	45,438
Carer Awareness	-	77,673	77,673
Involvement	-	43,483	43,483
Development	-	44,282	44,282
ESCC Hasting PC project	-	26,309	26,309
Activities Project	4,355	8,190	12,545
Children in Need	23,512	-	23,512
Dementia Group	5,239	-	5,239
Photography	3,200	-	3,200
Parent Carers	8,291	-	8,291
Young Carers	29,299	-	29,299
Volunteering	6,932	-	6,932
	<u>100,538</u>	<u>689,272</u>	<u>789,810</u>

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

8. Analysis of expenditure on support costs

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £
Support & Advice	314,787	83,088	397,875
Groups	11,590	2,267	13,857
Tools & Resources	35,678	2,034	37,712
Information & Communication	26,977	17,291	44,268
Carer Awareness	57,369	15,823	73,192
Involvement	37,506	9,311	46,817
Development	32,826	9,976	42,802
ESCC Hastings PC Project	67,347	-	67,347
ESCC Mental Health	43,696	-	43,696
Carers Review Project	21,529	-	21,529
Activities Project	17,145	4,323	21,468
Children in Need	12,947	-	12,947
Dementia Group	5,748	-	5,748
Photography	9,663	-	9,663
Parent Carers	8,637	-	8,637
Young Carers	40,691	-	40,691
Volunteering	15,438	-	15,438
Making Carers Count	3,694	-	3,694
Big Lottery	6,265	-	6,265
	769,533	144,113	913,646

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Notes to the financial statements
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Analysis of expenditure on support costs (continued)

	<i>Activities undertaken directly 2021 £</i>	<i>Support costs 2021 £</i>	<i>Total funds 2021 £</i>
Support and Advice	354,516	66,076	420,592
Groups	10,888	1,897	12,785
Tools & Resources	28,522	1,708	30,230
Information & Communication	31,421	14,017	45,438
Carer Awareness	64,549	13,124	77,673
Involvement	35,935	7,548	43,483
Development	36,195	8,087	44,282
ESCC Hasting PC Project	26,309	-	26,309
Activities Project	9,040	3,504	12,544
Children in Need	23,512	-	23,512
Dementia Group	5,239	-	5,239
Photography	3,200	-	3,200
Parent Carers	8,291	-	8,291
Young Carers	29,299	-	29,299
Volunteering	6,933	-	6,933
	<u>673,849</u>	<u>115,961</u>	<u>789,810</u>

9. Auditors' remuneration

	2022 £	2021 £
Fees payable to the Company's auditor for the audit of the Company's annual accounts	5,350	5,200
Fees payable to the Company's auditor in respect of: All non-audit services not included above	2,696	1,800

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

10. Staff costs

	2022 £	2021 £
Wages and salaries	663,947	552,025
Social security costs	38,458	33,819
Contribution to defined contribution pension schemes	11,611	9,748
	<u>714,016</u>	<u>595,592</u>

The average number of persons employed by the Company during the year was as follows:

	2022 No.	2021 No.
Staff	<u>32</u>	<u>28</u>

No employee received remuneration amounting to more than £60,000 in either year.

During the year, no Trustees received any remuneration (2021 - £NIL).

During the year, no Trustees received any benefits in kind (2021 - £NIL).

During the year, no Trustees received reimbursement of expenses (2021: One Trustee totalling £90).

11. Tangible fixed assets

	Office equipment £	Computer equipment £	Total £
Cost or valuation			
At 1 April 2021	9,864	95,303	105,167
Additions	-	11,094	11,094
At 31 March 2022	<u>9,864</u>	<u>106,397</u>	<u>116,261</u>
Depreciation			
At 1 April 2021	9,864	79,045	88,909
Charge for the year	-	7,077	7,077
At 31 March 2022	<u>9,864</u>	<u>86,122</u>	<u>95,986</u>
Net book value			
At 31 March 2022	<u>-</u>	<u>20,275</u>	<u>20,275</u>
At 31 March 2021	<u>-</u>	<u>16,258</u>	<u>16,258</u>

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

12. Fixed asset investments

	Listed securities £
Cost or valuation	
At 1 April 2021	1,397,598
Revaluations	80,287
	<hr/>
At 31 March 2022	1,477,885
	<hr/>
Net book value	
At 31 March 2022	1,477,885
	<hr/>
At 31 March 2021	1,397,598
	<hr/>

13. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	630	9,997
Other debtors	277	-
Prepayments and accrued income	235,254	71,939
	<hr/>	<hr/>
	236,161	81,936
	<hr/>	<hr/>

14. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	17,141	5,178
Other taxation and social security	12,026	11,994
Other creditors	159,674	8,815
Accruals and deferred income	20,212	9,602
	<hr/>	<hr/>
	209,053	35,589
	<hr/>	<hr/>

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2022 £
Unrestricted funds						
Designated funds						
Trustee Contingency Reserve	125,000	-	-	(125,000)	-	-
Staffing Reserve, previously known as Staff Development Reserve	2,253	-	-	67,247	-	69,500
Sustainable Development of Non-Statutory Services Reserve, previously known as Sustainable Development Reserve	100,000	-	-	110,612	-	210,612
Capital Fund Reserve, previously known as CHT Carer Trust	1,561,704	-	-	(164,106)	80,287	1,477,885
Sustainable Development of Digital Resources	-	-	-	100,000	-	100,000
	<u>1,788,957</u>	<u>-</u>	<u>-</u>	<u>(11,247)</u>	<u>80,287</u>	<u>1,857,997</u>
General funds						
General Funds - all funds	<u>236,310</u>	<u>977,614</u>	<u>(802,918)</u>	<u>(54,514)</u>	<u>-</u>	<u>356,492</u>
Total Unrestricted funds	<u>2,025,267</u>	<u>977,614</u>	<u>(802,918)</u>	<u>(65,761)</u>	<u>80,287</u>	<u>2,214,489</u>

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

15. Statement of funds (continued)

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2022 £
Restricted funds						
Children in Need	15,973	8,612	(14,385)	(10,200)	-	-
Young Adult Carers	6,040	350	(1,682)	-	-	4,708
Carers Card	(448)	2,750	(1,906)	-	-	396
Carers Grant	554	23,876	(23,830)	-	-	600
Rother Dementia Lunch Club	878	-	-	-	-	878
Small Grant for Carers	1,233	-	(1,000)	-	-	233
Photographer in Residence	2,900	-	(9,663)	6,763	-	-
Health Appointment Respite Grants	(8)	1,354	(1,357)	-	-	(11)
Parent Carers	-	10,272	(8,637)	-	-	1,635
Sussex Digital Hub	18,134	-	-	-	-	18,134
Social Opportunities for Older Carers	4	-	(3)	-	-	1
Young Carers	3,200	22,372	(40,691)	43,559	-	28,440
Activities Project	9,453	5,944	(11,876)	-	-	3,521
Dementia Group	8,975	-	(5,748)	-	-	3,227
Volunteering	67	-	(15,438)	15,438	-	67
Big Lottery (Hubs/Satellite)	-	85,872	(6,396)	-	-	79,476
Making Carers Count	-	7,173	(3,694)	-	-	3,479
	66,955	168,575	(146,306)	55,560	-	144,784
Total of funds	2,092,222	1,146,189	(949,224)	(10,201)	80,287	2,359,273

Care for the Carers
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Notes to the financial statements
for the year ended 31 March 2022

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds						
Designated funds						
Trustee Contingency Reserve	125,000	-	-	-	-	125,000
Staffing Reserve, previously known as Staff Development Reserve	2,253	-	-	-	-	2,253
Sustainable Development of Non-Statutory Services Reserve, previously known as Sustainable Development Reserve	100,000	-	-	-	-	100,000
Capital Fund Reserve, previously known as CHT Carer Trust	1,281,608	-	-	43,602	236,494	1,561,704
	<u>1,508,861</u>	<u>-</u>	<u>-</u>	<u>43,602</u>	<u>236,494</u>	<u>1,788,957</u>
General funds						
General Funds	171,595	833,946	(725,629)	(43,602)	-	236,310
Total Unrestricted funds	<u>1,680,456</u>	<u>-</u>	<u>(725,629)</u>	<u>-</u>	<u>236,494</u>	<u>2,025,267</u>

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Notes to the financial statements
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15. Statement of funds (continued)

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Restricted funds						
Children in Need	11,958	27,527	(23,512)	-	-	15,973
Young Adult Carers	4,517	2,740	(1,217)	-	-	6,040
Carers Card	1,400	-	(1,848)	-	-	(448)
Carers Grant	(78)	16,582	(15,950)	-	-	554
Rother Dementia Lunch Club	878	-	-	-	-	878
Small Grant for Carers	2,228	-	(995)	-	-	1,233
Photographer in Residence	2,500	3,600	(3,200)	-	-	2,900
Health Appointment Respite Grants	-	909	(917)	-	-	(8)
Parent Carers	-	8,291	(8,291)	-	-	-
Sussex Digital Hub	-	18,134	-	-	-	18,134
Social Opportunities for Older Carers	10	-	(6)	-	-	4
Young Carers	-	32,499	(29,299)	-	-	3,200
Activities Project	7,582	5,002	(3,131)	-	-	9,453
Dementia Group	13,281	933	(5,239)	-	-	8,975
Volunteering	-	7,000	(6,933)	-	-	67
	<u>44,276</u>	<u>123,217</u>	<u>(100,538)</u>	<u>-</u>	<u>-</u>	<u>66,955</u>
Total of funds	<u><u>1,724,732</u></u>	<u><u>123,217</u></u>	<u><u>(826,167)</u></u>	<u><u>-</u></u>	<u><u>236,494</u></u>	<u><u>2,092,222</u></u>

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Notes to the financial statements
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15. Statement of funds (continued)

Designated Funds

Trustee Contingency Reserve - Funds which have been set aside to enable the charity to adapt to a future decrease in funding. This fund has been undesignated in 2022 as the Trustees consider the unrestricted general fund holding sufficient.

Staffing Reserve, previously known as the Staff Development Reserve - Funds which have been set aside to support an increase to staff salaries, in recognition of the cost of living crisis, as well as to support staff development.

Sustainable Development of Non-Statutory Services Reserve, previously known as the Sustainable Development Reserve - Funds which have been set aside to absorb a deficit of unrestricted income in relation to unrestricted expenditure in the near future.

Capital Fund Reserve, previously known as the CHT Carer Fund - Funds initially received from Catharine House Trust, which have been set aside for specific additional projects to improve carer services and experience.

Sustainable Development of Digital Resources - Funds to support the development and introduction of the Charity's digital offer to Carers and professionals

Restricted Funds

Young Adult Carers - Donations from various donors to enable Young Adult Carers to get together and engage in a range of activities.

Carers Card - A grant from the local authority to finance the production and distribution of the Care for the Carers 'Carers Card'.

Carers Grants - Small grants from various funders made to individual carers in need, and administered by CftC.

Rother Dementia Lunch Club - Donations from various donors towards a lunch club held for carers and those they care for with dementia, and administered by Care for the Carers.

Small Grants for Carers - A grant from the local authority which supports set up costs for new groups that directly benefit carers and helps established groups to develop their offer.

Activities Project - Grants and donations from various funders and donors to enable an Activities Facilitator to organise activities for carers all over East Sussex.

Writer in Residence - Additional funding received from Heritage Lottery Fund to enable carers to reflect on their experiences and tap into their creativity through workshops and one to one sessions.

Social Opportunities for Older Carers - Funding from the Ex Pat Foundation to provide social activities for older carers.

Health Appointment Respite Grants - A Grant from the local authority which allows carers to access respite to enable them to attend healthcare appointments, training courses or engagement opportunities. The fund has a negative balance of £11 at the year end however future income and activity is expected.

Dementia Groups - Grant from Ernest Kleinwort Charitable Trust and supplemented with Tesco Bags of Help grants to enable carer groups and activities supporting carers of people with dementia.

Evening Groups - Grant from Henry Smith Charity to enable carer groups to run in the evening so working carers can access information, advice and support at a time convenient to them.

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Notes to the financial statements
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15. Statement of funds (continued)

Parent Carers - Funding from East Sussex County Council to deliver four 6-week wellbeing courses to promote carer wellbeing and resilience.

Children in Need - Grant from Children in Need to provide emotional support to Young Carers through counselling. The Teen Talk service reduces feelings of social isolation and improves the health and wellbeing of young carers.

Photographer in Residence - Additional funding from various funders to enable carers to reflect on their caring role and share their experiences of caring and tap into their creativity through photography workshops and exhibitions of their work.

Access to Work - Funding to cover the necessary adaptations for staff workplaces to be accessed independently.

Volunteering - Grant from Ernest Kleinwort Charitable Trust to enable development of our volunteering programme and embed volunteering across the whole organisation. The fund has a carried forward negative balance of £15,371 at the year end however future income and activity is expected.

Big Lottery (Hubs/Satellite) - Grant from Big Lottery to enable two additional satellite carers centre to be opened in Hastings and Uckfield areas. These centres will enable us to reach and support more unpaid carers and also build and strengthen local partnerships so we can work in a more community focused, localised way.

Making Carers Count - This project is led by our partners, Carers Support West Sussex and funded by Carers Trust. The project is delivered by the existing Sussex Carers Partnership which includes Carers Support West Sussex, The Carer Centre Brighton and Hove and Care for the Carers. The aim of this project is to focus on deprived areas, with a higher concentration of diverse ethnic groups, to enhance the current engagement offer and support partnering organisations to create a consistent approach to working with ethnic minority communities across Sussex.

16. Summary of funds

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2022 £
Designated funds	1,788,957	-	-	(11,247)	80,287	1,857,997
General funds	236,310	977,614	(802,918)	(54,514)	-	356,492
Restricted funds	66,955	168,575	(146,306)	55,560	-	144,784
	<u>2,092,222</u>	<u>1,146,189</u>	<u>(949,224)</u>	<u>(10,201)</u>	<u>80,287</u>	<u>2,359,273</u>

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Notes to the financial statements
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16. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Designated funds	1,508,861	-	-	43,602	236,494	1,788,957
General funds	171,595	833,946	(725,629)	(43,602)	-	236,310
Restricted funds	44,276	123,217	(100,538)	-	-	66,955
	<u>1,724,732</u>	<u>957,163</u>	<u>(826,167)</u>	<u>-</u>	<u>236,494</u>	<u>2,092,222</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	-	20,275	20,275
Fixed asset investments	-	1,477,885	1,477,885
Current assets	144,784	925,382	1,070,166
Creditors due within one year	-	(209,053)	(209,053)
Total	<u>144,784</u>	<u>2,214,489</u>	<u>2,359,273</u>

Analysis of net assets between funds - prior year

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	-	16,258	16,258
Fixed asset investments	-	1,397,598	1,397,598
Current assets	66,955	647,000	713,955
Creditors due within one year	-	(35,589)	(35,589)
Total	<u>66,955</u>	<u>2,025,267</u>	<u>2,092,222</u>

Notes to the financial statements
for the year ended 31 March 2022

18. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income for the year (as per Statement of Financial Activities)	277,252	367,490
Adjustments for:		
Depreciation charges	7,077	3,898
(Gain) on investments	(80,287)	(236,494)
Dividends, interests and rents from investments	(45,851)	(46,140)
Decrease/(increase) in debtors	(154,225)	8,868
Increase/(decrease) in creditors	173,464	(50,078)
Net cash provided by operating activities	177,430	47,544

19. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	660,134	458,931
Cash on notice	173,871	173,088
Total cash and cash equivalents	834,005	632,019

20. Analysis of changes in net debt

	At 1 April 2021 £	Cash flows £	At 31 March 2022 £
Cash at bank and in hand	458,931	201,203	660,134
Liquid investments	173,088	783	173,871

21. Pension commitments

The charity operates one defined contribution scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The charity contributes a specified percentage of payroll costs to the retirement benefit scheme to fund the benefits. The only obligation of the charity with respect to the scheme is to make the specified contributions.

The charge to the statement of financial activities in respect of the defined contribution scheme was £11,611 (2021: £9,748). At the 31 March 2022 the amount outstanding in relation to pension contributions was £3,553 (2021: £5,459).

Notes to the financial statements
for the year ended 31 March 2022

22. Related party transactions

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

Key management personnel comprise of the Chief Executive Officer, the Director of Services and the Finance and Office Manager. The remuneration of key management personnel is as follows:

Aggregate compensation £110,705 (2021: £135,438)