

REGISTERED COMPANY NUMBER: 04024413 (England and Wales)
REGISTERED CHARITY NUMBER: 1084930

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022
FOR
THE CARERS CENTRE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THE CARERS CENTRE
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FOR THE YEAR ENDED 31ST MARCH 2022

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THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

Never has it been a more important time to make visible the contribution our Carers make.

Dominated by the second year of the global health crisis, it has been an increasingly challenging time for Carers, with many seeing their caring responsibilities become more complex during the pandemic. Carers are struggling more than ever before, including financially, in addition to trying to balance their own mental, physical and emotional wellbeing.

The Carers Centre Tower Hamlets has been a consistent lifeline throughout this time of challenge, with the entire staff team working hard to continue to deliver services without interruption. Providing 1,709 Carers with intensive support.

The numerous lockdowns negatively impacted on the wellbeing of Carers, with limited services available and the need to isolate to protect the health of loved ones. We embraced digital ways to keep connected. This saw the range on offer increase in response to what matters to Carers, including creative and wellbeing activities, classes such as boxing and mindfulness, stretch and massage, counselling sessions, online peer support for carers of people with Dementia, and more. The team also continued with weekly online check-ins for Carers to offload, catch-up and support one another.

The importance of our monthly e-bulletins was significant during this period, this became a great way to share knowledge and stay connected. 2,380 Carers and Health and Social Care professionals received information about the support and activities available, while keeping up to date with the issues affecting Carers.

The Carers Wellbeing Academy, dedicated to equipping Carers with the tools and support to improve and maintain emotional and physical wellbeing has also developed to better address the needs of Carers. As we moved back to 'in-person' sessions, courses such as, 'Taking Back Control', a four-week course looking at managing stress, anxiety, and depression and developing coping mechanisms, is a great example of how the team continues to co-design with Carers the support they need.

It remains an important role of the Carers Centre Tower Hamlets, to be seen as a community hub. To provide opportunities for Carers to meet, to connect and to build relationships with one another. Activities available are weekly walking group and an arts, crafts and conversation club, facilitated and led by Carers, provide some much needed emotional and physical respite.

This year saw the young adult carers programme grow from strength-to-strength. Delivered in community settings, including Spotlight Youth Club. Our outreach enables us to identify young adult carers, while supporting other professionals to better recognise who is a young carer, and how to identify when support is needed. This includes a training course delivered with the Tower Hamlets Recovery College, and a partnership with the Royal London Hospital, to offer an early identification service. 71 young adult carers over the past year receive regular support.

I would like to thank the team, without whom, none of these achievements would be possible. Who, through their passion, dedication and hard work means the Carers Centre Tower Hamlets continues to raise awareness of the role of unpaid Carers, while providing the practical and emotional support Carers need.

I extend my appreciation and thanks also to colleagues who make up our Trustee Board, all have shown commitment and have gone the extra mile throughout this period.



Zoe Portlock
Chair of Trustees

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charity SORP (FRS 102) Revised).

Charitable Objects:

- To help alleviate mental and physical distress attributable to caring amongst Carers by the giving of practical help, organisation, support, advocacy and information to those people caring or have cared for others who are dependent on them through disability arising from age, physical or mental disability within the London Borough of Tower Hamlets.
- To advance education concerning caring amongst Carers and the public.

Main Activities to Support Objectives:

All activities operated throughout the year are designed primarily to respond to local need and provide better quality services to Carers in the London Borough of Tower Hamlets. This year we have continued to focus our activities on targeting specific Carers' needs and the Carers Centre has supported 1,709 Carers with provision of direct services.

This year we have provided the following services:

- Continued to provide a comprehensive Carers Independent Advocacy Service to ensure that Carer's needs are assessed fairly and addressed as outlined in The Care Act 2014.
- Welfare Benefits & Appeals service ensuring that the Carer and their cared-for receive the correct benefits and other statutory payments that they are entitled to
- We provided benefits advice to 683 carers and supported 464 carers to successfully apply for benefits
- Secured for carers £377,640 worth of welfare benefits
- Carers Support Service - generic information, advice is provided to Carers to ensure that they have relevant and timely support enabling them to undertake their caring role as stress free as possible.
- Lasting Power of Attorney, we supported 89 Carers in the setting up of a Lasting Power of Attorney, enabling them to act for another person in specified or all legal or financial matters or making decision on that person's health.
- Young Adult Carers Project to address the needs of Carers aged 16 to 25 residing in the borough. We provided monthly information sessions on specific topics like mental health, healthy eating, relationships, and careers
- Signposting - worked with partner organisations to develop a 'library' of community services to which to both signpost Carers and to facilitate the engagement in community support initiatives.
- Outreach - 'virtually' took our work and support tools out into the community through undertaking outreach initiatives via social media and video conferencing to both highlight the important role of Carers in the community and to raise our profile to ensure that Carers and health and social care professionals know how to access our services.
- Monthly e-bulletins sent to 2,380 Carers and health and social care professionals, providing information about the Carers Centre's activities, and highlighting issues affecting Carers
- Facilitated social activities to help those Carers who due to their circumstances would have no social life without our activities
- Respite and Therapy - we provided 290 respite and wellbeing activities including relaxation and mindfulness session, art sessions with Create and physical activities to 922 carers
- We provided training to 120 carers covering a range of training opportunities such as Frailty and Dementia as well as a monthly Carer Induction to inform new carers about the services available to them
- Art therapy workshops for Carers in partnership with Create Art
- Training opportunities through the Carers Wellbeing Academy - enabling Carers to better manage their caring role and also to prepare Carers for life beyond caring and general life skills via training such as manual handling and digital skills training.
- Facilitated monthly Carers Forums to influence improvements in service provision and act as the voice of Carers

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

The Carers Centre aims to improve the lives of Carers and by extension the lives of those they care-for. Our services are all designed in collaboration with Carers, and we strive to ensure that those services are both relevant to the needs of the carer population of Tower Hamlets and can be accessed by them in the manner of their choosing. A caring role can often be a very stressful, daunting, frustrating, emotionally, and physically exhausting experience. As a result, the pressure on the long-term Carer builds up over time. Carers become socially excluded and isolated by their caring role, and they often tend to be so busy caring that they forget the importance of looking after themselves as well as those they are caring for.

Aims

The Carers Centre uses its services to:

- Help Carers to avoid becoming socially isolated.
- Enable Carers to provide better quality of care.
- Persuade Carers to take time for and look after themselves.
- Provide Carers with the services and information they are entitled to by the relevant legislation e.g. Carers Recognition & Services Act 1995 and the Carers (Equal Opportunities) Act 2004, The Care Act 2014.
- Give Carers a crucial voice and makes sure they are heard.
- Represent the needs of Carers in strategic planning.
- Identify gaps in services and unmet needs.
- Provide a universal basic advice, information, and signposting service available to any Carer.

In this way, the charity supports Carers so that they can continue in their caring role for as long as they wish to do so and are confident in the knowledge that support is available locally if they should need it.

Significant Activities

The Carers Centre went from strength to strength in 2021-22. We supported more carers than ever at a time when need and complexity was rising, with carers facing multiple challenges.

The pandemic has impacted carers in a diverse range of ways:

1. Support services have been restricted or lost
2. Caring roles have increased due to long covid and worsening health conditions
3. Carers gave up work due to their caring roles or were struggling to balance their caring role with the return to offices

Despite this, we have been adaptable to meet carers' increasing and changing needs in the following ways:

- Provided 6,993 hours of direct 1:1 casework, advocacy, advice & information, and individual support services to 1,709 Adult Carers.
- 18,156 direct contacts with Carers - information and advice support services to both new and existing Carers
- We supported 1,709 unpaid carers who in turn support 1,919 Tower Hamlets residents. 101 of these were young adult carers aged 16 -25 years old and 211 were carers over 65 years old.
- We supported a diverse range of carers, 62% are from a BAME community and 21% of carers received a service in a community language (Sylheti, Bengali, Somali, Urdu) allowing the majority of the local community to access our services seamlessly with no need to wait for interpreters.
- Provided Welfare Rights Advice to 683 carers and those they care for.
- We generated £377,640 in benefits for carers and over £52,000 in grants.
- Provided Carers independent advocacy services in accordance with the Care Act 2014
- Supported 89 carers to gain Lasting Power of Attorney enabling them to manage the affairs of the person they are caring for when that person loses the capability to make their own decisions and choices
- Undertook 452 Carers Assessments on behalf of the London Borough of Tower Hamlets to support Carers to access direct payments, respite, and care packages from the local authority

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

- Continued to grow the Carers Wellbeing Academy; an innovative initiative to support carers wellbeing. The Carers Wellbeing Academy provided 922 carers with massage, yoga & meditation, day trips as well as peer support and condition specific workshops to inform and empower carers.
- Delivered the Hospital Carers Support - based at the Family Contact Centre at the Royal London Hospital, the aims of this service are to support carers within the hospital to liaise with staff, with discharge, arranging community support as well as practical support; housing; benefits; and home adaptations.
- Distributed 12 E-bulletins on a monthly basis giving information about our activities, services available to Carers, and national and local entitlements for carers. This was sent to 2,380 Carers and health and social care professionals.

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRATEGIC REPORT

Achievement and performance

Carer Involvement

Our Policy is to involve Carers in a range of opportunities for Carers to influence national and local service provision wherever possible bearing in mind that their time is probably their most precious yet most limited commodity. We continue to seek out different ways of encouraging Carers to take full benefit of the services we offer and enable their contributions whilst being careful to limit the impact on their time or caring role. This year Carers have:

- Taken part in & chaired Carers Forums for Carers
- Participated in governance of the Carers Centre by serving on the Board of Trustees
- Developed and facilitated the Carers Forums
- Participated in a number of Health & Social Care consultations and a Carers Working Group facilitated by the Local Authority across the Tower Hamlets, in particular those relating to the improvement of services to carers
- Participated more fully in external events of interest to Carers Forum members and cascaded information from those events to the Carers Forum membership.

Public Benefit

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2)'. The achievements and activities above demonstrate the public benefit arising through the Charity's activities.

Volunteer Involvement

Involving volunteers in a small organisation is severely limited by staffing capacity. We have by necessity, purposely restricted volunteer involvement to tasks which can be managed effectively; to this end we recruited nine volunteers to support the Carers Academy and to contact Carers on a weekly basis as part of our new 'check in' service. We developed a partnership with Tower Hamlets Workpath to recruit a volunteer who is looking to develop their employment skills. Our Board of Trustees are all volunteers. A Carer acts as Chair of the Carers Forum and represents Carers at events where the individual Carers' voice needs to be heard but their organisations are excluded.

Grant Making Policy

We were successful in applying to the Carers Trust to access grants to support individual carers experiencing financial hardship - we applied on behalf of and awarded grants to 38 carers totalling £10,635, the grant enabled them to buy essential household goods. We also successfully applied to Penny Appeal Trust for £3,800 to purchase 19 high specification laptops for the most digitally excluded young adult carers, enabling them to access online services and support their caring roles.

Fundraising

We only undertake fundraising activities for specific pieces of work by way of formal funding bids. We do not employ any fundraisers, engage in street collections, direct marketing, face-to-face fundraising etc. and therefore do not set annual fundraising objectives, nor do we have any current need for material expenditure to be related to future income generation.

Independence

We often have to defend our independence and willingness to raise Carers issues & whilst this may make us unpopular in some quarters, we are still able to proclaim that our services represent the views and interests of Carers in Tower Hamlets.

The Carers Centre has continued its efforts to raise awareness of its services to individuals, organisations and the wider community and has placed particular emphasis on forging links with national and local organisations which offer services that might benefit our service users or the people they care for.

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

We have continued to participate in the ongoing development of the London Borough of Tower Hamlets Carers Strategy and other ad-hoc groups. We have worked with our statutory and voluntary sector partners to improve Carers' awareness of and access to services which can often help them to provide care for as long as they wish to do so and to maintain their own health and wellbeing. We have also been actively engaged with the NHS local GP networks to raise both our profile and the needs of carers.

We continue to raise awareness of Carers' issues, areas of unmet need and changes in legislation likely to impact upon Carers and their families.

Main Objects for the Year

This year we:

- Continued to focus our services to target those Carers in greatest need.
- Successfully pivoted our in-person services to a supported hybrid model that provided on-line and virtual services in response to the on-going issues caused by the COVID-19 pandemic
- We developed a number of partnerships with other community providers which enabled us to expand our service offer to carers and leverage in additional skills and resources.
- Increased the efficiency of The Carers Centre to improve the quality and range of support services offered.
 - o Continued our involvement in strategic planning and areas of work likely to have significant impact upon Carers.
- We developed an Outcomes Framework to enable us to systematically measure the impact of our work and use it to learn from and adapt our services accordingly. We embedded the nationally recognised 'Carers Outcome Star' which has enabled us to map a carer's journey of change and ensure that we are reporting our impact using an evidence-based approach.
- Improved the skills and knowledge base of The Carers Centre with extensive training for staff.
- Applied for and was awarded the Advice Quality Standard issued by the Advice Services Alliance which demonstrates our robust processes and best practice in providing advice to our clients - unpaid carers

Strategies for achieving our objectives

We have:

- Continually reviewed our policies and procedures and introduced new ones as required
- Improved the staff skills base by providing on-line training
- Undertook a Skills Audit of the Trustees, identifying the Board's collective strengths and its development needs
- Successfully recruited two new Trustees bringing in new skills and enhancing the Board's experience and expertise across a range of business disciplines.
- Louise Kavanagh from Purposeful Marketing supported us on a pro-bona basis and delivered a workshop, attended by the Trustees and all staff, to help clarify and rejuvenate the Carers Centre identity and to begin the process of developing a 'Case for Support'.
- Further developed our internal record keeping and information systems.
- Participated in external strategic planning & operational groups throughout the borough.
- Continued to strengthen the Carers Centre's position as the first port of call for Carers and professionals.
- Improved our website and maximised our social media platforms to improve our online presence

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRATEGIC REPORT

Financial review

Financial position

The Statement of Financial Activities showed a net surplus of £35,677 (2021 - 58,903) for the year and reserves stand at £381,901 (2021 - £346,224).

Principal funding sources

The principal funding source for the charity was via the London Borough of Tower Hamlets Health, Adults Health & Community Carers Link Service contract which funds the organisation's running costs.

Aside from that contract we derive a small income generated from grant making independent charitable trusts and bank interest, occasional room rental and a small number of donations.

All funds have been used to support and further the objectives of the charity, by being used to provide the infrastructure and staffing resources required to enable the organisation to deliver and improve its direct services to Carers in the Borough and to develop and deliver the services specified to the targets set by the London Borough of Tower Hamlets in its Service Level Agreement specification.

Investments

The Carers Centre does not hold any investments. The Board still considers the financial outlook as too volatile for investment. All reserves are therefore held in cash in bank or building society accounts and readily available.

Charitable and political donations

During the year the company made no political or charitable donations.

Reserves Policy

The Charity's reserve policy is to have minimum to between three- and six-months running costs in free reserves. The company's free reserves at the end of the year stood at £381,901.

Redundancy Provision

Given that all charities are now required to tender for contracts to deliver future services and that success cannot be guaranteed in any tender competition, the Board considered it prudent to again make specific provision for all accrued liabilities, which will be adjusted accordingly in future years.

Designated Funds

The Board has set aside £197,000 as 'designated funds' to cover future liabilities in any eventuality.

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRATEGIC REPORT

Future plans

During the new financial year, we plan to continue to work on improving the quality and range of services we offer to Carers in Tower Hamlets by:

- Revising our range of leaflets to reflect changes in local services included in the Carers Link Service contract and legislation where relevant.
- Further develop the Carers Centre's presence at the Royal London Hospital and other healthcare settings.
- Continue to increase and expand digital innovation in accessing information and services.
- Continuing to improve the functionality of our website and its information content making it more interactive.
- Positively supporting the local borough's Carers Strategy reflecting the increasing social importance of the "Caring Role" and ensuring that it offers the support Carers need and can access it.
- Continuing to develop and improve links with other organisations able to provide services for Carers.
- Improving systems & links for distribution of information for Carers Borough-wide.
- Carrying out Carers Assessments offered as part of the Care Act 2014 implementation on behalf of the local council.
- As a result of frontline staff having been successfully trained to NVQ3 level in Independent Advocacy and 3 receiving training, we are continuing to develop the Independent Advocacy Service for Carers throughout Tower Hamlets.
- The charity will also apply for the Advice Quality Standard issued by the Advice Services Alliance upon us demonstrating robust processes and best practice in providing advice to our clients, carers.
- The charity considers partnership working as key to both its sustainability and in improving services for carers. We will identify potential like-minded organisations to develop robust and appropriate partnerships with, both on an informal and formal basis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is constituted as a Company Limited by Guarantee incorporated on 30th June 2000 and is therefore governed by a Memorandum and Articles of Association. It was registered as a charity with the Charity Commission on 8th February 2001. In the event of the company being wound up, all trustees present and 12 months past are required to contribute an amount not exceeding £1.

The name of the Company was changed to The Carers Centre on 5th August 2011. The Memorandum & Articles of Association were also amended to reduce the number of Directors needed for a quorum to 3.

Recruitment and appointment of new trustees

Members of the Board of Trustees are volunteers, and some are also Carers i.e. Service Users. The Board of Trustees is required to have a minimum membership of 5 Trustees with a maximum of 10 Trustees, and as required by the Memorandum & Articles of Association, must be Carer-led, to ensure the direction of the organisation remains focused on the needs of carers.

New Trustees are recruited as and when necessary, by advertising the vacancy in our quarterly newsletter, inviting individuals to express an interest. When the Charity needs to bring in Trustees with particular skills or knowledge, it casts the net wider to include other organisations and professionals. Interested parties will then meet the Chief Executive and/or the Chair to obtain more information on the role required of Trustees and the responsibilities involved.

Prospective Trustees will then complete an application form, supplying two referees and then invited to attend a Board meeting as an observer and to meet all the other Board members. On receipt of satisfactory references, successful applicants are then invited to join the Board of Directors and become a Trustee. Professional Trustees are sought for their knowledge or expertise and may be recruited from time to time. Such members are co-opted onto the Board of Trustees by invitation from the Board. The Board discusses recruitment of trustees on a regular basis and members are constantly on alert for new volunteers interested in joining the Board.

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Carers Centre is governed by a Board of Trustees, which determines the strategic direction of the organisation. Governance issues are dealt with by the Board of Trustees which meets bi-monthly. The charity drafted new 'Trustee Board Terms of Reference' and 'Trustee Role Description', both approved and adopted by the Board in October 2020.

Management decisions are made by the Chief Executive, who tables a report to each Board meeting. A Delegation of Authority Policy defines the extent of the Chief Executive's power to take decisions on behalf of the Board of Trustees.

Induction and training of new trustees

Upon induction, new trustees are provided with an information pack about the organisation and its services, copies of all policy documents and the statement indicating Trustees' responsibilities and a role description. The Chief Executive provides trustee training and support including training on roles and responsibilities of Trustees and Honorary Officers, the differences between governance and management, confidentiality, equal opportunities and service users acting as Board members.

Board members wherever possible and available also attend an induction course specifically designed for Trustees of voluntary organisations. New Trustees will also attend other training where available and appropriate to their role, given that many are carers and therefore the time available to them is usually extremely limited.

Board Sub-Groups

The Finance and Fundraising Sub-committee met bi-monthly two weeks before the main Board meeting to provide dedicated oversight of the financial health of the charity and make necessary recommendations to the Trustees.

Related parties

The Carers Centre is affiliated to Carers UK - the national organisation for Carers led by Carers. The Carers Centre is also a full partner of the Carers Trust which provides both grant opportunities to bid for and valuable learning and networking opportunities.

Risk management

The Board recognises the risks associated with the organisation and where possible have implemented strategies to avoid or minimise that risk as far as possible. Each risk is assessed for its likelihood and possible impact and a specific person is nominated to take responsibility for its management.

Adoption of New Articles of Association

In 2021 we worked with Reed Smith LLP lawyers who kindly offered us pro-bona support to review and redraft our Articles of Association. In reviewing and drafting updated articles, Reed Smith LLP considered the current model articles of association for a charitable company.

They incorporated amendments required for changes in legislation since the last review of the charity's articles as well as changes made to the model articles to reflect current best practice. The Trustees approved and adopted the new articles at the September Board meeting.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04024413 (England and Wales)

Registered Charity number

1084930

THE CARERS CENTRE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

Registered office

21 Brayford Square
Stepney
London
E1 0SG

Trustees

S E N Currie
H New
I Otway (resigned 28.4.21)
Z Portlock
N K Arora
Z Ashraf
S Maltz (resigned 13.12.21)
E J K Twynning
T Westwood

Company Secretary

Graham Collins

Independent Examiner

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on24.10.2022..... and signed on the board's behalf by:



.....
Z Portlock - Trustee

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

Independent examiner's report to the trustees of The Carers Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCCA CTA which is one of the listed bodies.

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

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

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



Lee Blunden
FCCA CTA
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
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Date: 24 October 2022

THE CARERS CENTRE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	3,034	14,635	17,669	15,611
Charitable activities					
Support & Information		576,581	63,527	640,108	577,702
Investment income	3	<u>267</u>	<u>-</u>	<u>267</u>	<u>356</u>
Total		<u>579,882</u>	<u>78,162</u>	<u>658,044</u>	<u>593,669</u>
EXPENDITURE ON					
Charitable activities	5				
Support & Information		539,895	82,472	622,367	534,766
NET INCOME/(EXPENDITURE)		39,987	(4,310)	35,677	58,903
RECONCILIATION OF FUNDS					
Total funds brought forward		341,914	4,310	346,224	287,321
TOTAL FUNDS CARRIED FORWARD		<u>381,901</u>	<u>-</u>	<u>381,901</u>	<u>346,224</u>

The notes form part of these financial statements

THE CARERS CENTRE

**BALANCE SHEET
31ST MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	11	7,106	-	7,106	11,333
CURRENT ASSETS					
Debtors	12	155,413	-	155,413	148,911
Cash at bank and in hand		265,562	-	265,562	217,525
		420,975	-	420,975	366,436
CREDITORS					
Amounts falling due within one year	13	(46,180)	-	(46,180)	(31,545)
NET CURRENT ASSETS		374,795	-	374,795	334,891
TOTAL ASSETS LESS CURRENT LIABILITIES		381,901	-	381,901	346,224
NET ASSETS		381,901	-	381,901	346,224
FUNDS	15				
Unrestricted funds				381,901	341,914
Restricted funds				-	4,310
TOTAL FUNDS				381,901	346,224

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 24.10.2022 and were signed on its behalf by:



.....
T Westwood - Trustee

The notes form part of these financial statements

THE CARERS CENTRE
BALANCE SHEET - continued
31ST MARCH 2022

Zoe Portlock

.....
Z Portlock - Trustee

The notes form part of these financial statements

THE CARERS CENTRE
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	<u>50,266</u>	<u>65,245</u>
Net cash provided by operating activities		<u>50,266</u>	<u>65,245</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(2,496)</u>	<u>(6,330)</u>
Interest received		<u>267</u>	<u>356</u>
Net cash used in investing activities		<u>(2,229)</u>	<u>(5,974)</u>
Change in cash and cash equivalents in the reporting period		48,037	59,271
Cash and cash equivalents at the beginning of the reporting period		<u>217,525</u>	<u>158,254</u>
Cash and cash equivalents at the end of the reporting period		<u>265,562</u>	<u>217,525</u>

The notes form part of these financial statements

THE CARERS CENTRE
NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST MARCH 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022	2021
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	35,677	58,903
Adjustments for:		
Depreciation charges	6,722	4,747
Interest received	(267)	(356)
Increase in debtors	(6,502)	(672)
Increase in creditors	14,636	2,623
Net cash provided by operations	<u>50,266</u>	<u>65,245</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21	Cash flow	At 31.3.22
	£	£	£
Net cash			
Cash at bank and in hand	<u>217,525</u>	<u>48,037</u>	<u>265,562</u>
	<u>217,525</u>	<u>48,037</u>	<u>265,562</u>
Total	<u>217,525</u>	<u>48,037</u>	<u>265,562</u>

The notes form part of these financial statements

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from an estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the Company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the Company, or the Company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants receivable and Local Authority fees credited to the Statement of Financial Activities (SoFA) in the year in which they are receivable. Income is deferred only when the Charity has to fulfil conditions becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the Company which is the amount the Company would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.

Charitable activities

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

Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 20% on cost
Computer equipment	- 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2022 £	2021 £
Donations	213	336
Grants	14,635	13,675
Other income	2,821	1,600
	<u>17,669</u>	<u>15,611</u>

Grants received, included in the above, are as follows:

	2022 £	2021 £
Carers Trust	<u>14,635</u>	<u>13,675</u>

THE CARERS CENTRE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>267</u>	<u>356</u>

4. INCOME FROM CHARITABLE ACTIVITIES

		2022	2021
	Activity	£	£
Grants	Support & Information	63,527	12,020
LB Tower Hamlets	Support & Information	<u>576,581</u>	<u>565,682</u>
		<u>640,108</u>	<u>577,702</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Cooper Company	-	1,000
Postcode neighbourhood trust	9,600	-
Wakefield & Tetley Trust	4,400	-
London Borough of Tower Hamlets	17,227	6,020
London Community Response Fund	-	5,000
Trust for London	28,500	-
Penny Appeal	<u>3,800</u>	<u>-</u>
	<u>63,527</u>	<u>12,020</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Support & Information	<u>332,206</u>	<u>290,161</u>	<u>622,367</u>

6. SUPPORT COSTS

	Management £	Premises £	Governance costs £	Totals £
Support & Information	<u>250,531</u>	<u>26,447</u>	<u>13,183</u>	<u>290,161</u>

THE CARERS CENTRE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	6,723	4,748
Other operating leases	<u>1,560</u>	<u>1,820</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2022 nor for the year ended 31st March 2021.

Trustees' expenses

£40 was paid to one Trustee for expenses for the year ended 31st March 2022 (2021 - NIL).

9. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	392,354	376,074
Social security costs	37,091	36,200
Other pension costs	<u>12,998</u>	<u>11,680</u>
	<u>442,443</u>	<u>423,954</u>

The key management personnel of the charity comprise of the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £59,521 (2021 - £59,313).

The average monthly number of employees during the year was as follows:

	2022	2021
	<u>14</u>	<u>14</u>
Total		

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,936	13,675	15,611
Charitable activities			
Support & Information	566,682	11,020	577,702
Investment income	<u>356</u>	<u>-</u>	<u>356</u>
Total	<u>568,974</u>	<u>24,695</u>	<u>593,669</u>

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
EXPENDITURE ON			
Charitable activities			
Support & Information	516,091	18,675	534,766
NET INCOME	52,883	6,020	58,903
Transfers between funds	<u>1,710</u>	<u>(1,710)</u>	<u>-</u>
Net movement in funds	54,593	4,310	58,903
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>287,321</u>	<u>-</u>	<u>287,321</u>
TOTAL FUNDS CARRIED FORWARD	<u>341,914</u>	<u>4,310</u>	<u>346,224</u>

11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st April 2021	87,842	17,705	105,547
Additions	<u>1,297</u>	<u>1,199</u>	<u>2,496</u>
At 31st March 2022	<u>89,139</u>	<u>18,904</u>	<u>108,043</u>
DEPRECIATION			
At 1st April 2021	85,857	8,357	94,214
Charge for year	<u>688</u>	<u>6,035</u>	<u>6,723</u>
At 31st March 2022	<u>86,545</u>	<u>14,392</u>	<u>100,937</u>
NET BOOK VALUE			
At 31st March 2022	<u>2,594</u>	<u>4,512</u>	<u>7,106</u>
At 31st March 2021	<u>1,985</u>	<u>9,348</u>	<u>11,333</u>

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	145,986	143,225
Prepayments	9,427	5,686
	<u>155,413</u>	<u>148,911</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	4,597	2,360
Social security and other taxes	10,059	9,385
Pensions payable	2,055	1,840
Deferred income	23,470	14,000
Accrued expenses	5,999	3,960
	<u>46,180</u>	<u>31,545</u>

14. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022	2021
	£	£
Within one year	<u>20,680</u>	<u>20,680</u>

15. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	151,914	39,987	(7,000)	184,901
Designated funds	<u>190,000</u>	<u>-</u>	<u>7,000</u>	<u>197,000</u>
	341,914	39,987	-	381,901
Restricted funds				
London Borough of Tower Hamlets	4,310	(4,310)	-	-
	<u>346,224</u>	<u>35,677</u>	<u>-</u>	<u>381,901</u>

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	579,882	(539,895)	39,987
Restricted funds			
Carers Trust	14,635	(14,635)	-
Postcode Neighbourhood Trust	9,600	(9,600)	-
Wakefield & Tetley Trust	4,400	(4,400)	-
London Borough of Tower Hamlets	17,227	(21,537)	(4,310)
Trust for London	28,500	(28,500)	-
Penny Appeal	3,800	(3,800)	-
	<u>78,162</u>	<u>(82,472)</u>	<u>(4,310)</u>
TOTAL FUNDS	<u>658,044</u>	<u>(622,367)</u>	<u>35,677</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	181,675	52,883	(82,644)	151,914
Designated funds	<u>105,646</u>	<u>-</u>	<u>84,354</u>	<u>190,000</u>
	287,321	52,883	1,710	341,914
Restricted funds				
London Borough of Tower Hamlets	-	6,020	(1,710)	4,310
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>287,321</u>	<u>58,903</u>	<u>-</u>	<u>346,224</u>

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	568,974	(516,091)	52,883
Restricted funds			
Carers Trust	13,675	(13,675)	-
London Borough of Tower Hamlets	6,020	-	6,020
London Community Response Fund	<u>5,000</u>	<u>(5,000)</u>	<u>-</u>
	<u>24,695</u>	<u>(18,675)</u>	<u>6,020</u>
TOTAL FUNDS	<u>593,669</u>	<u>(534,766)</u>	<u>58,903</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	181,675	92,870	(89,644)	184,901
Designated funds	<u>105,646</u>	<u>-</u>	<u>91,354</u>	<u>197,000</u>
	287,321	92,870	1,710	381,901
Restricted funds				
London Borough of Tower Hamlets	-	1,710	(1,710)	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>287,321</u>	<u>94,580</u>	<u>-</u>	<u>381,901</u>

THE CARERS CENTRE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST MARCH 2022

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,148,856	(1,055,986)	92,870
Restricted funds			
Carers Trust	28,310	(28,310)	-
Postcode Neighbourhood Trust	9,600	(9,600)	-
Wakefield & Tetley Trust	4,400	(4,400)	-
London Borough of Tower Hamlets	23,247	(21,537)	1,710
London Community Response Fund	5,000	(5,000)	-
Trust for London	28,500	(28,500)	-
Penny Appeal	3,800	(3,800)	-
	<u>102,857</u>	<u>(101,147)</u>	<u>1,710</u>
TOTAL FUNDS	<u>1,251,713</u>	<u>(1,157,133)</u>	<u>94,580</u>

RESTRICTED FUNDS

The nature of each of the restricted funds can be summarised as follows:

Carers Trust - individual grants awarded to unpaid Carers experiencing financial hardship

Postcode Neighbourhood Trust - covered the costs of offering shadowing boxing and mindfulness activities with a trained instructor to carers to improve and maintain their physical and mental wellbeing

Wakefield & Tetley Trust - provided twice-weekly virtual physical health and well-being sessions for carers, including mindfulness, stretch and fitness classes to support carers to exercise safely and practice self-care

London Borough of Tower Hamlets - covered the costs to develop a centred-person strategy to encourage and enable carers to motivate themselves, and participate in, related taster sessions to undertake wellbeing activities by using the Five Ways to Wellbeing framework

Trust for London - costs associated with the provision of casework and representation for appeals to the First Tier and Upper Tribunal for unpaid carers and the disabled people they care for

Penny Appeal - to provide Young Adult Carers with an electronic Wi-Fi-enabled tablet to enable them to access on-line content and virtual services

THE CARERS CENTRE
NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022 or 31 March 2021.

THE CARERS CENTRE
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	213	336
Grants	14,635	13,675
Other income	<u>2,821</u>	<u>1,600</u>
	17,669	15,611
Investment income		
Deposit account interest	267	356
Charitable activities		
Grants	63,527	12,020
LB Tower Hamlets	<u>576,581</u>	<u>565,682</u>
	640,108	577,702
Total incoming resources	658,044	593,669
EXPENDITURE		
Charitable activities		
Wages	242,287	226,428
Social security	21,308	20,332
Pensions	11,286	10,518
Carer costs	<u>57,325</u>	<u>20,816</u>
	332,206	278,094
Support costs		
Management		
Wages	150,067	149,646
Social security	15,783	15,868
Pensions	1,712	1,162
Other operating leases	1,560	1,820
Insurance	2,928	2,724
Telephone	10,217	6,482
Postage and stationery	1,346	1,155
Sundries	3,069	574
Subscriptions	-	1,605
Legal and professional fees	3,821	1,731
Repairs and renewals	6,399	3,771
Computer running costs	10,218	10,818
Staff training	6,292	1,859
Donations	216	216
Advertising	2,391	1,003
Carried forward	216,019	200,434

This page does not form part of the statutory financial statements

THE CARERS CENTRE
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

	2022 £	2021 £
Management		
Brought forward	216,019	200,434
Cleaning costs	7,383	2,710
Travel	85	-
Consultancy	20,322	3,975
Plant and machinery	687	129
Fixtures and fittings	<u>6,035</u>	<u>4,618</u>
	250,531	211,866
Premises		
Rent	20,680	20,680
Rates & refuse	228	154
Light, power, heating & water	<u>5,539</u>	<u>7,945</u>
	26,447	28,779
Governance costs		
Accountancy and legal fees	<u>13,183</u>	<u>16,027</u>
Total resources expended	<u>622,367</u>	<u>534,766</u>
Net income	<u>35,677</u>	<u>58,903</u>

This page does not form part of the statutory financial statements