

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 2024

Care for the Carers
(A company limited by guarantee)

Contents

	Page
Reference and administrative details of the Company, its Trustees and advisers	1
Trustees' report	2 - 13
Independent auditor's report on the financial statements	14 - 17
Statement of financial activities	18
Balance sheet	19 - 20
Statement of cash flows	21
Notes to the financial statements	22 - 43

Care for the Carers
(A company limited by guarantee)

**Reference and administrative details of the Company, its Trustees and advisers
for the year ended 31 March 2024**

Trustees	Alan Botterill Polly Evans Neil Churchill OBE, Chair Mary Barnes Jane Lawrence Richard Pearson Graham Turner Geoffrey Munn Natasha Burrows
-----------------	--

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 auditor	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
(A company limited by guarantee)

Trustees' report
for the year ended 31 March 2024

The Trustees present their annual report together with the audited financial statements of the charity for the year ended 31 March 2024. The Trustees confirm that the Annual report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity'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 2019) as amended by Update Bulletin 1 (effective 1 January 2019).

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 and a child caring for an adult.

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 can lead to poverty, with many carers needing to give up work to care, managing on benefits or finding themselves covering additional expenditure to support the person they care for.
- Caring often impacts on carers' ability to sustain employment, friendships and hobbies.
- Many carers face isolation and loneliness.

Care for the Carers addresses these issues by providing direct support and information to carers, by raising awareness of the issues they face and influencing local and national policy affecting carers.

"It is exhausting: you've got the emotional side, the physical side (medication and administration)... and the mental side and the further emotional side to see someone who is a bit more in decline, having that sympathy for them. Overall it is exhausting."

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.

"I need someone to re organise me and get my home back to being a home. I'm out of energy and nothing seems to matter."

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Objectives and activities (continued)

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

All activities are delivered in line with our Strategic Plan for 2020-25, "Caring Together". The strategic direction set out in the plan was coproduced with carers and the staff team and is refreshed annually, guided by carers' feedback on the support they require and the issues impacting them. In "Caring Together" we identified four priority areas for our work in this period:

1. **Supporting carers** - Being there for local carers, providing support through a range of services tailored to their needs.
2. **Think Carer** - Influencing services, decision makers, partners and the wider community to be better for carers.
3. **Carers Voices** - Placing carers' voices at the heart of our work, guiding our plans, influencing and strategic direction.
4. **Impact and innovation** - Being a forward facing and well-run organisation which understands its impact, is a great employer and achieves great value and impact with funding entrusted to us for local carers.

These priorities are delivered through the following workstreams:

- Support, Advice and Guidance
- Groups and Activities
- Tools and Resources
- Engagement and Representation
- Governance and Management

Our Business Plan sets out how the charity would deliver the overarching strategic priorities, to guide the work of the management team and Board. The plan identifies four major ambitions for Care for the Carers' development:

1. Maintain & grow our commissioned services
2. Grow our discretionary services
3. Reach more carers – in particular carers most needing our support
4. Build our capacity to support more carers – sustainably

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Achievements and performance

a. Main achievements of the Company

Support, Advice and Guidance

During the year we supported 10,860 (2023: 10,134) carers across East Sussex. Of these:

- 3,489 (2023: 2,448) were newly identified carers
- 381 were young carers aged 5-17 years
- 4,991 (2023: 4,354) carers accessed Carers Hub, our single access point for information, advice and support
- 695 (2023: 612) carers accessed one to one Coaching or Directions sessions with specialist Carer Support Workers
- 264 (2023: 241) carers accessed our Time to Talk counselling service.

Particular highlights this year:

- Our commissioned services have now grown to include several specialist projects which complement the core Carers Centre offer:
 - The **Mental Health Carers Project** provided support to 337 carers alongside specialist carers group meetings, activities and mental health and awareness activity. Group members value the peer and social support offered by this project whilst also sharing their skills, knowledge and experiences to improve the wider outcomes for mental health carers. Examples of this include five carers signing up as Triangle of Care Experts by Experience, supporting research for two universities and becoming volunteers on other Care for the Carers projects.
 - **Carers Assessment Reviews** are undertaken on behalf of East Sussex County Council, providing carers with a route to additional support. In 2023-24 we completed 367 Carer Reviews, with 245 carers going on to receive further support from Care for the Carers, 157 carers referred to partner organisations and 91 receiving additional occupational therapy and social care assessments.
 - Our **Carers Health Programme has evolved to include** 3 NHS funded projects in 2023 -24 supporting 689 carers in total.
 - The Hastings and Havens Primary Care Projects supported 566 carers with more complex needs via a mix of casework, wellbeing and group support. We worked alongside 12 GP surgeries across the two areas to identify carers whilst also supporting them to complete their NHS England Carers Quality Markers for Primary Care. Carers reported building their practical knowledge and individual resilience as a result of a variety of wellbeing activities and courses and forged strong peer support within tailored support groups.
 - We deliver the Hospital Discharge Project as part of the Sussex Carers Partnership which comprises Care for the Carers, Carers Support West Sussex and the Carers Centre for Brighton and Hove. We supported 123 carers experiencing issues related to hospital discharge with information, advice and support, and activities, and provided Think Carer training to hospital staff.
 - **Carers in Touch** is now a much-valued project. In 2023-24, the project provided invaluable support to carers via regular social phone calls providing a listening ear, alleviating loneliness and helping carers feel valued in their caring role. 110 carers were supported by a dedicated team of volunteers.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Achievements and performance (continued)

Groups and Activities

248 carers (2023: 215) attended our regular carers' groups in 2023-24. Groups are a highly valued opportunity for carers to meet with one another and take some time out from caring. Alternatively, some groups are used to share expertise, access information from specialist Carer Support Workers and guest speakers on topics selected by the group or engage in wellbeing activities in a friendly environment. This year we increased the number of groups to 19 (17 in 2023) in line with our aims to grow this offer, and we are also seeing a larger number of carers accessing group support.

Highlights included:

- Our **Young Carers** project became more established and supported 381 young carers aged 5-17. Young carers accessed respite and support via 22 regular clubs held across the county and 20 outings in the school holidays. To have greater reach, we began working with schools in Seaford, providing some teacher and support staff training and starting a young carers lunch club. We successfully raised awareness of the needs of young carers locally at our Young Carers Action Day event in Eastbourne at which we screened our new film 'Young Carers - What We Need'.
- Provision of **social and wellbeing activities** is now embedded into our mix of services. These are principally funded through the kind support of the local community via donations and grants, and enable carers to take a hugely valued short break from their caring role. 39 activities (2023: 26) were delivered during the year, with 252 carers benefiting (2023: 355).

Tools and Resources

The East Sussex Carers Card is available to all carers including young carers and parent carers of children. It helps to identify carers in an emergency and entitles them to discounts from a range of businesses. Adult carers of another adult can also link their Carers Card to a backup emergency care plan through East Sussex County Council's Carers Respite Emergency Support Scheme. The number of carers taking up the card continues to rise, with 2,674 signing up in the year (2023: 2,555).

Other highlights in tools and resources include:

- Administering the Healthcare Appointments Respite Grant (HARG) on behalf of East Sussex County Council (ESCC). These grants enabled 10 carers (2023: 6) to attend much needed healthcare appointments, training courses or engagement opportunities, by funding replacement care for the person they support.
- Administering the 'Small Grants for Carers Groups' fund on behalf of ESCC, helping to seed fund community peer support groups for carers.
- Being commissioned by ESCC and NHS Sussex to act as their Strategic Partner, which includes commissioning a range of carer wellbeing and respite services from the local voluntary sector.

"Respite made me feel human! I was trying to feel like my life was happening a little bit rather than completely stopped and indefinitely on pause. I wanted to feel like a person again, and to live not just survive."

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Achievements and performance (continued)

Awareness, Information and Communications

Raising awareness of carers' needs is vital to ensure carers are identified early and can access support. We achieve this through our communications and media work, Carer Friendly Community programme, recruitment of volunteers and Carers Card businesses, and provision of "Think Carer" training to employers and health, social care and community service providers. Highlights this year included:

- We refreshed our Carer Friendly brand, and were delighted to support Hastings Voluntary Action and the Isabel Blackman Centre in Hastings to achieve the Award. The achievements helped us engage the local Mayor and MP, leading to national publicity during PMQs in Parliament, when the Prime Minister congratulated the two organisations and recognised Carers Week.
- Think Carer training was delivered to 393 health, social care and voluntary sector professionals.

'I enjoyed the training and found the delivery to be excellent, really engaging and food for thought.'

- Our Carers Week & Carers Rights Day campaigns grew in their reach, with a 60% increase in our social media reach during Carers Week.
- We worked with 363 volunteers (2023: 348), in a range of voluntary roles, and began to develop our volunteering strategy
- CareLine Magazine and our monthly e-Newsletter reached a total of 16,398 carers, professionals and members of the public (2023: 12,322).

Engagement and Representation

Carers who are part of the Carers Voices Network contribute to consultations, focus groups and campaigns. We aim to make this as accessible as possible, and keep the Network informed via a monthly strategic e-Newsletter and targeted communications. This helps the charity to keep Carers Voices at the heart of everything we do, and to speak with and for local carers and advocate for them within health, social care and voluntary sector strategic planning.

Our partnerships are a powerful asset in this - Care for the Carers is a Network Partner of Carers Trust, where our CEO is a Trustee, and we are a member of Carers UK. This requires adherence to shared operational standards and values, enables us to help local carers' voices shape national policy, brings eligibility for a range of grants for carers, good practice learning and support, and partnership opportunities. Locally our partnerships with Hastings and Rother Rainbow Alliance, Diversity Resource International, the Dementia Alliances across all five districts, the Links project, Refugee Buddies, Women's Interfaith Network and Eastbourne Mosque all help us to reach underrepresented carers. Strategically, our membership of the East Sussex VCSE Alliance, which our CEO chairs, and Sussex Carers Partnership are key alliances enabling us to influence local policy and planning, and to partner to develop new service responses.

Highlights included:

- We held a Carers Voices Workshop (March, on-line), Annual Carers Voices Conference (June, face to face) - focusing on health (particularly hospital care), social care and technology, and Seven focus groups (face to face and on-line) through which carers contributed to the new Plan for Adult Social Care, new carer support at Conquest Hospital, respite campaign and developments for carers supporting people with psychosis, along with our Annual Carers Survey in May-June.
- 270 carers (2023: 259) were members of the Carers Voices Network this year.
- Carers Voices report

"Thank you for this opportunity. It's been very helpful and encouraging, it's nice to know you are not alone. We need to learn to shout louder."

- We increased community outreach, attending 107 networking events (2,943 people reached), and 56 public events (attended by c.7,838 people), and directly speaking with 402 new carers.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Achievements and performance (continued)

Fundraising

All the money raised goes to ensuring that no one is left to care alone.

Donations directly fund some of our essential services for carers. Our Young Carers service and adult carers activities programme are solely funded by donations and non-statutory grants. They provide a break to carers, helping them connect with others in a similar role, develop peer support, take care of their wellbeing or physical health, recharge to be able to keep on caring. This support for carers would not be possible without the donations and grants.

Independent fundraising also enables us to enhance and grow other services such as our local carers centres, community engagement work, and volunteering programme including the volunteer-led Carers in Touch which supports the most isolated carers. By diversifying our funding streams we are able to respond more swiftly and flexibly to what carers are telling us they need, and what is not available elsewhere.

We are incredibly grateful to everyone who has supported us over the last year including individuals, local businesses, community groups, local statutory funders and local and national Trusts and Foundations. We have received wonderful support from the local community, this included benefiting from a gaming fundraiser held by students of East Sussex College, and as one of Uckfield Bonfire and Carnival Society's nominated charities.

We would like to thank the following for their support over the past year: all our individual and regular givers, challenge event participants, 29th May 1961 Charitable Trust, 7 Stars Foundation, Ardwick Charitable Trust, Bedes School, Crane Garden Buildings, Dorothy Wharton (MEH) Trust, Esports students at East Sussex College, Hailsham Lions Club, Hastings senior Men's Forum, Hastings Winkle Club, Hazel Curtis, Hendy Foundation, Heringtons Solicitors, The Homity Trust, NHS Health Inequalities programme, Rotary Clubs of Newhaven, Sovereign Light, Eastbourne and Rye, Seaford Town Council, South East Water, Tesco in Bexhill and Hailsham, The Chalk Cliff Trust, The Charlotte Marshall Charitable Trust, The Francis and Eric Ford Charitable Trust, The Hailsham Pavilion, The John Jackson Charitable Trust, The Parish Of Our Lady Of Ransom, The Ranmore Charitable Trust, Uckfield Bonfire and Carnival Society and Waitrose in Lewes.

Finally, we would like to thank the National Lottery Community Fund for their ongoing support of our local carers centres in Uckfield and Hastings.

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

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Financial review

a. Going concern

Having reviewed the latest financial position as well as forecasts and projections through to March 2026, and made appropriate enquiries, the Trustees consider that the charity is in a stable, healthy financial position and remains a going concern; the accounts have been prepared on this basis.

b. Overall financial review

The charity was in a good financial position at the year end, with cash balances of £796,183 (2023: £885,337) and reserves totalling £2,352,135 (2022: £2,404,635).

The charity generated a deficit of £52,500 for the financial year ended 31 March 2024 (2023: surplus of £45,362). The reserves are allocated to specific activities as detailed below.

The principal funding sources of income to the charity were from grants and contract related income of £1,695,063 (2023: £1,365,547). Donations received amounted to £19,598 (2023: £29,260). A further funding source to the charity, Other Income, includes interest received which has increased to £19,414 (2023: £6,737) and income generated from our investment holding of £51,002 (2023: £49,717).

The contract to deliver the East Sussex Carers Centre, jointly funded by ESCC and NHS Sussex, remains secure, and has now been extended until 2027. The contract's annual value is £628,082. This is the charity's largest contract, and – as a result of our fundraising strategy aiming to diversify our income streams – is now complemented by several additional multi-year contracts.

During the year, the charity generated additional income through dividend payments from the shareholding investment generously gifted by Catharine House Trust in 2019-20. The shareholding investment is held as designated funds, with the generated additional income held as unrestricted funds and used to increase activity that supports carers. During the year, the charity engaged an Independent Financial Advisor to review the shareholding and make any alternative recommendations.

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. This year, the charity had restricted funds of £140,084 (2023: £90,033).
- 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 £1,944,711 (2023: £2,052,917). 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 £267,340 (2023: £261,685).

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

c. Reserve policy

The Trustees have reviewed and adjusted the reserves policy considering the following factors:

- an increasingly uncertain financial landscape, and stretched health and social care system,
- the increasing number of carers in East Sussex,
- our experience that more carers in the county are managing more complex caring roles,
- learning that carers with the most complex caring roles are more likely to be from diverse and less heard groups, have their own health inequalities and / or live in more deprived areas of the county,
- ensuring that reserve funds are set at an appropriate amount to meet any unforeseen emergency,
- and to support salary increases reflecting cost of living increases and the strategic developments set out in our Strategic Plan and Business Plan, to enable us to best support the needs of local carers.

New Services for Carers Reserve

Trustees have set aside £111,087 (2023: £210,612) to enable the development of new services to support carers, in line with carers' feedback and responding to identified gaps locally. The funds are only to be used for work that would not be funded through statutory funding routes, and investment will be made sustainably, for example by piloting projects to gain the evidence of impact enabling us to gain future grant funding. Current areas of focus are:

- developing our programme of wellbeing, activities and voices work for Young Carers,
- developing our volunteering programme, including our volunteer led Carers in Touch project,
- seed funding a series of specialist and community services, in particular for diverse and less heard carers, including investing in partner organisations to develop and grow their services for Carers.

Staffing Reserve

£166,486 (2023: £201,697) has been allocated to enable Care for the Carers to meet the cost of expected increases to salaries, and to support staff development and training. The Trustees value highly our dedicated staff team, the backbone of the charity, and recognise the pressures and concerns felt by staff in this time of financial uncertainty. The Board has therefore prioritised ensuring our employees receive fair remuneration, by maintaining the charity's alignment to the National Joint Council (NJC) pay scales which include an annual cost of living increase set in consultation with the unions. We also reward excellent performance by providing a route for staff to access incremental salary increases within their salary band on an annual basis.

Digital Carer Support Reserve

This fund has a balance of £190,563 (2023: £200,000), which has been set aside for:

- a) developing new ways of supporting and identifying carers through digital technologies, such as support, education and resources provided on-line, and
- b) developments to Care for the Carers' systems and processes that enable us to support more carers, and/or enhance the quality of our services.

Key aims include:

- reaching more carers from diverse and less heard groups by partnering with carers and professionals in touch with those communities and resourcing them with information and advice,
- providing an additional route of support for carers who prefer to self-serve, complementing our current in person and telephone offers and catering better to young adult carers and working carers.

Capital Reserve

This fund has a balance of £1,476,575, following a gain on investment of £35,967, held within a shareholding investment with BlackRock (2023: £1,440,608). This reserve has been created to enable the charity to explore purchasing a property to serve as a central Carers Centre, enabling us to further grow face to face carers' services and provide a central location for carers to come together and for partner organisations to co-site with us, as set out in our business plan and premises strategy.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

General Reserve

This reserve comprises of unrestricted general funds, at the end of the financial year the general reserve balance is £267,340 (2023: £261,685).

The Trustees would like to maintain a general reserve which equates to approximately 2½ months unrestricted expenditure and is set aside to:

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

Using the 2024 unrestricted expenditure excluding the designated expenditure, the aim would be to maintain this reserve at around £287,031. The Trustees acknowledge that the level of unrestricted reserves is slightly under the target level, but are satisfied that the charity will be able to meet the target in future years.

The free reserves held by the charity are £243,884 (2023: £244,020).

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 incorporated on 2nd December 1998. 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.

The Trustees, who are 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) Resigned 22 November 2023
Mr Alan Botterill
Ms Polly Evans
Cllr Mrs Mary Barnes
Ms Jane Lawrence
Mr Richard Pearson
Mr Geoffrey Munn
Mr Graham Turner
Ms Natasha Burrows

b. Methods of appointment or election of Trustees

The Board of Trustees are all volunteers, and the majority bring lived experience of caring. The Board may co-opt Trustees either to fill a vacancy or as an additional Trustee, who may serve until the next annual general meeting when Trustees recommend new co-opted Trustees to the Membership for appointment.

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Structure, governance and management (continued)

c. Policies adopted for the induction and training of Trustees

The Trustees receive an induction to brief them on their legal obligations under charity and company law, the committee and decision making processes, carers' needs and experiences, the Strategic Plan and the financial performance of the charity. Periodic training is provided, informed by an annual skills audit, and opportunities to meet the senior management team, and shadow the delivery of services are offered.

d. Pay policy

The remuneration of staff and key management personnel is guided by the National Joint Council (NJC) pay scales. The charity aims keep the salaries of staff and key management personnel aligned to these scales, which include annual cost of living increases and the opportunity of incremental salary increases in recognition of excellent performance.

e. 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 Services, Head of Communities and Head of Resources.

f. Risk management

The Trustees assess on a regular basis, throughout the year, the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to these risks.

Plans for future periods

With stretched public services, an increasing number of carers undertaking complex caring roles locally, and a potential new political landscape, Care for the Carers will be working hard to continue to deliver our strategy, and support and advocate for unpaid carers across 2024-25. We will also be engaging with carers to set our strategic direction from 2025-30. Below are some of our key objectives over the next 12 months:

1. Maintain & grow our commissioned services
 - Identify and support more carers, including more carers from diverse and less heard groups
 - Build the range of specialist services available to carers, by delivering support or in partnership
 - Support and prevent carers experiencing financial hardship and ill health as a result of caring
 - Leverage our role as ESCC and NHS Sussex' Strategic Partner to advocate for local carers and achieve strategic change
 - Grow the offer to carers through economies of scale
 - Maximise the insights gained through our commissioned services to amplify carers' voices and inform service development and fundraising

Care for the Carers
(A company limited by guarantee)

Trustees' report (continued)
for the year ended 31 March 2024

Plans for future periods (continued)

2. Grow our discretionary services
 - Support more carers to take a break from their caring role by continuing to offer a rich and varied range of social and wellbeing opportunities
 - Maintain our independent voice by delivering projects supported by a diverse range of funders
 - 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 and current insight into carers' needs and experiences
 - Amplify carers' voices to decision makers and lobby for strategic change to improve the lives of carers and the people they care for
3. Reach more carers – in particular carers most needing our support
 - Develop our promotions, communications and community development to reach more carers earlier, and identify more hidden carers
 - Build more local presence/delivery (local carers centres)
 - Grow specialist services and support tailored to the needs of specific communities
 - Increase digital engagement, and offer more to carers who are digital natives
 - Create a Carer Friendly East Sussex – keeping carers' issues on the agenda, empowering our partners to support carers, and raising public awareness of caring
 - Grow and nurture our network of Carer Ambassadors: carers, community members and professionals working with us to build a carer-friendly East Sussex
 - 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
4. Build our capacity to support more carers – sustainably
 - Continue to build and support our volunteer team
 - Use our reserves to invest in developing new services
 - Explore purchasing a building to enable us to develop face to face support and co-site with other carers' services supporting the development of our local partnerships
 - Continue to strengthen the charity by fundraising and diversifying our income streams
 - Strengthen and streamline Care for the Carers' internal processes, systems and culture to secure our future as a strong, independent and resilient charity
 - Evaluate, use, celebrate impact

"Thank you for all your amazing work. You make a huge difference to people like me."

Members' liability

There are currently 120 members (2023: 123), 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 2024

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 year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statement comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

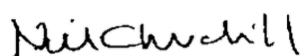
Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditor is 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 auditor is aware of that information.

Auditor

The auditor, Kreston Reeves LLP, has indicated his willingness to continue in office. The designated Trustees will propose a motion reappointing the auditor 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: 26th September 2024

Care for the Carers
(A company limited by guarantee)

Independent auditor's 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 2024 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 2024 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 Auditor's 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 auditor's 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 Auditor's 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.

Care for the Carers
(A company limited by guarantee)

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

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

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), 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
- Performing analytical procedures to identify any unusual or unexpected relationships, including related party transactions, that may indicate risks of material misstatement due to fraud; 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.

Care for the Carers
(A company limited by guarantee)

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

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.
- 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 my Auditor's 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 my Auditor's 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 Auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its 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
Statutory Auditor
Brighton

Date: 1 October 2024

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 2024**

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	4	9,361	10,237	19,598	29,260
Charitable activities	5	429,518	1,265,545	1,695,063	1,365,547
Other income	6	-	70,416	70,416	56,454
Total income		438,879	1,346,198	1,785,077	1,451,261
Expenditure on:					
Raising funds	7	-	59,623	59,623	39,236
Charitable activities	8	477,356	1,336,565	1,813,921	1,329,386
Total expenditure		477,356	1,396,188	1,873,544	1,368,622
Net (expenditure)/income before net gains/(losses) on investments		(38,477)	(49,990)	(88,467)	82,639
Net gains/(losses) on investments		-	35,967	35,967	(37,277)
Net (expenditure)/income		(38,477)	(14,023)	(52,500)	45,362
Transfers between funds	17	88,528	(88,528)	-	-
Net movement in funds		50,051	(102,551)	(52,500)	45,362
Reconciliation of funds:					
Total funds brought forward		90,033	2,314,602	2,404,635	2,359,273
Net movement in funds		50,051	(102,551)	(52,500)	45,362
Total funds carried forward		140,084	2,212,051	2,352,135	2,404,635

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

The notes on pages 22 to 43 form part of these financial statements.

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

Balance sheet
as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	13	23,456	17,665
Investments	14	1,476,575	1,440,608
		1,500,031	1,458,273
Current assets			
Debtors	15	149,275	382,943
Cash at bank on notice	21	372,561	174,961
Cash at bank and in hand	21	423,622	710,376
		945,458	1,268,280
Creditors: amounts falling due within one year	16	(93,354)	(321,918)
Net current assets		852,104	946,362
Total net assets		2,352,135	2,404,635
Charity funds			
Restricted funds	17	140,084	90,033
Unrestricted funds			
Designated funds	17	1,944,711	2,052,917
General funds	17	267,340	261,685
Total unrestricted funds	17	2,212,051	2,314,602
Total funds		2,352,135	2,404,635

Care for the Carers
(A company limited by guarantee)

Balance sheet (continued)
as at 31 March 2024

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

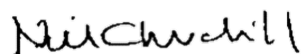
The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

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: 26th September 2024

The notes on pages 22 to 43 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 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	(139,016)	1,304
Cash flows from investing activities		
Dividends and interest received	70,417	56,454
Purchase of tangible assets	(20,556)	(6,426)
Net cash provided by investing activities	49,861	50,028
Change in cash and cash equivalents in the year	(89,155)	51,332
Cash and cash equivalents at the beginning of the year	885,337	834,005
Cash and cash equivalents at the end of the year	796,182	885,337

The notes on pages 22 to 43 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 2024

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 2024

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:

Short-term leasehold property	- Over the period of the lease
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 2024

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 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.14 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 2024

2. Accounting policies (continued)

2.15 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 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Donations	9,361	10,237	19,598

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

4. Income from donations and legacies (continued)

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Donations	16,968	12,292	29,260

5. Income from charitable activities

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Income from charitable activities - Support, advice and information to Carers	429,518	1,265,545	1,695,063

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Income from charitable activities - Support, advice and information to Carers	378,797	986,750	1,365,547

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £
Interest received	19,414	19,414
Investment income	51,002	51,002
	70,416	70,416

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

6. Investment income (continued)

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Interest received	6,737	6,737
Investment income	49,717	49,717
	<hr/>	<hr/>
	56,454	56,454
	<hr/>	<hr/>

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2024 £	Total funds 2024 £
Other fundraising costs	13,808	13,808
Fundraising staff costs	45,815	45,815
	<hr/>	<hr/>
	59,623	59,623
	<hr/>	<hr/>

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Other fundraising costs	1,228	1,228
Fundraising staff costs	38,008	38,008
	<hr/>	<hr/>
	39,236	39,236
	<hr/>	<hr/>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Support, advice and information to Carers	477,356	1,336,565	1,813,921
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Support, advice and information to Carers	469,655	859,731	1,329,386
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

9. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £
Support, advice and information to Carers	1,277,799	274,072	262,050	1,813,921
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	<i>Activities undertaken directly 2023 £</i>	<i>Grant funding of activities 2023 £</i>	<i>Support costs 2023 £</i>	<i>Total funds 2023 £</i>
Support, advice and information to Carers	868,966	264,605	195,815	1,329,386
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

9. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Support, advice and information to Carers 2024 £	Total funds 2024 £
Staff costs	967,695	967,695
Activities	8,181	8,181
Project costs	295,745	295,745
Healthcare Appointment Respite Grants	2,315	2,315
Carers card	3,863	3,863
	<hr/> 1,277,799 <hr/>	<hr/> 1,277,799 <hr/>

	<i>Support, advice and information to Carers 2023 £</i>	<i>Total funds 2023 £</i>
Staff costs	724,273	724,273
Activities	4,638	4,638
Project costs	136,496	136,496
Healthcare Appointment Respite Grants	1,301	1,301
Carers card	2,258	2,258
	<hr/> 868,966 <hr/>	<hr/> 868,966 <hr/>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Support, advice and information to Carers 2024 £	Total funds 2024 £
Staff costs	110,615	110,615
Depreciation	14,766	14,766
Premises costs	44,088	44,088
Postage, stationary and telephone	23,668	23,668
IT, technical and website	21,216	21,216
Other staff costs	10,412	10,412
Other costs	10,403	10,403
Governance costs	26,882	26,882
	<hr/>	<hr/>
	262,050	262,050
	<hr/>	<hr/>
	<i>Support, advice and information to Carers 2023 £</i>	<i>Total funds 2023 £</i>
Staff costs	84,793	84,793
Depreciation	9,035	9,035
Premises costs	28,860	28,860
Postage, stationary and telephone	15,973	15,973
IT, technical and website	21,522	21,522
Other staff costs	6,960	6,960
Other costs	8,536	8,536
Governance costs	20,136	20,136
	<hr/>	<hr/>
	195,815	195,815
	<hr/>	<hr/>

Care for the Carers
(A company limited by guarantee)

**Notes to the financial statements
for the year ended 31 March 2024**

10. Analysis of grants

	Grants to Institutions 2024 £	Grants to Individuals 2024 £	Total funds 2024 £
Grants, Support, advice and information to Carers	270,058	4,014	274,072

	<i>Grants to Institutions 2023 £</i>	<i>Grants to Individuals 2023 £</i>	<i>Total funds 2023 £</i>
Grants, Support, advice and information to Carers	260,621	3,984	264,605

The Company has made the following material grants to institutions during the year:

Name of institution	2024 £	2023 £
Association of Carers	25,079	17,145
St Wilfrid's Hospice	30,000	29,950
Motor Neurone Disease Association	7,500	5,000
Dementia Information & Support Courses CIC	30,000	15,000
St Michael's Hospice	15,000	15,000
Sussex Support Service CIC	15,000	15,000
Culture Shift	29,980	24,044
Community Chef	15,000	14,875
Coastal Wellbeing	13,710	13,309
The Good Company People	9,745	15,000
Amaze	15,000	16,127
Diversity Resource International	30,000	30,000
St Peter & St James Hospice	10,000	15,000
Alzheimer's Society	-	12,971
	246,014	238,421
Other grants to institutions	24,044	22,200
	270,058	260,621

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

11. Auditor's remuneration

	2024 £	2023 £
Fees payable to the Company's auditor for the audit of the Company's annual accounts	9,900	8,100
Fees payable to the Company's auditor in respect of: All non-audit services not included above	2,520	1,980

12. Staff costs

	2024 £	2023 £
Wages and salaries	1,034,756	778,360
Social security costs	69,958	53,869
Contribution to defined contribution pension schemes	19,411	14,845
	1,124,125	847,074

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

	2024 No.	2023 No.
Staff	43	37

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

During the year, no Trustees received any remuneration (2023 - £NIL).

During the year, no Trustees received any benefits in kind (2023 - £NIL).

During the year, two Trustee received reimbursement of expenses totalling £111 (2023 - £41).

Care for the Carers
(A company limited by guarantee)

**Notes to the financial statements
for the year ended 31 March 2024**

13. Tangible fixed assets

	Short-term leasehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation				
At 1 April 2023	-	9,864	112,823	122,687
Additions	14,007	-	6,550	20,557
At 31 March 2024	14,007	9,864	119,373	143,244
Depreciation				
At 1 April 2023	-	9,864	95,158	105,022
Charge for the year	3,374	-	11,392	14,766
At 31 March 2024	3,374	9,864	106,550	119,788
Net book value				
At 31 March 2024	10,633	-	12,823	23,456
At 31 March 2023	-	-	17,665	17,665

14. Fixed asset investments

	Listed securities £
Cost or valuation	
At 1 April 2023	1,440,608
Revaluations	35,967
At 31 March 2024	1,476,575
Net book value	
At 31 March 2024	1,476,575
At 31 March 2023	1,440,608

The historical cost of the listed securities is £1,392,221.

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

15. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	124,009	285,999
Prepayments and accrued income	25,266	96,944
	149,275	382,943

16. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	53,748	34,243
Other taxation and social security	20,452	15,439
Other creditors	5,813	4,700
Accruals and deferred income	13,341	267,536
	93,354	321,918

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Unrestricted funds						
Designated funds						
Staffing Reserve	201,697	-	-	(35,211)	-	166,486
New Services for Carers Reserve	210,612	-	(9,000)	(90,525)	-	111,087
Capital Reserve	1,440,608	-	-	-	35,967	1,476,575
Digital Carer Support Reserve	200,000	-	(9,437)	-	-	190,563
	<u>2,052,917</u>	<u>-</u>	<u>(18,437)</u>	<u>(125,736)</u>	<u>35,967</u>	<u>1,944,711</u>
General funds						
General Funds	<u>261,685</u>	<u>1,346,198</u>	<u>(1,377,751)</u>	<u>37,208</u>	<u>-</u>	<u>267,340</u>
Total Unrestricted funds	<u>2,314,602</u>	<u>1,346,198</u>	<u>(1,396,188)</u>	<u>(88,528)</u>	<u>35,967</u>	<u>2,212,051</u>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds (continued)

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Restricted funds						
Young Adult Carers	590	323	(140)	(432)	-	341
Carers Card	517	3,708	(3,863)	-	-	362
Carers Grant	354	21,867	(24,044)	-	-	(1,823)
Rother Dementia Lunch Club	878	-	-	-	-	878
Small Grant for Carers	233	1,000	(1,000)	-	-	233
Health Appointment Respite Grants	27	2,315	(2,315)	-	-	27
Artist in residence	-	5,300	-	-	-	5,300
Social Opportunities for Older Carers	-	-	(4)	-	-	(4)
Access to work	-	-	(1,044)	-	-	(1,044)
Activities Project	10,886	10,878	(18,362)	432	-	3,834
ESCC Small grants	-	255,653	(249,028)	-	-	6,625
NHS Health Inequalities	-	4,120	(3,514)	-	-	606
Sussex digital hub	18,134	-	-	-	-	18,134
Young carers	25,123	35,307	(96,226)	53,317	-	17,521
Volunteering	67	-	-	-	-	67
Big Lottery	33,224	81,464	(60,872)	35,211	-	89,027
Making Carers Count	-	16,944	(16,944)	-	-	-
	<u>90,033</u>	<u>438,879</u>	<u>(477,356)</u>	<u>88,528</u>	<u>-</u>	<u>140,084</u>
Total of funds	<u><u>2,404,635</u></u>	<u><u>1,785,077</u></u>	<u><u>(1,873,544)</u></u>	<u><u>-</u></u>	<u><u>35,967</u></u>	<u><u>2,352,135</u></u>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds						
Designated funds						
Staffing Reserve	69,500	-	-	132,197	-	201,697
New Services for Carers Reserve	210,612	-	-	-	-	210,612
Capital Reserve	1,477,885	-	-	-	(37,277)	1,440,608
Digital Carer Support Reserve	100,000	-	-	100,000	-	200,000
	<u>1,857,997</u>	<u>-</u>	<u>-</u>	<u>232,197</u>	<u>(37,277)</u>	<u>2,052,917</u>
General funds						
General Funds	<u>356,492</u>	<u>1,055,496</u>	<u>(898,967)</u>	<u>(251,336)</u>	<u>-</u>	<u>261,685</u>
Total Unrestricted funds	<u>2,214,489</u>	<u>-</u>	<u>(898,967)</u>	<u>(19,139)</u>	<u>(37,277)</u>	<u>2,314,602</u>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds (continued)

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2023 £</i>
Restricted funds						
Making Carers Count	3,479	14,970	(9,655)	(8,794)	-	-
Young Adult Carers	4,708	-	(4,118)	-	-	590
Carers Card	396	2,379	(2,258)	-	-	517
Carers Grant	600	21,954	(22,200)	-	-	354
Rother Dementia Lunch Club	878	-	-	-	-	878
Small Grant for Carers	233	1,000	(1,000)	-	-	233
Health Appointment Respite Grants	(10)	1,338	(1,301)	-	-	27
Parent Carers	1,635	-	(1,635)	-	-	-
Artist in residence	-	-	(1,462)	1,462	-	-
Access to work	-	2,996	(2,996)	-	-	-
Activities Project	3,521	17,768	(10,403)	-	-	10,886
Dementia Group	3,227	-	(3,227)	-	-	-
ESCC Small grants	-	241,406	(241,406)	-	-	-
Sussex digital hub	18,134	-	-	-	-	18,134
Young carers	28,440	32,088	(61,876)	26,471	-	25,123
Volunteering	67	-	-	-	-	67
Big Lottery	79,476	59,866	(106,118)	-	-	33,224
	<u>144,784</u>	<u>395,765</u>	<u>(469,655)</u>	<u>19,139</u>	<u>-</u>	<u>90,033</u>
Total of funds	<u>2,359,273</u>	<u>395,765</u>	<u>(1,368,622)</u>	<u>-</u>	<u>(37,277)</u>	<u>2,404,635</u>

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds (continued)

Designated Funds

Staffing Reserve - Funds which have been set aside to support the expected increase to salaries, and to support staff development and training.

New Services for Carers Reserve (previously called Sustainable Development of Non-Statutory Services Reserve) – Funds which have been set aside to enable development of new services to support carers, in line with carers' feedback and responding to identified gaps locally.

Capital Reserve (previously called Capital Fund Reserve) – Funds initially received from Catharine House Trust, which has been set aside to enable the charity to explore purchasing a property to serve as a central Carers Centre, enabling us to further grow face to face carers' services and provide a central location for carers to come together and for partner organisations to co-site with us.

Digital Carer Support Reserve (previously called Sustainable Development of Digital Reserves) – Funds to support developing new ways of supporting and identifying carers through digital technologies and to development the charity's systems and processes to enable us to support more carers and to enhance the quality of our services.

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 - on receipt of an awarding notice from the funding body, Care for the Carers releases the grant to the Carer to avoid any additional delay for the Carer in receiving their grant. Care for the Carers receives the actual grant monies approximately 10 days later and this process can lead to a negative balance showing on the fund however, by the end of month 1 in the following financial year the negative balance would have cleared.

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.

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.

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.

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

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

17. Statement of funds (continued)

Artist 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 - Care for the Carers purchases the recommended equipment to support staff and then reclaims the amount from the DWP. A negative balance has arisen as we are awaiting confirmation of reimbursement following a purchase of equipment. The reimbursement was actually received in full in the first quarter of 2024/25.

Volunteering - Funding to enable development of our volunteering programme and embed volunteering across the whole organisation.

Big Lottery (Local Carers Centres) - Grant from Big Lottery to enable two additional local carers centres 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.

ESCC Small Grants – A local authority grant to enable funding to partner organisations to support delivery of their Carer focused services

NHS Health Inequalities – Funding received to develop or expand sustainable mechanisms for reaching and hearing from most marginalised groups and communities, giving insight into how to reduce health inequalities between the most and least deprived communities.

Sussex Digital Hub – Grant received to scope, explore and plan support services for Carers and their local system with a digital emphasis.

Young Carers – Donations and Grants from various funders and donors to support our Young Carers Service to provide monthly clubs and holiday activities for Young Carers.

18. Summary of funds

Summary of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Designated funds	2,052,917	-	(18,437)	(125,736)	35,967	1,944,711
General funds	261,685	1,346,198	(1,377,751)	37,208	-	267,340
Restricted funds	90,033	438,879	(477,356)	88,528	-	140,084
	<u>2,404,635</u>	<u>1,785,077</u>	<u>(1,873,544)</u>	<u>-</u>	<u>35,967</u>	<u>2,352,135</u>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

18. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2023 £</i>
Designated funds	1,857,997	-	-	232,197	(37,277)	2,052,917
General funds	356,492	1,055,496	(898,967)	(251,336)	-	261,685
Restricted funds	144,784	395,765	(469,655)	19,139	-	90,033
	<u>2,359,273</u>	<u>1,451,261</u>	<u>(1,368,622)</u>	<u>-</u>	<u>(37,277)</u>	<u>2,404,635</u>

19. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	-	23,456	23,456
Fixed asset investments	-	1,476,575	1,476,575
Current assets	140,084	805,374	945,458
Creditors due within one year	-	(93,354)	(93,354)
Total	<u>140,084</u>	<u>2,212,051</u>	<u>2,352,135</u>

Analysis of net assets between funds - prior period

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	-	17,665	17,665
Fixed asset investments	-	1,440,608	1,440,608
Current assets	90,033	1,178,247	1,268,280
Creditors due within one year	-	(321,918)	(321,918)
Total	<u>90,033</u>	<u>2,314,602</u>	<u>2,404,635</u>

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

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

	2024 £	2023 £
Net income/expenditure for the period (as per Statement of Financial Activities)	(52,500)	45,362
Adjustments for:		
Depreciation charges	14,766	9,035
Loss/(Gain) on investments	(35,967)	37,277
Dividends, interests and rents from investments	(70,417)	(56,454)
Decrease/(increase) in debtors	233,667	(146,191)
Increase in creditors	(228,564)	112,275
Net cash provided by/(used in) operating activities	(139,015)	1,304

21. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	423,621	627,530
Cash on notice	372,561	257,807
Total cash and cash equivalents	796,182	885,337

22. Analysis of changes in net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	710,376	(286,754)	423,622
Liquid investments	174,961	197,600	372,561
	885,337	(89,154)	796,183

Care for the Carers
(A company limited by guarantee)

Notes to the financial statements
for the year ended 31 March 2024

23. 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 £20,405 (2023: £15,686). At the 31 March 2024 the amount outstanding in relation to pension contributions was £5,260 (2023: £4,110).

24. Operating lease commitments

At 31 March 2024 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024	2023
	£	£
Not later than 1 year	34,680	4,428
Later than 1 year and not later than 5 years	46,985	6,035
	81,665	10,463

25. Related party transactions

There were no disclosable related party transactions during the year (2023: none).

Key management personnel comprises of the Chief Executive Officer, the Head of Services, the Head of Communities and the Head of Resources in the financial year ended 31 March 2024. In the prior year key management personnel comprised of the Chief Executive Officer, the Head of Services and the Head of Resources. The remuneration of key management personnel is as follows:

Aggregate compensation £195,229 (2023: £153,924)