

BRISTOL BLACK CARERS

England & Wales · Charity number 1084980

Details

Other names BLACK CARERS PROJECT

Status Registered

Legal form Charitable company

Company number [04139337](#)

Registered 2001-02-12

Register [View on the Charity Commission register](#)

Contact

Address 70 - 72 City Road
St Pauls
Bristol
Somerset
United Kingdom
BS2 8TX

Phone 0117 379 0084

Email ceo@bristolblackcarers.org.uk

Website www.bristolblackcarers.org.uk

Activities

Objects: TO RELIEVE THE MENTAL AND PHYSICAL DISTRESS AMONGST THE BLACK CARERS OF PEOPLE WHO ARE IN NEED OF CARE AND ARE RESIDENT IN BRISTOL BY: -1) PROVIDING INFORMATION, ADVICE, TRAINING, OUTREACH AND DEVELOPMENT SERVICES AND.2) PROVIDING A FORUM WHICH BRINGS TOGETHER CARERS IN ORDER TO DETERMINE THEIR NEEDS AND.3) THE PROVISION OF ADVOCACY FOR SERVICES RELEVANT TO THE NEEDS OF BLACK CARERS.THE USE OF THE TERM "BLACK" REFER TO AFRICAN, AFRICAN-CARIBBEAN, SOUTH ASIAN, CHINESE AND OTHER MINORITY ETHNIC PEOPLE WHO SHARE A COMMON EXPERIENCE OF DISCRIMINATION IN THE UNITED KINGDOM ON ACCOUNT OF THEIR COLOUR OR RACIAL ORIGIN.

Activities: Bristol Black Carers provides person centred, holistic services for young and adult carers which includes their cared-for, family and friends encompassing their cultural background. We focus on Caribbean, African and Asian communities. We strive to create an understanding of the carers' role and responsibilities and help them to access relevant support for their needs that they have prioritised

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Accommodation/housing, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** BRISTOL
- Bristol City

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £205,242 | £232,091 | - | - |
| 2024-03-31 | £194,420 | £239,512 | - | - |
| 2023-03-31 | £231,734 | £223,263 | - | - |
| 2022-03-31 | £221,715 | £198,787 | - | - |
| 2021-03-31 | £197,718 | £173,069 | - | - |

Trustees

| Name | Role | Appointed |
|----------------------------|------|------------|
| Barbara Dettering | | 2015-10-27 |
| Judith Clark | | 2025-11-05 |
| Rev Patsylin Palmer | | 2025-11-05 |
| Sarah Anne Okoro CMgr FCMI | | 2026-04-25 |

BRISTOL BLACK CARERS

England & Wales - Charity number 1084980

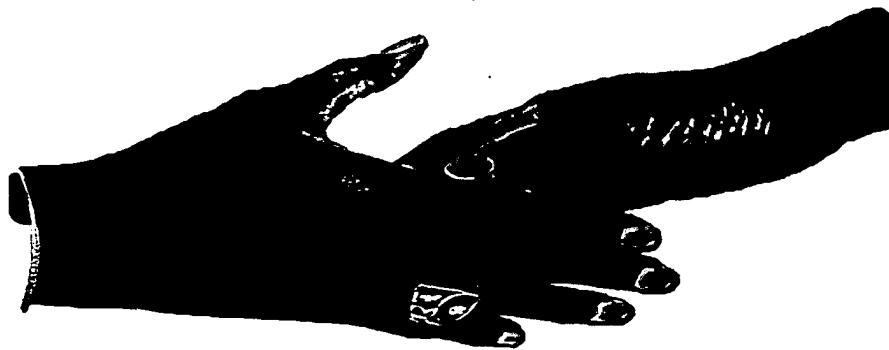
Accounts



Trustees Report and Financial Statements Year to 31st March 2025

Charity number: 1084980

Company number: 04139337



SATURDAY



A04 *AESYAG2H* #24
03/01/2026
COMPANIES HOUSE

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Reference and Administrative Information

Status

Members of the Management Committee, who are directors for the purpose of Company Law, who served during the year and up to the date of this report are as set out herein.

Directors

Barbara Dettering (Vice-Chair)
Hazel Griffiths (appointed 05/11/25)
Rev. Patsylin Palmer (appointed 05/11/25)
Judith Clark (appointed 05/11/25)
Sarah Okoro (appointed 31/03/25, resigned 08/08/25)
Elaine McCarthy (Chair) (resigned 03/11/25)
Naomi Simpson (resigned 03/11/25)
Angela Airey (resigned 03/11/25)

Registered Office

Unit 40, 2nd Floor,
Easton Business Centre
Felix Road, Easton
Bristol
BS5 0HE

Company Number

4139337 (England & Wales)

Charity Number

1084980

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham
B1 2HB

Independent Examiner

Rupert Taylor
5 Mount Pleasant
Millbrook
Torpoint
Cornwall PL10 1BH

Structure, Governance and Management

The organisation is a registered charity and a company limited by guarantee. It was incorporated on 11th January 2001 and registered as a charity on 12th February 2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. The trustees of the Charity, who are also the Directors of the Company, delegate responsibility for the day-to-day running of the charity to the Chief Executive Officer, Anndeloris Chacon.

Recruitment and Appointment of Trustees

Trustees are appointed at the Annual General Meeting of the charity. The articles of association specify a minimum level of representation of members of the black and minority ethnic communities and also of carers or former carers.

The Company's objects are:

To relieve the mental and physical distress among the black carers of people who are in need of care and who are residents in Bristol by:

1. Providing information, advice, training, outreach, and development services and
2. Providing a forum which brings together carers in order to determine their needs and
3. The provision of advocacy for services relevant to the needs of black carers.

The use of the term "Black" refers to Caribbean, African, South Asian, and other minority ethnic people who share a common experience of discrimination in the United Kingdom on account of their colour or racial origin.

Ensuring our work delivers our aims

Bristol Black Carers have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Bristol Black Carers through their unique approach called G.E.M.S. provide information, advice, advocacy, support, empowerment, and outreach to Carers (adult, young adults, and children) and their cared-for, which sometimes includes their support network. We support carers/service users to access specific and mainstream health and social care services both physically and emotionally through advocacy, referrals, assisting with financial issues and signposting depending on their need at the time of contact.

We work on educating our carers, the cared-for, family members, communities, professionals, and organisations that the role of a carer is an additional role for the individual. It should not be taken for granted because if they did not carry out this role for the cared-for, health and social care would not be able to cope.

Our events and activities help improve quality of life, emotional and physical wellbeing of our carers/service users as we maintain their dignity with respect and trust, which enables them to retain their independence and reduce their loneliness and isolation.

Bristol Black Carers gives the carers a voice through participation in consultations, research, and conferences.

Public Benefit

Bristol Black Carers aims:

1. To improve the **Carers' experience and journey** through the health and social care system to help them gain outcomes that are suitable for them, at the time needed which can improve the wellbeing holistically.
2. To improve the understanding of the **Carer's role and responsibilities** to assist organisations, professionals, and individuals to know the difference from that of **care workers** who give direct assistance to the cared-for.
3. To help individuals be healthy citizens who contribute to building of Bristol City.

Achievements and Performance

Services Delivered

| Funder | Service | Purpose | Outcome |
|----------------------|--|--|---|
| Bristol City Council | Adult Carers -- Active Listening, Advice, Information and Advocacy | Providing tailored services to service users and supporting them by facilitating access to services that have been difficult to reach and utilise. | Services were delivered in the places they required which were at the office, home, and hospital. Assistance was provided and included benefits applications, blue badge, Lasting Power of Attorney, Carers Simple Assessments, emotional support and other areas. |
| Quartet | Adult Carers – Relaxation sessions | To offer sessions that will equip and enhance service users with the knowledge and techniques for self- relaxation. | Sessions were divided two areas: exercise and talk therapy. The participants' feedback was very positive and encouraging. Requests for more sessions were made. Participants reported that sessions made them feel belonged and removed isolation as there were others that shared similar challenges. The exercise session left individuals with increased mobility compared when started. Further scheduled sessions are being planned as regular activities. |

Partnerships

| Funder | Organisation/s | Area | Project/Service | Purpose | Outcomes |
|----------------------|--|-------|--|--|---|
| Bristol City Council | Chinese Community Wellbeing Society, Rethink and Carers Support Centre | Local | Adult Carers -- Focus Group -- Carers' Break | To understand what carers considered as a "break" and what they would like as a "break". | Some suggestions made by our carers: <ul style="list-style-type: none"> • Days/weekend/overnight stay away from home • A retreat to help me to relax and regain my strength. • Spa day/massage/shiatsu/flotation. • Day trips. • Holiday. • To be able to join a gym/swimming session. • Receive a weekly fruit basket. • Time to sleep. • Register with people who can provide support with the type of support they can deliver e.g. companionship, visiting to check on cared-for while away. • Go out for a nice meal to feel a bit normal. |

| | | | | | |
|---|---|--------------|--|---|---|
| <p>Inner City and East Locality Board – Integrated Care Board</p> | <p>Nilaari and Somali Resource Centre</p> | <p>Local</p> | <p>Adult Carers -- Community Link Worker – Mental Health</p> | <ul style="list-style-type: none"> • To improve the experience and outcomes of the identified minoritised communities in mental health services. • To provide culturally responsive mental health support for people from the named minoritised communities to address significant mental health inequalities, evaluating impact and acting upon learning. • To work with partners offering insight into how inequalities around the access, experience, and outcomes of the identified minoritised communities might be improved. | <p>Monday drop-in session started, hosted at Nilaari Issues addressed: Benefits, blue badge, homelessness, advocacy, support at appointments and emotional support</p> |
|---|---|--------------|--|---|---|

| | | | | | |
|----------------------|-------------------------------|-------|---|---|--|
| The World Reimagined | Black Women Let Loose Theatre | Local | Educational drama – “Pressure Pressure” | <ul style="list-style-type: none"> • Blood Pressure Awareness: Using drama, the audience was engaged on how various aspects of life affect blood pressure. By portraying different scenarios, the play highlighted the impact of stressors on health. • Observing Coping Mechanisms: Through the character's experiences, the audience observed how individuals manage different life situations. This insight prompted reflection and encouraged the audience to think about their coping strategies. • Promoting Action: “Pressure Pressure” aimed to trigger thoughts and actions. By presenting stress | <ul style="list-style-type: none"> • Audience: Found the experience very enlightening and informative. Appreciated the team's ability to put them at ease, encouraging participation. Suggested that this approach could benefit professionals, especially in the NHS, to better understand patients. • Artists: Were pleasantly surprised by the audience's active participation. As a pilot, they didn't know what to expect but were overwhelmed by the response. Recognized the importance of practicing the new habit of stop and verbalizing the word S.T.O.P. (Soothe The Open Pain) to encourage the desired effect. • Overall: Participants appreciated the opportunity to reflect on their actions, which isn't part of their daily routine. The discussion during the event led to new ways of thinking. |
|----------------------|-------------------------------|-------|---|---|--|

| | | | | | |
|--|---|----------|--|---|--|
| | | | | factors, the play encouraged proactive management. | |
| United Kingdom Research and Innovation | Black South West Network | Regional | Building capacity | Development of a Community Researcher within the organisation | 15 organisations are part of this research to have a researcher employed within their organisation to be able to covert their work with the relevant communities into research so the knowledge, skills and experiences can be shared with other organisations for the benefit of the service users. |
| Centre for Aging Better | Race Equality Foundation | National | Focus Group for 65+ years | Developing an Anti-racist Good Home Hub model | Experiences were shared regarding the support received and the resources required to keep homes functioning optimally. Concerns were expressed regarding the trustworthiness of tradesmen and which can be trusted. Other areas considered the lack of support from existing organisations to help with repairs. |
| National Institute Health Research through Integrated Care Board | Chinese Community Wellbeing Society and Dhek Bhal | Local | Research the gaps for these communities into early diagnosis and management for Dementia – named The EMPATHY study: Enhancing the deMentia PATHwaY | To help identify solutions to improve dementia services for our communities through our service user experiences. | There are challenges with conducting the interviews – time, availability and unpredictable events. For example, one of the service users with dementia died after the interview was booked inevitably leaving it incomplete. Service users like that they can identify with the Community Researcher form the organisation who is from the community they live in. |

Risk Management

Bristol Black Carers has identified areas of risk associated with a small publicly funded charity to ensure the achievement and maintenance of its:

- Operational performance
- Aims and objectives
- Image

The main areas of possible risk considered:

- Finances
- Personnel
- Property
- Service delivery

It is acknowledged that the Trustees are fully responsible for the instigation and maintenance of the Bristol Black Carers Risk Management.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, carers and visitors. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Financial Review

The charity reports a deficit of £31,948 on unrestricted funds during the year (2024 deficit of £25,123) after temporarily utilising reserves to continue certain activities. 2024-25 was a very challenging year for the charity, and funded work was delayed due to organisational difficulties.

The staff and new board of trustees are prioritising funding applications to continue the activities and contribute to the core costs of the charity, and also working to leverage consultancy income and crowdfunding to address the accumulated deficit on unrestricted funds. They are confident that the charity will remain a going concern in the future.

Reserves Policy

The charity has a Reserves Policy whereby the unrestricted funds not committed should be six months of resources expended on running costs, which is estimated as £100,000 (2024 £103,847).

The reserves are needed to meet the working capital requirements of the charity and the trustees feel confident that at this level they would be able to continue the charity's current activities.

The general funds at the end of the year were in deficit by £12,602 (2024 surplus of £19,345). It is planned to generate sufficient surpluses over time to ensure there are sufficient free reserves to provide financial security and operational flexibility.

Statement of Responsibilities of the Trustees

The trustees (who are also directors of the charity 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, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

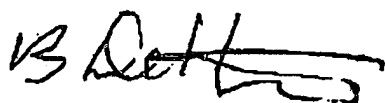
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 31st December 2025 and signed on their behalf by:



.....
Barbara Dettering (Vice Chair)

Independent examiner's report to the trustees of Bristol Black Carers

I report to the trustees on my examination of the accounts of Bristol Black Carers (the charitable company) for the year ended 31st March 2025, which are set out on pages 13 to 19.

Respective responsibilities of trustees and examiner

As the trustees of the charitable 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').

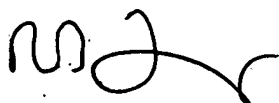
Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 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

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

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



.....
2nd January 2026

Rupert Taylor
5 Mount Pleasant, Millbrook, Torpoint, Cornwall PL10 1BH

Bristol Black Carers

Statement of Financial Activities (incorporating Income & Expenditure Account)

Year to 31st March 2025

| | | Unrestricted funds 2025 | Restricted funds 2025 | Total funds 2025 | Total funds 2024 [see Note 13] |
|------------------------------------|-------|-------------------------------|-----------------------------|------------------------|---|
| | Notes | £ | £ | £ | £ |
| Income | | | | | |
| Donations | [2] | 2,939 | - | 2,939 | 2,806 |
| Charitable activities | [3] | 123,204 | 79,100 | 202,303 | 191,615 |
| Total Income | | 126,142 | 79,100 | 205,242 | 194,420 |
| Expenditure | | | | | |
| Fundraising costs | [4] | 180 | - | 180 | 335 |
| Total charitable activities | [5] | 154,938 | 76,973 | 231,911 | 246,507 |
| Other expenditure | [6] | - | - | - | (7,330) |
| Total Expenditure | | 155,118 | 76,973 | 232,091 | 239,512 |
| Net Income / (Expenditure) | | (28,975) | 2,126 | (26,849) | (45,092) |
| Transfers between funds | | - | - | - | - |
| Net Movement in Funds | | (28,975) | 2,126 | (26,849) | (45,092) |
| Total funds brought forward | | 19,345 | 15,146 | 34,491 | 79,583 |
| Total funds carried forward | | (9,630) | 17,272 | 7,642 | 34,491 |

Bristol Black Carers

Balance Sheet

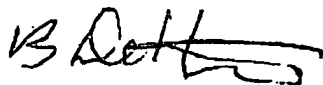
As at 31st March 2025

Company no: 04139337

| | Notes | 2025 £ | 2024 £ |
|----------------------------|-------|---------------|---------------|
| Fixed Assets | [7] | 4,103 | 3,154 |
| Current Assets | | | |
| Cash at bank and on hand | | 1,742 | 20,766 |
| Debtors and prepayments | [8] | 22,278 | 18,085 |
| | | <u>24,020</u> | <u>38,850</u> |
| Current Liabilities | | | |
| Creditors and accruals | [9] | 20,481 | 7,513 |
| Net Current Assets | | <u>3,539</u> | <u>31,337</u> |
| Net Assets | | <u>7,642</u> | <u>34,491</u> |
| Statement of funds | | | |
| Unrestricted funds: | | | |
| Designated funds | [10] | 45,000 | - |
| General funds | [10] | (57,602) | 19,345 |
| Restricted funds | [10] | <u>20,245</u> | <u>15,146</u> |
| | | <u>7,642</u> | <u>34,491</u> |

- For the year ending 31st March 2025 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board of Trustees on 31st December 2025
and signed on its behalf by



Barbara Dettering
Vice-chair of Trustees

Bristol Black Carers

Notes to the Accounts

Year to 31st March 2025

[1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) **Basis of preparation**

The financial statements have been prepared in accordance with the 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) 2nd edition and the Charities Act 2011 and the Companies Act 2006.

Bristol Black 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 note(s).

(b) **Preparation of the accounts on a going concern basis**

The charity has experienced a challenging year, and the trustees are taking steps to ensure that Bristol Black Carers remains a going concern in the future. For more details, see the Financial Review on Page 10.

(c) **Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met; there was no such income during the year.

(d) **Donated services and facilities**

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value.

(e) **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.

(f) **Fund Accounting**

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) **Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. The charity is not registered for Value Added Tax, therefore all expenditure is expressed inclusive of VAT. Expenditure is classified under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) **Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) **Fixed Assets**

Tangible fixed assets are written off over the expected useful life of the asset, at 33% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

(j) **Taxation**

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

(k) **Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2025

(l) Cash at bank and in hand

Cash at bank and cash 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.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

(n) 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.

| [2] <u>Income from donations</u> | 2025 | | | 2024 | | |
|----------------------------------|--------------|------------|--------------|--------------|------------|--------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Individual donations | 2,939 | - | 2,939 | 2,608 | - | 2,608 |
| Corporate donations | - | - | - | 198 | - | 198 |
| | <u>2,939</u> | <u>-</u> | <u>2,939</u> | <u>2,806</u> | <u>-</u> | <u>2,806</u> |

| [3] <u>Income from charitable activities</u> | 2025 | | | 2024 | | |
|--|----------------|---------------|----------------|---------------|----------------|----------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Government grants | 64,667 | 74,100 | 138,767 | - | 120,027 | 120,027 |
| Other grants | 43,000 | 5,000 | 48,000 | 18,408 | - | 18,408 |
| Service fees | 15,537 | - | 15,537 | 53,180 | - | 53,180 |
| | <u>123,204</u> | <u>79,100</u> | <u>202,303</u> | <u>71,588</u> | <u>120,027</u> | <u>191,615</u> |

The charity received government grants during the year from Bristol City Council and the NIHR totalling £141,739 (2024 £120,027). There are no unfulfilled conditions or contingencies attaching to these grants in 2024-25.

[4] Analysis of expenditure on fundraising

| | 2025 | 2024 |
|---------------------------|------------|------------|
| Fees to payment platforms | 180 | 335 |
| | <u>180</u> | <u>335</u> |

[5] Analysis of expenditure on charitable activities

| | Total 2025 | Total 2024 |
|---------------------------|----------------|----------------|
| <u>Direct costs:</u> | £ | £ |
| Salaries (see Note 12) | 149,173 | 149,411 |
| Travel expenses | 696 | 1,950 |
| Project direct costs | 21,558 | 26,044 |
| Advertising and publicity | 4,202 | 7,520 |
| | <u>175,628</u> | <u>184,924</u> |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2025

[5] Analysis of expenditure on charitable activities (continued)

| | Total 2025 | Total 2024 |
|-------------------------------------|----------------|----------------|
| <u>Support costs:</u> | £ | £ |
| Salaries (see Note 12) | 6,000 | 6,000 |
| Premises costs | 22,141 | 23,297 |
| IT costs | 6,382 | 8,570 |
| Post, printing and stationery | 2,600 | 2,229 |
| Telephone | 2,461 | 1,909 |
| Insurance | 1,653 | 1,042 |
| Accountancy | 2,508 | 3,734 |
| Fee for Independent Examination | 392 | 392 |
| Small equipment and repairs | 220 | 1,925 |
| Legal and professional fees | 8,127 | 10,201 |
| Bank charges | 165 | 140 |
| Membership | 1,584 | 459 |
| Sundry expenses | - | 634 |
| Depreciation | 2,051 | 1,052 |
| Total Support Costs | 56,283 | 61,583 |
| Total Charitable Expenditure | 231,911 | 246,507 |

[6] Other expenditure

| | 2025 | 2024 |
|--------------------|------|---------|
| | £ | £ |
| Bad debt provision | - | (7,330) |
| | - | (7,330) |

[7] Tangible Fixed Assets

| | 2025 Equipment £ |
|------------------------------------|------------------------|
| <u>Cost</u> | |
| Opening balance | 17,014 |
| Additions | 3,000 |
| | 20,014 |
| <u>Depreciation</u> | |
| Opening balance | 13,860 |
| Charge for the year | 2,051 |
| | 15,911 |
| Net Book Value at 31/03/25: | 4,103 |
| Net Book Value at 31/03/24: | 3,154 |

[8] Debtors and prepayments

| | 2025 | 2024 |
|---------------|--------|--------|
| | £ | £ |
| Trade debtors | 11,281 | - |
| Prepayments | 3,418 | 4,033 |
| Other debtors | 7,579 | 14,052 |
| | 22,278 | 18,085 |

[9] Creditors and accruals

| | 2025 | 2024 |
|-------------------------------|--------|-------|
| Amounts due within 12 months: | £ | £ |
| Accruals | 1,500 | 1,500 |
| Trade creditors | 587 | 1,007 |
| PAYE & National Insurance | - | 20 |
| Pensions | - | 834 |
| Bad debt provision | 4,152 | 4,152 |
| Other creditors | 14,242 | - |
| | 20,481 | 7,513 |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2025

| [10] <u>Movements in funds</u> | Balance at 31/03/2024 | Income | Expenditure | Transfers between funds | Balance at 31/03/2025 |
|---|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| Restricted Funds: | | | | | |
| Bristol City Council Core Funding | 15,146 | 65,291 | (64,609) | - | 15,828 |
| NIHR BAME dementia support | - | 11,781 | (9,264) | - | 2,517 |
| Quartet | - | 5,000 | (3,100) | - | 1,900 |
| Total Restricted Funds: | 15,146 | 82,072 | (76,973) | - | 20,245 |
| Unrestricted Funds | | | | | |
| Designated fund: | | | | | |
| Bristol City Council Hospital Discharge | - | 64,667 | (19,667) | - | 45,000 |
| General Funds | 19,345 | 58,503 | (135,451) | - | (57,602) |
| Total Unrestricted Funds: | 19,345 | 123,170 | (155,118) | - | (12,602) |
| Total Funds: | 34,491 | 205,242 | (232,091) | - | 7,642 |

Purposes of restricted funds:

The Bristol City Council core funding is to provide advice and information to BAME carers and support their wellbeing.

The National Institute of Health Research BAME dementia support funding is to reduce the health inequalities gap within dementia services through supporting early diagnosis and increasing access to service provision for those living with dementia and their carers from BAME communities.

The Quartet funding was to provide relaxation sessions for adult carers.

The Bristol City Council Hospital Discharge funding is for training and research around discharging BAME patients from hospital.

| <u>Movements in funds 2023-24</u> | Balance at 31/03/2023 | Income | Expenditure | Transfers between funds | Balance at 31/03/2024 |
|-----------------------------------|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| Restricted Funds: | | | | | |
| Bristol City Council | 15,146 | 60,585 | (60,585) | - | 15,146 |
| NHS BAME dementia support | 19,814 | 59,442 | (79,256) | - | - |
| Total Restricted Funds: | 34,960 | 120,027 | (139,841) | - | 15,146 |
| General Funds | 44,623 | 74,393 | (99,671) | - | 19,345 |
| Total Unrestricted Funds: | 44,623 | 74,393 | (99,671) | - | 19,345 |
| Total Funds: | 79,583 | 194,420 | (239,512) | - | 34,491 |

[11] **Payments to trustees and related party transactions**

The trustees received no remuneration or expenses payments during the year (2024 nil).

There were no other related party transactions during the year.

[12] **Staff costs**

| | 2025 | 2024 |
|--------------------------------|----------------|----------------|
| | £ | £ |
| Wages and salaries | 142,560 | 143,184 |
| Employer's National Insurance | 8,389 | 8,222 |
| Employer pension contributions | 4,284 | 4,005 |
| | 155,233 | 155,411 |

The average number of staff employed during the year was 5 (2024: 5) and the average full time equivalent number of posts was 4 (2024: 4). No employee earned over £60,000 per annum during the year.

The key management personnel of the charity are the trustees and the Chief Executive Officer. The total employee benefits paid to the key management personnel during the year was £42,236 (2024 £43,769).

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2025

[13] Statement of Financial Activities 2023-24

| | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total funds 2024 £ |
|------------------------------------|------------------------------------|----------------------------------|-----------------------------|
| Income | | | |
| Donations | 2,806 | - | 2,806 |
| Charitable activities | 71,588 | 120,027 | 191,615 |
| Total Income | 74,393 | 120,027 | 194,420 |
| Expenditure | | | |
| Fundraising costs | 335 | - | 335 |
| Total charitable activities | 106,666 | 139,841 | 246,507 |
| Other expenditure | (7,330) | - | (7,330) |
| Total Expenditure | 99,671 | 139,841 | 239,512 |
| Net Income / (Expenditure) | (25,278) | (19,814) | (45,092) |
| Transfers between funds | - | - | - |
| Net Movement in Funds | (25,278) | (19,814) | (45,092) |
| Total funds brought forward | 44,623 | 34,960 | 79,583 |
| Total funds carried forward | 19,345 | 15,146 | 34,491 |

BRISTOL BLACK CARERS

England & Wales - Charity number 1084980

Accounts



Trustees Report and Financial Statements Year to 31st March 2024

Charity number: 1084980

Company number: 04139337



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| Thank You | 29 |
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Reference and Administrative Information

Status

Members of the Management Committee, who are directors for the purpose of Company Law, who served during the year and up to the date of this report are as set out herein.

Directors

Elaine McCarthy (Chair)
Barbara Dettering (Vice-Chair)
Naomi Simpson
Angela Airey

Registered Office

Whitefriars
2nd Floor, Room 10
Lewins Mead
Bristol
BS1 2NT

Company Number

4139337 (England & Wales)

Charity Number

1084980

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham
B1 2HB

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

Independent Examiner

Rupert Taylor
5 Mount Pleasant
Millbrook
Torpoint
Cornwall PL10 1BH

Structure, Governance and Management

The organisation is a registered charity and a company limited by guarantee. It was incorporated on 11th January 2001 and registered as a charity on 12th February 2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. The trustees of the Charity, who are also the Directors of the Company, delegate responsibility for the day-to-day running of the charity to the Chief Executive Officer, Anndeloris Chacon.

Recruitment and Appointment of Trustees

Trustees are appointed at the Annual General Meeting of the charity. The articles of association specify a minimum level of representation of members of the black and minority ethnic communities and also of carers or former carers.

The Company's objects are:

To relieve the mental and physical distress among the black carers of people who are in need of care and who are residents in Bristol by:

1. Providing information, advice, training, outreach, and development services and
2. Providing a forum which brings together carers in order to determine their needs and
3. The provision of advocacy for services relevant to the needs of black carers.

The use of the term "Black" refers to Caribbean, African, South Asian, and other minority ethnic people who share a common experience of discrimination in the United Kingdom on account of their colour or racial origin.

Ensuring our work delivers our aims

Bristol Black Carers have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Bristol Black Carers through their unique approach called G.E.M.S. provide information, advice, advocacy, support, empowerment, and outreach to Carers (adult, young adults, and children) and their cared-for, which sometimes includes their support network. We support carers/service users to access specific and mainstream health and social care services both physically and emotionally through advocacy, referrals, assisting with financial issues and signposting depending on their need at the time of contact.

We work on educating our carers, the cared-for, family members, communities, professionals, and organisations that the role of a carer is an additional role for the individual. It should not be taken for granted because if they did not carry out this role for the cared-for, health and social care would not be able to cope.

Our events and activities help improve quality of life, emotional and physical wellbeing of our carers/service users as we maintain their dignity with respect and trust, which enables them to retain their independence and reduce their loneliness and isolation.

Bristol Black Carers gives the carers a voice through participation in consultations, research, and conferences.

Public Benefit

Bristol Black Carers aims:

1. To improve the ***Carers' experience and journey*** through the health and social care system to help them gain outcomes that are suitable for them, at the time needed which can improve the wellbeing holistically.
2. To improve the understanding of the ***Carer's role and responsibilities*** to assist organisations, professionals, and individuals to know the difference from that of ***care workers*** who give direct assistance to the cared-for.
3. To help individuals be healthy citizens who contribute to building of Bristol City.

Board of Trustees



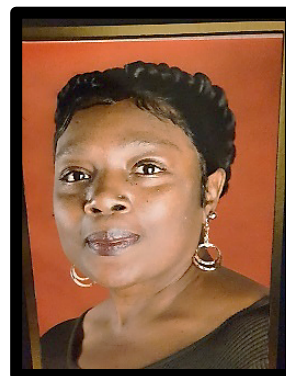
Elaine McCarthy – Chair



Barbra Dettering – Vicechair



Naomi Simpson -- Trustee



Angela Airey -- Trustee

Report from Chair and CEO

Greetings and Thanks from the Trustees and Staff of Bristol Black Carers

We extend our heartfelt gratitude to everyone for their support and partnership from April 2023 to March 2024. We are thankful to be able to support our communities through the services we provide, helping them navigate access to health and social care in ways that meet their needs.

Our services are delivered through listening, discussion, consultation, support, advocacy, and referrals, addressing the issues and needs that service users wish to tackle to reduce their stress or improve their wellbeing.

We have seen an increase in requests for home care services that reflect cultural backgrounds. We have provided relevant support through referrals to appropriate service providers. This presents a significant challenge as our population over sixty grows, and the health of their carers is compromised due to the increasing needs of those with long-term chronic conditions.

We have successfully hosted activity groups as joint projects and continued with our popular yearly event, the “Brims and Bows Tea Party,” which remains a highlight of the year.

Looking ahead, we see the potential to develop additional services to enhance the overall health and wellbeing of individuals. Areas to address include nutrition and food, foot care, mobile hair care, and meals on wheels with flavour. These essential services can significantly improve the lives of our communities.

We believe that our collaborations, partnerships, and co-design of new and existing services will foster a better understanding of differences and identify commonalities and overlaps. With this positive outlook, we are moving confidently into the future.

Elaine McCarthy
Chair

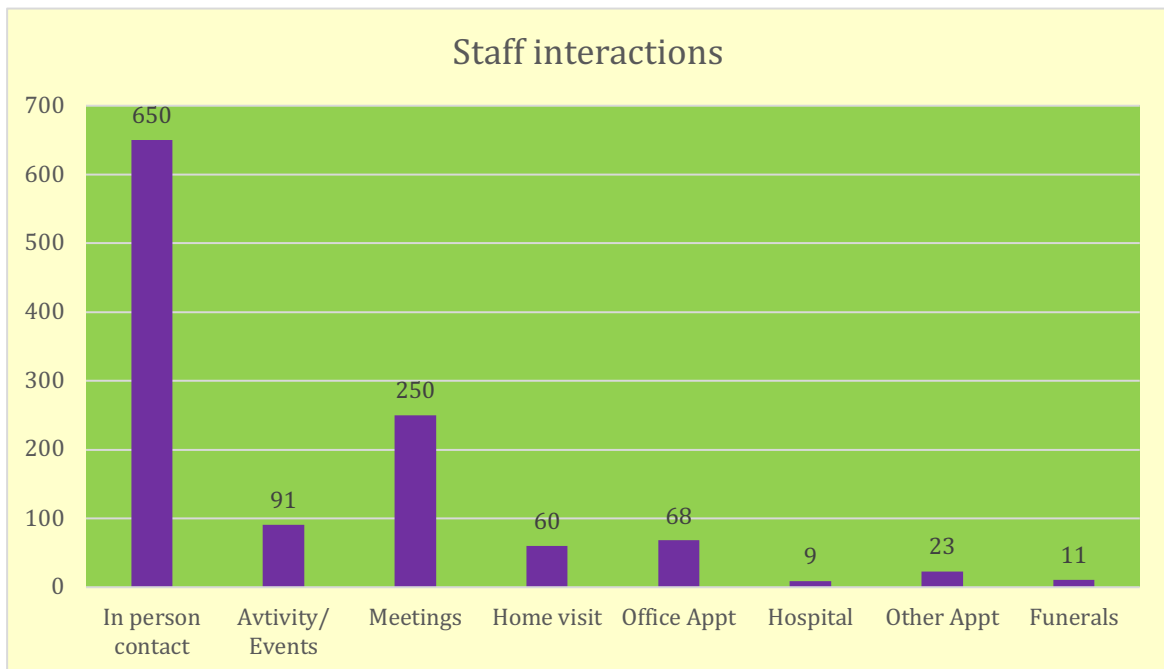
Anndeloris Chacon BEM
CEO

Achievements and Performance

Support provided according to the individual's issues/needs -

- ❖ Listening
- ❖ Advice and information
- ❖ Advocacy
- ❖ Home/hospital visits
- ❖ Carers simple assessments
- ❖ Home care assessments – to assist with care package & care worker/s
- ❖ Grant applications –
 - Bristol City Council
 - St Monica Trust
 - Florence Nightingale
 - other organisations
- ❖ Referrals –
 - Social Services for care package
 - Safeguarding
 - Occupational Health
 - Therapy/Counselling
- ❖ Respite for Carers to have time for themselves -
 - Activities
 - Events
 - Day Trips
 - Dinner
 - Theatre
 - etc
- ❖ Employment –
 - Application
 - Interviews
 - References
- ❖ Education – support in schools
- ❖ Immigration
- ❖ Lasting Power of Attorney
- ❖ Mental Wellbeing
- ❖ Benefits – applications/appeals/tribunal –
 - Personal Independent Payment
 - Employment Support Allowance
 - Universal Credit
 - Housing
 - Attendance Allowance
 - Carers Allowance

Services Delivered



Issues addressed

| | | |
|---------------------------|-------------------|-------------|
| Advice and information | Emotional support | Guidance |
| Lasting Power of Attorney | Benefits | Therapy |
| Carers Simple Assessments | Assessments | Advocacy |
| Practical support at home | Applications | Immigration |
| Care package | References | Housing |

Activities and Events attended by service users:

Number of sessions = 23

| | |
|--|--|
| Brims & Bows Tea Party | Educational sessions |
| Bristol Bus Boycott - dedication of a bus | <i>Focus Group - Dementia</i> |
| Bristol Bus Boycott - House of Parliament | Great Western Rails – trip to |
| | Nothing Hill Carnival |
| Carers' Conference @ Vassell Centre | Pompom Making |
| Creative Connections - lunch @ Merchants' Hall | Rosetta Life poetry and dance sessions |
| Day Out - Weymouth | Young Carers Day |
| Dinner on the SS Great Britian | |



Bristol Bus Boycott

Unveiling of the Bus dedicated to the boycott





Bristol Cathedral



Houses of Parliament

Rosetta Life

Poetry, Dance & Filming sessions





Video: <https://vimeo.com/902957510/fba54c2d2b?share=copy>

2-8-AM
 1-11-PM
 FUN

11-3 PM
 THOUGHTS
 OF TODAY

INSPIRATIONAL
 HARMONIOUS ONENESS
 TOGETHERNESS
 UNITY
 FULFILLING
 FANTASTIC
 GLORIOUS
 ENTERTAINING
 EMOTIONAL

HAPPY
 ENJOYABLE
 RELAXING

4 more
 Sessions

INTERGENERATIONAL

Making Pompoms



AWARDS

MTM Special Recognition for three of our service users --



Clementina Johnson-Martin



Barbara Dettering



Hazel Bailey



Anndeloris Chacon - CEO received British Empire Medal



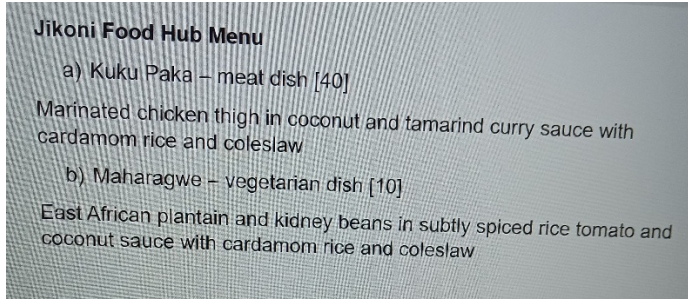
Joint Projects

Organisation: BSWM and Jikoni

Duration: 3 months –[June, July & August]

Service: Home delivery of 50 cooked meals

Outcome:



- **Part time Worker** “It has been a life saver to me and my family especially with the current cost of living crisis that the country is in. To be able to have at least one nutritional cooked meal a week without it coming out of my tight budget has truly been a big help”
- **Full time carer** – As a full-time carer having these weekly meals delivered I have been able to relax and not worry about preparing food. I am now able to spend some time on myself”
- **Mother of 4** – Being a full-time mother is not easy, having 4 mouths to feed is not easy. I’m use to sacrificing my meal to ensure that my children eat. But now every Friday we are all able to eat together with no one going without. Thank you.

As Bristol Black Carers it is our privilege to be able to work alongside Jikoni in the delivery of their food on Fridays. Our clients have been grateful for the weekly meal they have been receiving which has been a welcoming relief for the majority of them

Organisations – Ujima Radio

Topic: Let’s Talk About Blood and Organ Donation

“The Gift of Life” to the recipient.

[Let’s Talk about Blood and Organ Donation - Episode 1 - 21/09/23 - Ujima Radio 98fm %](#)

[Let’s Talk About Blood and Organ Donation - Episode 4 - 21/12/23 - Ujima Radio 98fm](#)

[Let’s Talk About Blood and Organ Donation - Episode 6 - 22/02/24 - Ujima Radio 98fm](#)

Feedback: Individuals stated that they found it very informative. A few people said that they are reconsidering their position on blood and organ donation.

Organisation – Black South West Network (BSWN)

Funder: United Kingdom Research and Innovation (UKRI)

Programme: South West Research Network

Purpose: To develop researchers in the Voluntary Organisations to enable to them to develop researcher in the organisation.

Organisation – Chinese Community Wellbeing Society



Informative
A little more understanding of
Dementia

Dementia education



More sessions like this in the
community will be helpful for
those of us who are not
comfortable using a computer.

Digital workshop

Organisation – University West of England

Campaign – “I am also a Carer”

<https://www.facebook.com/share/v/1B1LLhMcFd/>

<https://www.facebook.com/share/r/1CxR8Q1YJG/>

<https://www.facebook.com/share/v/1BJ5swyEKf/>

Sharing the concept that being a carer is another role in the person’s life. We shared it from the perspective of a mother, sister and wife.

❖ Meetings attended

Adult Social Care Coproduction Group
Art and Health South West - Creative Health Workshop
BCC - Community Exchange
BCC Adult Social Care Equalities Forum
BCC Departments
BIC PCN
BNSSG Integrated Care Board
Bristol City Council (BCC) - Cultural food
Bristol OSCAR
Bristol Race and Health Equality Group
Bristol Women's Voice -Caring Economy Campaign
BSWN
CAMS
Culturally Appropriate Mental Health Support
Dementia HIT
Dementia Working Group
Domiciliary Care Workforce
Holistic Care United
ICE Ageing Well Board
ICE caseload
ICE Mental Health Transformation Group (MHTG)
Ice Mental health work force
Inner City and East (ICE) Locality Board
Management And Leadership Training
MTM
Other
Planning Committee - Mental Health Event ICE
Rosetta Life
Rosetta Life Art Project
Run for Charity
SEND
South West Carers Network
SS Great Britian
St Paul's Carnival Cultural Reference Group
Stroke HIT
Trustees and staff meeting
YCAD Planning
Young Carers Recommissioning planning
Young Carers strategic implementation meeting
Young minds

Risk Management

Bristol Black Carers has identified areas of risk associated with a small publicly funded charity to ensure the achievement and maintenance of its:

- Operational performance
- Aims and objectives
- Image

The main areas of possible risk considered:

- Finances
- Personnel
- Property
- Service delivery

It is acknowledged that the Trustees are fully responsible for the instigation and maintenance of the Bristol Black Carers Risk Management.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, carers and visitors. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Financial Review

The charity reports a deficit of £25,123 on unrestricted funds during the year (2023 deficit of £11,343) after temporarily utilising reserves to continue certain activities. During 2024-25 a surplus is expected due to increased funding and reduced expenditure.

Budgets are set according to the funds available, and no activity is undertaken without sufficient funding. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

Reserves Policy

The charity has a Reserves Policy whereby the unrestricted funds not committed should be six months of resources expended on running costs, which is estimated as £103,847 (2023 £105,891).

The reserves are needed to meet the working capital requirements of the charity and the Management Committee feel confident that at this level they would be able to continue the charity's current activities.

The present general funds available to the charity of £19,345 (2023 £44,623) are below target. It is planned to generate sufficient surpluses over time to ensure there are sufficient free reserves to provide financial and operational flexibility.

Statement of Responsibilities of the Trustees

The trustees (who are also directors of the charity 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, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 25th February 2025 and signed on their behalf by:



.....
Elaine McCarthy (Chair)

Independent examiner's report to the trustees of Bristol Black Carers

I report to the trustees on my examination of the accounts of Bristol Black Carers (the charitable company) for the year ended 31st March 2024, which are set out on pages 22 to 28.

Respective responsibilities of trustees and examiner

As the trustees of the charitable 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 charitable 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 the charitable company'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

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

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



.....

26th February 2025

Rupert Taylor
5 Mount Pleasant, Millbrook, Torpoint, Cornwall PL10 1BH

Bristol Black Carers

Statement of Financial Activities (incorporating Income & Expenditure Account)

Year to 31st March 2024

| | | Unrestricted funds 2024 | Restricted funds 2024 | Total funds 2024 | Total funds 2023 |
|------------------------------------|-------|--------------------------------------|------------------------------------|-------------------------------|-------------------------------|
| | Notes | £ | £ | £ | [see Note 13] £ |
| Income | | | | | |
| Donations | [2] | 2,806 | - | 2,806 | 9,763 |
| Charitable activities | [3] | 71,588 | 120,027 | 191,615 | 221,971 |
| Total Income | | 74,393 | 120,027 | 194,420 | 231,734 |
| Expenditure | | | | | |
| Fundraising costs | [4] | 335 | - | 335 | 180 |
| Total charitable activities | [5] | 106,666 | 139,841 | 246,507 | 211,601 |
| Other expenditure | [6] | (7,330) | - | (7,330) | 11,482 |
| Total Expenditure | | 99,671 | 139,841 | 239,512 | 223,263 |
| Net Income / (Expenditure) | | (25,278) | (19,814) | (45,092) | 8,471 |
| Transfers between funds | | - | - | - | - |
| Net Movement in Funds | | (25,278) | (19,814) | (45,092) | 8,471 |
| Total funds brought forward | | 44,623 | 34,960 | 79,583 | 71,113 |
| Total funds carried forward | | 19,345 | 15,146 | 34,491 | 79,583 |

Bristol Black Carers
Balance Sheet
As at 31st March 2024

Company no: 04139337

| | Notes | 2024 £ | 2023 £ |
|----------------------------|-------|---------------|----------------|
| Fixed Assets | [7] | 3,154 | - |
| Current Assets | | | |
| Cash at bank and on hand | | 20,766 | 101,467 |
| Debtors and prepayments | [8] | 18,085 | 18,197 |
| | | <u>38,850</u> | <u>119,664</u> |
| Current Liabilities | | | |
| Creditors and accruals | [9] | 7,513 | 40,081 |
| | | <u>31,337</u> | <u>79,583</u> |
| Net Current Assets | | | |
| | | <u>34,491</u> | <u>79,583</u> |
| Net Assets | | | |
| | | <u>34,491</u> | <u>79,583</u> |
| Statement of funds | | | |
| Unrestricted funds: | | | |
| General funds | [10] | 19,345 | 44,623 |
| Restricted funds | [10] | 15,146 | 34,960 |
| | | <u>34,491</u> | <u>79,583</u> |

- For the year ending 31st March 2024 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board of Trustees on 25th February 2025
and signed on its behalf by



.....
Elaine McCarthy
Chair of Trustees

Bristol Black Carers
Notes to the Accounts
Year to 31st March 2024

[1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) Basis of preparation

The financial statements have been prepared in accordance with the 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) 2nd edition and the Charities Act 2011 and the Companies Act 2006.

Bristol Black 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 note(s).

(b) Preparation of the accounts on a going concern basis

The charity's general funds remained in surplus throughout the year, and there are adequate designated funds to cover an unexpected drop in funding. Budgeted expenditure is planned each year within available funds. Therefore the trustees are satisfied that the charity is a going concern on an ongoing basis – for further information see the "Financial Review" on Page 24.

(c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met; there was no such income during the year.

(d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value.

(e) 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.

(f) Fund Accounting

(i) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

(ii) Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

(iii) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. The charity is not registered for Value Added Tax, therefore all expenditure is expressed inclusive of VAT. Expenditure is classified under the following activity headings:

(i) Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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

(iii) Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 33% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

(j) Taxation

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

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2024

(l) Cash at bank and in hand

Cash at bank and cash 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.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

(n) 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.

| [2] <u>Income from donations</u> | 2024 | | | 2023 | | |
|----------------------------------|--------------|------------|--------------|--------------|------------|--------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Individual donations | 2,608 | - | 2,608 | 2,263 | - | 2,263 |
| Corporate donations | 198 | - | 198 | - | - | - |
| Trusts and foundations | - | - | - | 7,500 | - | 7,500 |
| | <u>2,806</u> | <u>-</u> | <u>2,806</u> | <u>9,763</u> | <u>-</u> | <u>9,763</u> |

| [3] <u>Income from charitable activities</u> | 2024 | | | 2023 | | |
|--|---------------|----------------|----------------|---------------|----------------|----------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Government grants | - | 120,027 | 120,027 | - | 179,469 | 179,469 |
| Other grants | 18,408 | - | 18,408 | - | - | - |
| Service fees | 53,180 | - | 53,180 | 42,502 | - | 42,502 |
| | <u>71,588</u> | <u>120,027</u> | <u>191,615</u> | <u>42,502</u> | <u>179,469</u> | <u>221,971</u> |

The charity received government grants during the year from Bristol City Council and the NHS totalling £120,027 (2023 £179,469). There are no unfulfilled conditions or contingencies attaching to these grants in 2023-24.

[4] Analysis of expenditure on fundraising

| | 2024 | 2023 |
|---------------------------|------------|------------|
| Fees to payment platforms | 335 | 180 |
| | <u>335</u> | <u>180</u> |

[5] Analysis of expenditure on charitable activities

| | Total 2024 | Total 2023 |
|---------------------------|----------------|----------------|
| | £ | £ |
| <u>Direct costs:</u> | | |
| Salaries (see Note 12) | 149,411 | 138,369 |
| Travel expenses | 1,950 | 2,420 |
| Project direct costs | 26,044 | 7,585 |
| Volunteer expenses | - | 80 |
| Advertising and publicity | 7,520 | 9,234 |
| | <u>184,924</u> | <u>157,688</u> |
| Total Direct Costs | 184,924 | 157,688 |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2024

[5] Analysis of expenditure on charitable activities (continued)

| | Total 2024 | Total 2023 |
|---------------------------------|---------------|---------------|
| <u>Support costs:</u> | £ | £ |
| Salaries (see Note 12) | 6,000 | 5,500 |
| Premises costs | 23,297 | 24,444 |
| IT costs | 8,570 | 8,589 |
| Post, printing and stationery | 2,229 | 2,595 |
| Telephone | 1,909 | 631 |
| Insurance | 1,042 | 1,071 |
| Accountancy | 3,734 | 2,831 |
| Fee for Independent Examination | 392 | 392 |
| Small equipment and repairs | 1,925 | 908 |
| Legal and professional fees | 10,201 | 5,784 |
| Bank charges | 140 | 128 |
| Membership | 459 | 717 |
| Sundry expenses | 634 | 324 |
| Depreciation | 1,052 | - |
| | <hr/> | <hr/> |
| Total Support Costs | 61,583 | 53,913 |
| | <hr/> | <hr/> |
| Total Charitable Expenditure | 246,507 | 211,601 |

As the charity only undertook one area of activity, support costs have not been apportioned.

[6] Other expenditure

| | 2024 | 2023 |
|--------------------|---------|--------|
| | £ | £ |
| Bad debt provision | (7,330) | 11,482 |
| | <hr/> | <hr/> |
| | (7,330) | 11,482 |

[7] Tangible Fixed Assets

| | 2024 Equipment |
|-----------------------------|-------------------|
| | £ |
| <u>Cost</u> | |
| Opening balance | 12,808 |
| Additions | 4,206 |
| | <hr/> |
| | 17,014 |
| <u>Depreciation</u> | |
| Opening balance | 12,808 |
| Charge for the year | 1,052 |
| | <hr/> |
| | 13,860 |
| | <hr/> |
| Net Book Value at 31/03/24: | 3,154 |
| Net Book Value at 31/03/23: | - |

[8] Debtors and prepayments

| | 2024 | 2023 |
|---------------|--------|--------|
| | £ | £ |
| Pre payments | 4,033 | 766 |
| Other debtors | 14,052 | 17,431 |
| | <hr/> | <hr/> |
| | 18,085 | 18,197 |

[9] Creditors and accruals

| | 2024 | 2023 |
|-------------------------------|-------|--------|
| | £ | £ |
| Amounts due within 12 months: | | |
| Accruals | 1,500 | 1,500 |
| Trade creditors | 1,007 | 1,067 |
| PAYE & National Insurance | 20 | 16,795 |
| Pensions | 834 | 1,012 |
| Prepaid income | - | 8,225 |
| Bad debt provision | 4,152 | 11,482 |
| | <hr/> | <hr/> |
| | 7,513 | 40,081 |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2024

| [10] <u>Movements in funds</u> | Balance at 31/03/2023 | Income | Expenditure | Transfers between funds | Balance at 31/03/2024 |
|----------------------------------|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| <u>Restricted Funds:</u> | | | | | |
| Bristol City Council | 15,146 | 60,585 | (60,585) | - | 15,146 |
| NHS BAME dementia support | 19,814 | 59,442 | (79,256) | - | - |
| Total Restricted Funds: | 34,960 | 120,027 | (139,841) | - | 15,146 |
| <u>General Funds</u> | 44,623 | 74,393 | (99,671) | - | 19,345 |
| Total Unrestricted Funds: | 44,623 | 74,393 | (99,671) | - | 19,345 |
| Total Funds: | 79,583 | 194,420 | (239,512) | - | 34,491 |

Purposes of restricted funds:

The Bristol City Council funding is to provide advice and information to BAME carers and support their wellbeing. The NHS funding was to reduce the health inequalities gap within dementia services through supporting early diagnosis and increasing access to service provision for those living with dementia and their carers from BAME communities.

| <u>Movements in funds 2022-23</u> | Balance at 31/03/2022 | Income | Expenditure | Transfers between funds | Balance at 31/03/2023 |
|-----------------------------------|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| <u>Restricted Funds:</u> | | | | | |
| Bristol City Council | 15,146 | 60,585 | (60,585) | - | 15,146 |
| NHS BAME dementia support | - | 118,884 | (99,070) | - | 19,814 |
| Total Restricted Funds: | 15,146 | 179,469 | (159,655) | - | 34,960 |
| <u>General Funds</u> | 55,967 | 52,265 | (63,608) | - | 44,623 |
| Total Unrestricted Funds: | 55,967 | 52,265 | (63,608) | - | 44,623 |
| Total Funds: | 71,113 | 231,734 | (223,263) | - | 79,583 |

[11] Payments to trustees and related party transactions

The trustees received no remuneration or expenses payments during the year (2023 nil). There were no other related party transactions during the year.

| [12] <u>Staff costs</u> | 2024 | 2023 |
|--------------------------------|----------------|----------------|
| | £ | £ |
| Wages and salaries | 143,184 | 132,505 |
| Employer's National Insurance | 8,222 | 7,399 |
| Employer pension contributions | 4,005 | 3,964 |
| | 155,411 | 143,869 |

The average number of staff employed during the year was 5 (2023: 5) and the average full time equivalent number of posts was 4 (2023: 4). No employee earned over £60,000 per annum during the year.

The key management personnel of the charity are the trustees and the Chief Executive Officer. The total employee benefits paid to the key management personnel during the year was £43,769 (2023 £41,200).

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2024

[13] Statement of Financial Activities 2022-23

| | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total funds 2023 £ |
|------------------------------------|------------------------------------|----------------------------------|-----------------------------|
| Income | | | |
| Donations | 9,763 | - | 9,763 |
| Charitable activities | 42,502 | 179,469 | 221,971 |
| Total Income | 52,265 | 179,469 | 231,734 |
| Expenditure | | | |
| Fundraising costs | 180 | - | 180 |
| Total charitable activities | 51,946 | 159,655 | 211,601 |
| Other expenditure | 11,482 | - | 11,482 |
| Total Expenditure | 63,608 | 159,655 | 223,263 |
| Net Income / (Expenditure) | (11,343) | 19,814 | 8,471 |
| Transfers between funds | - | - | - |
| Net Movement in Funds | (11,343) | 19,814 | 8,471 |
| Total funds brought forward | 55,967 | 15,146 | 71,113 |
| Total funds carried forward | 44,623 | 34,960 | 79,583 |

*Thank You to
Staff, Trustees,
Funders & Partners
and our
Service Users, whom
we are here to serve.*

Some of our Funders & Partners



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



WELLSPRING CARE
Care and Support in Your Home

BRISTOL BLACK CARERS

England & Wales - Charity number 1084980

Accounts



Trustees Report and Financial Statements Year to the 31st March 2023

Charity number: 1084980

Company number: 4139337



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Reference and Administrative Information

Status

Members of the Management Committee, who are directors for the purpose of Company Law, who served during the year and up to the date of this report are as set out herein.

Directors

Elaine McCarthy (Chair)
Barbara Dettering (Vice-Chair)
Naomi Simpson
Angela Airey
Enid Smith (resigned 6th June 2022)
Ruby Begum (resigned 11th August 2022)
Althea Bowen (resigned 26th August 2022)
Tesleem Fagade (resigned 21st September 2022)

Registered Office

Whitefriars
2nd Floor, Room 10
Lewins Mead
Bristol
BS1 2NT

Company Number

4139337 (England & Wales)

Charity Number

1084980

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham
B1 2HB

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

Independent Examiner

Rupert Taylor
Easton Business Centre
Felix Rd
Bristol BS5 0HE

Structure, Governance and Management

The organisation is a registered charity and a company limited by guarantee. It was incorporated on 11th January 2001 and registered as a charity on 12th February 2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association. The trustees of the Charity, who are also the Directors of the Company, delegate responsibility for the day-to-day running of the charity to the Chief Executive Officer, Anndeloris Chacon.

Recruitment and Appointment of Trustees

Trustees are appointed at the Annual General Meeting of the charity. The articles of association specify a minimum level of representation of members of the black and minority ethnic communities and also of carers or former carers.

The Company's objects are:

To relieve the mental and physical distress among the black carers of people who are in need of care and who are residents in Bristol by:

1. Providing information, advice, training, outreach, and development services and
2. Providing a forum which brings together carers in order to determine their needs and
3. The provision of advocacy for services relevant to the needs of black carers.

The use of the term "Black" refers to Caribbean, African, South Asian, and other minority ethnic people who share a common experience of discrimination in the United Kingdom on account of their colour or racial origin.

Ensuring our work delivers our aims

Bristol Black Carers have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Bristol Black Carers through their unique approach called G.E.M.S. provide information, advice, advocacy, support, empowerment, and outreach to Carers (adult, young adults, and children) and their cared-for, which sometimes includes their support network. We support carers/service users to access specific and mainstream health and social care services both physically and emotionally through advocacy, referrals, assisting with financial issues and signposting depending on their need at the time of contact.

We work on educating our carers, the cared-for, family members, communities, professionals, and organisations that the role of a carer is an additional role for the individual. It should not be taken for granted because if they did not carry out this role for the cared-for, health and social care would not be able to cope.

Our events and activities help improve quality of life, emotional and physical wellbeing of our carers/service users as we maintain their dignity with respect and trust, which enables them to retain their independence and reduce their loneliness and isolation.

Bristol Black Carers gives the carers a voice through participation in consultations, research, and conferences.

Public Benefit

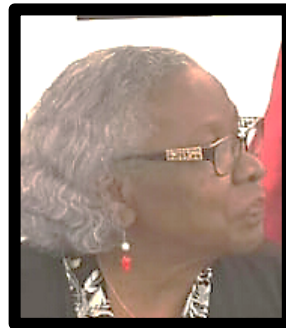
Bristol Black Carers aims:

1. To improve the **Carers' experience and journey** through the health and social care system to help them gain outcomes that are suitable for them, at the time needed which can improve the wellbeing holistically.
 2. To improve the understanding of the **Carer's role and responsibilities** to assist organisations, professionals, and individuals to know the difference from that of **care workers** who give direct assistance to the cared-for.
 3. To help individuals be healthy citizens who contribute to building of Bristol City.
-

Board of Trustees



Elaine McCarthy – Chair



Barbra Dettering – Vicechair



Naomi Simpson -- Trustee



Angela Airey -- Trustee

Chair's Message

Greetings to staff, service users and trustees.

This year has been challenging for us in terms of finding financial sustainability, we have been able to keep our head above water to deliver services that our community needs.

The current crises of cost of living increasing and the delayed effects of the COVID 19 pandemic we have seen an increase in the number of service users.

Our team of both staff and trustees are working together to build the charity to be able to cope with the demands as they increase.



Sadly, we had to say goodbye to one of our founding members and trustee Mrs Enid Smith on the 13th of December 2022.

We look forward to the year ahead with positivity and hope.

Thank you to everyone.

Elaine Mc Carthy

Chair

CEO Message

I would like to say thank you to everyone for their support for this financial year.

We have been able to expand our service in many directions according to the needs of our service users thus helping us to provide the holistic support according to an individual's priority.

Our charity has a focus on carers, but we know that they are not living alone therefore we include the whole family to be better able to help reduce their stress and help find solutions with them with the issues that they face.

Each day we learn something new in the community from our service users and we try our best to respond appropriately. An example of this is helping them to complete and register a Lasting Power of Attorney.

To improve understanding of prevention or how to minimise the effects of ill-health and to better manage care of and others.

One of the major areas to be destigmatised is that around talk therapy/counselling because individuals do not realise that their mental wellbeing can be improved, when they speak to the relevant professional. This is an area that we are working on to help service users feel comfortable to attend and to request.

We have a core team of four staff with me and we use the G.E.M.S. approach to connect with our service users. **Greet Engage Meet Support**

Our greatest tool is active listening because sometimes our service users just want someone to listen to them. This can be challenging at times.

Our goal is to get financial stability that will allow us the freedom to deliver continuous services without the threat of funding cuts. The skills mix and experiences of the team has now afforded us the opportunity to focus and plan for the future of the charity. We share the vision of being self-sufficient and having a building of our own to deliver all the services we have identified for our service users to build our communities to be resilient and solution focused.

I stepped out of the NHS framework with over forty years' experience in nursing, which I believe has given me an advantage to better support, advice, and advocate for our service users. Both statutory and voluntary organisations should be working to set standards for the services they deliver. When this is in place then the balance would be addressed because we would then be making service equitable when we have holistic, person centred care/education.

We enjoy delivering the services and reap the reward of putting a smile on someone's face.

Annaloris Chacon

Registered Nurse/CEO/Support Worker

❖ Achievements and Performance

Support provided according to the individual's issues/needs -

- ❖ Listening
- ❖ Advice and information
- ❖ Advocacy
- ❖ Home/hospital visits
- ❖ Carers simple assessments
- ❖ Home care assessments – to assist with care package & care worker/s
- ❖ Grant applications –
 - Bristol City Council
 - St Monica Trust
 - Florence Nightingale
 - other organisations
- ❖ Referrals –
 - Social Services for care package
 - Safeguarding
 - Occupational Health
 - Therapy/Counselling
- ❖ Respite for Carers to have time for themselves -
 - Activities
 - Events
 - Day Trip
 - Dinner
 - Theatre
 - etc
- ❖ Employment –
 - Application
 - Interviews
 - References
- ❖ Education – support in schools
- ❖ Immigration
- ❖ Lasting Power of Attorney
- ❖ Mental Wellbeing
- ❖ Benefits – applications/appeals/tribunal –
 - Personal Independent Payment
 - Employment Support Allowance
 - Universal Credit
 - Housing
 - Attendance Allowance
 - Carers Allowance

Adult Service

This service is mainly funded by Bristol City Council with additional funds from other organisations like The Grateful Society and ALD Automotives. We have provided support in various ways through the services we provided according to their needs or issues for the assistance they require. Providing a holistic person centred approach allows us to deliver services that are equitable and which give the service users a sense of being valued and heard. The approach we use is called G.E.M.S. – Greet, Engage, Meet and Support. All our service users have accessed the services highlighted above according to their needs.

Some feedback after sessions:

Interesting.
Enjoyable.
I felt welcome.






It is fun.
The day out, was what I needed.
I learnt something new.

General comments:

“So glad they made contact.”
“You saved my life.”
“I feel confident and empowered.”

“Thank you for listening.”
“Thank you for being here.”
“You are approachable.”

Events:

-  Day Out @ Bristol Zoo
-  Lunch and Cabaret @ the Golden Goose
-  Brims and Bows Tea Party
-  Tobacco Factory Theatre -- 'Revealed'
-  MTM Awards – Three service users recognised – Mrs Hazel Bailey, Mrs. Barbara Dettering and Mrs, Clementina Johnson-Martin

Key messages:

1. **CARERS** know that this is another role in their life, like that of which they do at work, or as a family member.
2. The individuals who assist the carers to provide care, are **CARE WORKERS**.

We have provided respite for our service users -- examples are colouring, relaxation sessions, evening out to awards dinner. We were able to provide financial support and transport to sessions for some of our service users through the unrestricted funds that we received.



Dementia Service

This has been funded through Ageing Well Programme. Through this service we have been able to help our carers to have a better understanding of their feelings and the different stages their cared-for may go through the diagnosis of Dementia. We have been able to refer some of the carers to talk therapy and help them with other ways to relieve their emotions. Many people do not realise the roller coaster of feelings that the carers experience while caring for a loved one with Dementia. Anger, confusion, love, tiredness and over worked to name just a few.

We would like to share more information to our communities to create a better understanding of Dementia.

Demographics:

| | |
|--|--|
| Service users | Carers = 28 Care-for = 18 |
| Gender ratio | 30% more females service users |
| Ethnic background | Caribbean, Black British, Asian, and Dual heritage |
| Postcodes | BS1 BS2 BS4 BS5 BS7 BS23 BS10 BS16 BS30 |
| Medical and mental conditions identified for both the carers and cared-for | Anxiety, depression, hypertension, diabetes, stroke, arthritis, epilepsy, cancer, hearing & sight impairment, sickle cell disorders, heart attack – post angiogram, glaucoma, Parkinson, Wernicke-Korsakoff syndrome, leg ulcers on both legs, vertigo, incontinence, asthma, Sjogren's symptoms, prolapse disc, sciatica, and others. |
| Support visits | We visited the service users with Dementia in their homes and others in care homes. We assisted with connecting care workers and carers to agree care packages at home for self-funders. We give advice on the level of care that may be required. |

Feedback:

“Thank you for the opportunity to talk.”

“I would like to be a buddy for Mrs J so that she does not feel alone. I can call her occasionally if she agrees.”

“They heard of us via someone who received assistance from us.”

“Thank you for being there when I needed the support.”

“Thank you for all the support and help.”

“If it was not for Bristol Black Carers, they did not know where they would be without our support and help.”

“I am happy that I call for advice and it was helpful.”

“It was good speaking to you because you understand what I am talking about.”

Mrs D shared her experience and cried. She felt comfortable in the group to do so. We purchased protective mattress covers and the service user was very thankful.

Educational sessions:

- Lasting Power of Attorney
- Relaxation technique and therapy

Mental Wellbeing Service

We received funding from Bristol North Somerset and South Gloucestershire (BNSSG) Clinical Commissioning Group (CCG) now Integrated Care Board (ICB) to address mental ill-health in the early stages with our service users. We identified presently; the services are not reaching our services users at their first point of contact. We see the service users before they breakdown and want to help as much as possible before they start to fall apart. Some service users present at breaking point when dealing with an issues which seems to have no way forward. The NHS does not address those issues but only intervenes when the individual's mental ill-health has broken down.

We have had the joy of our service user stating that they are thankful we are here. Sometimes we answer out of hours which has been a life line for some of our service users. Our greatest asset is our active listening to allow our service users the chance to vent before we work on their issues/need when they ask for help.

Brief Case Study – to show the multiple factors in one person's life. Thus the need for the G.E.M.S. Approach

Profile

| | |
|---------------|---|
| First Contact | Referred to us and accompanied by sibling |
| Category | Cared-for |
| Age group | 50 - 64 |
| Ethnicity | Caribbean British |
| Diagnosis | Medical and mental conditions with drug and alcohol – experiences memory loss |

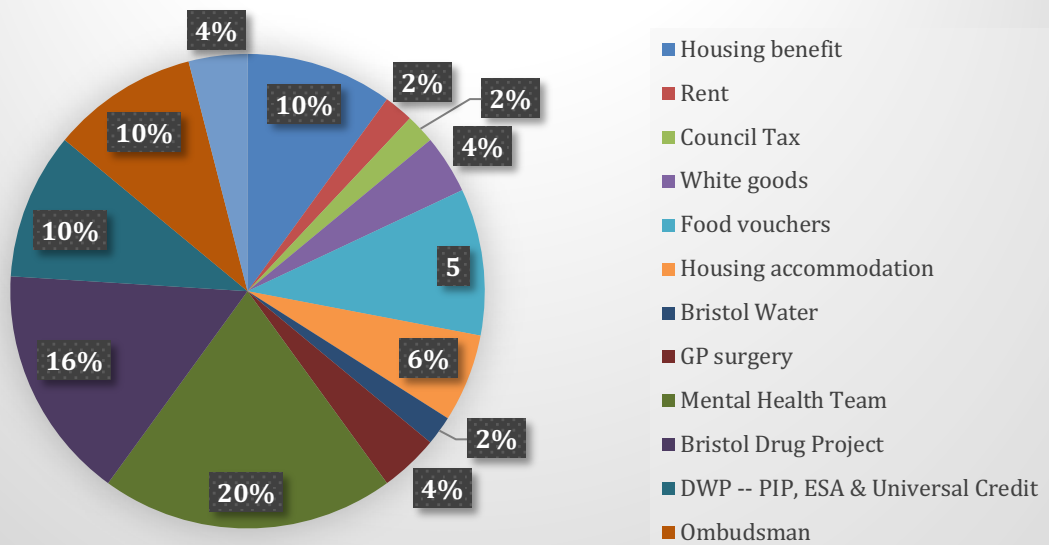
Background

| | |
|---------------------|--|
| History | Suffers with seizures and blacking out spontaneous and unpredictable. Drinking of alcohol and smoking drug affects medical and mental conditions. Parent of two children. |
| Issues presented | Housing rent arrears. Council tax arrears Financial stress. Benefits stopped. |
| Actions carried out | Referred to Mental Health Recovery team Referred to Bristol Drug and Alcohol We have assisted with support from sibling to address housing, council tax and benefits issues. Referred to Occupational Therapist – possibility of getting a walk-in shower. Arranged weekly follow-up appointments. |
| Present status | Frequent interventions are needed to support this person |

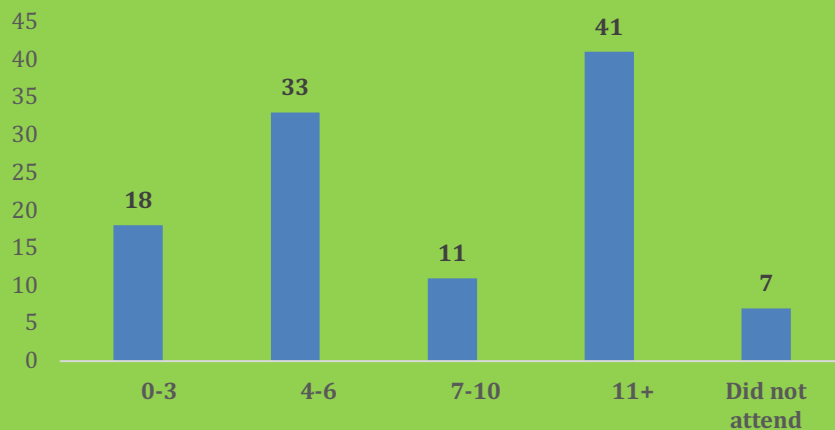
Demographics:

| | |
|-------------------|---|
| Ethnic background | Caribbean, White and Black African (non-Somali), Pakistani, Other |
| Areas in Bristol | Easton, Eastville, Clifton, Kingsdown, Long Ashton, Montepelier, St Pauls |
| Religion | Christian, Muslim, Prefer not to say |

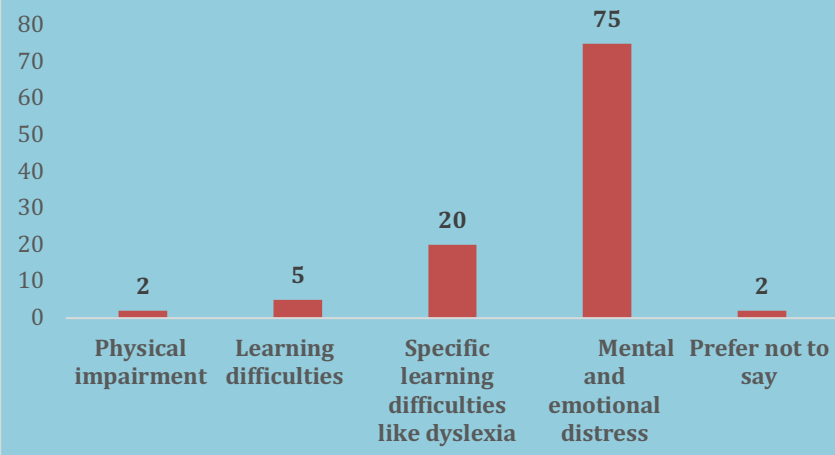
Agencies contacted



Number of sessions



Disabilities Identified by service users



Young People Service

We provide adhoc services to the young carers and actively seeking funding to restart this service in our charity. We are working with other organisations to keep up to date and involved around what is happening in the young people’s sector. We assist their parents with issues at school so to minimise the possibility of exclusion from the education system.

We have included young carers and their families on our day out and this was very rewarding to see them all enjoying being out together. The intergenerational aspect of the day was beautiful, and questions were asked from all age groups.

Demographics:

| | |
|-------------------|---|
| Ethnic background | Asian, Caribbean, Mixed. Other |
| Age groups | Under 15yrs to over 75yrs – oldest was 90yrs. |

We have engaged in activities with the Carers Support Centre and the young people were very happy to attend.

❖ Joint Projects

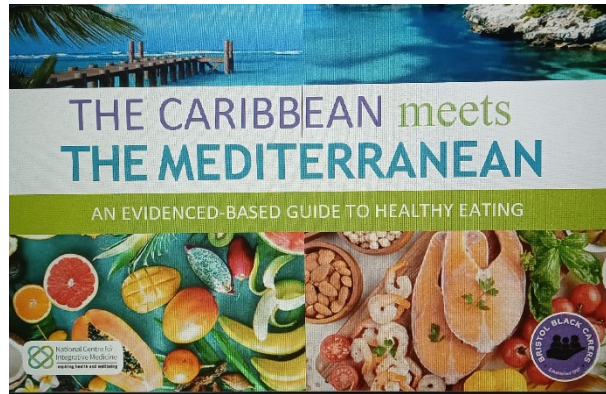
Organisation: National Centre for Integrative Medicine

Duration: April 2021 to July 2022

Topic: Nutrition

Outcome: Booklet published 100 - sharing the food that can be substituted to have healthier options. Launched on 27 July 2022 via webinar.

Plan to get funding to print more copies because the information was well received. We have also shared the PDF version with other organisations.



➤ **Organisation – Chinese Community Wellbeing Society**

Project – Dementia

Educational Sessions:

- Lasting Power of Attorney
- Relaxation technique and therapy

Outcome – Service users requested the forms so that they can read and share with other family members. A few have been submitted and approved.

Feedback –

Very Informative.

Learnt the difference between a Will and the Lasting Power of Attorney.

➤ **Organisations – Old Vic and UWE – (students from film and media)**

Duration – one session – interview and filming

Topic: “Change”

Participants: 5 shared their stories of some change they experienced in Bristol

Outcome: Featured in the film shown at St. Paul’s Carnival Launch @ Old Vic.

➤ **Organisation: The Wellspring Care**

Duration: one year – August 2022 – March 2023

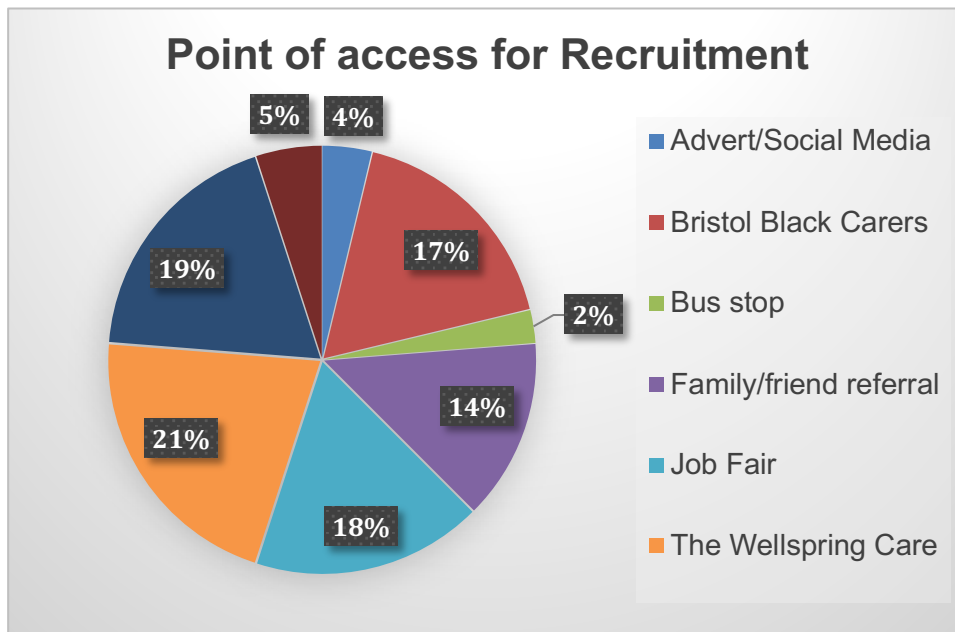
Pilot: Recruitment of domiciliary workforce in Bristol from the following communities – Caribbean, African, Chinese, and South Asian (i.e. Pakistan and Bangladesh)

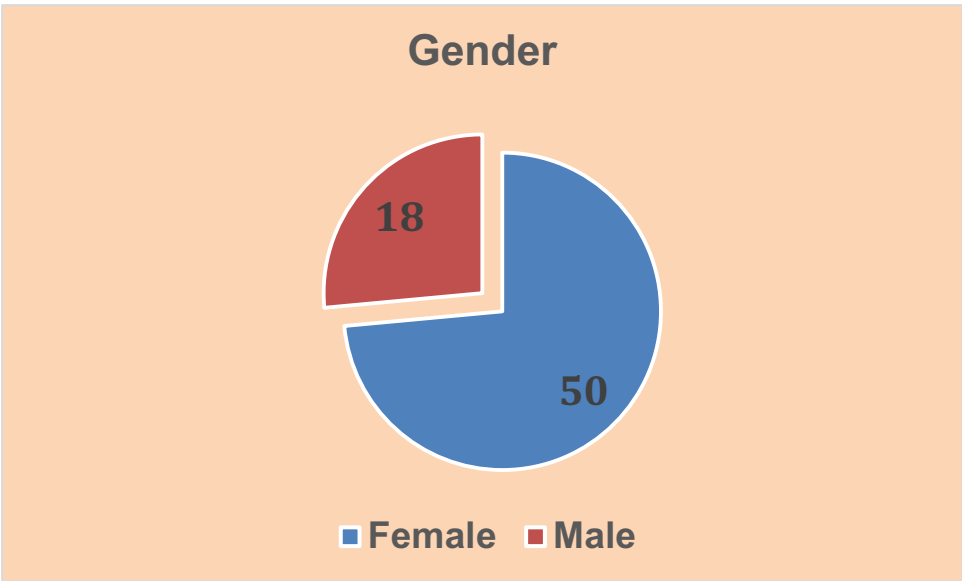
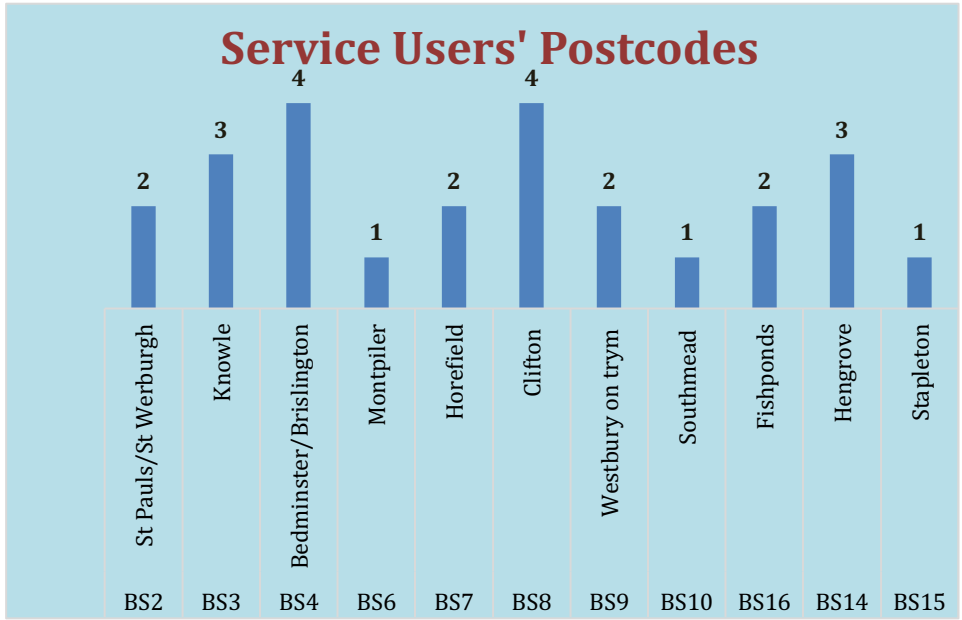
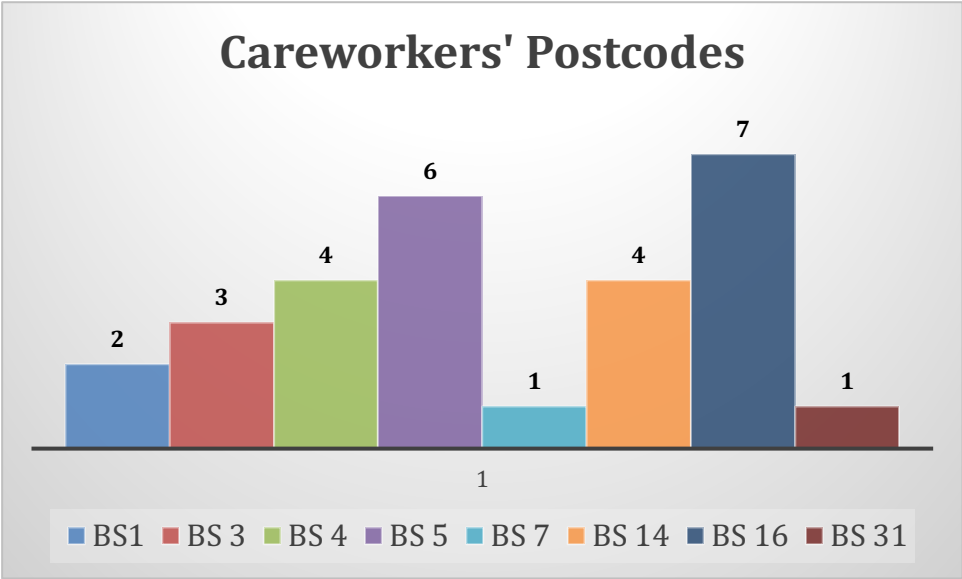
Outline: Aim to employ individuals from these communities and assist them to remain in employment for at least six months.

Outcome: Within this seven month – advertising was delivered through word of mouth, flyers and on our website. Care workers were recruited from Caribbean, African and Asian backgrounds. We worked towards placing them as close to home as possible but we were not able to achieve this because of where the cared-for were located and the timeframe from obtaining the package from Social Services. The pilot will end in July 2023.



Statics





Recommendations:

Workforce Pilot -

- Assessment process should start with the inclusion of the cared-for and all individuals involved in their support and care.
- Physical (structural and activities), emotional, financial, and environmental needs must be considered and discussed.
- Impact on all involved e.g., someone having to give up their job.
- A discharge form should be developed to ask the relevant questions about the care at home, the facilities present and the input from the carer about their role and responsibilities in the home.
- The timing of the support that must be put in place should be organised to coincide with discharge.
- Assumptions should not be made about the care at home and direct questions should be asked respectfully.

➤ **Organisation - Ujima Radio**

Duration – 12 shows – March to August 2022

Topic: “Control Your Health”

Outline: Programmes were aimed at highlighting peoples’ views – fears, belief and understanding around the COVID19 vaccination and a few health conditions.

Listen to the last three programmes on the links below:

Control Your Health 9th August 2022

<https://mega.nz/file/U7xBjzC#TxdlewwasJ603vdML3wLX9Yfr3na-zC8cnCXDQqQtAY>

Control Your Health 16th August 2022

<https://mega.nz/file/cuQxBKBA#Ld7AG2CJVXs1-qbcAonx4lgVbd5oqSs-IWa6rDNfMyE>

Control Your Health 23rd August 2022

<https://mega.nz/file/NuZzCaRI#jqRhNDIXXriFguObkStfLlckIPQJXfw-fO1MiU6chCs>

➤ **Organisation** : Carers Support Centre – lead

Duration: 2 hrs/session

Events: Bowling, Crazy Golf, and meeting for them to discuss the celebration of Young Carers Awareness Day – 15/03/2023

Outline: For young carers to meet each other from different schools and areas.

Outcome: They enjoyed the session

It had both positive and negative feedback which were discussed to help both the organisations and young carers to build better relationships.

➤ **Organisation – Black South West Network (BSWN)**

Duration – April 2022 – Mar 2023

Programme – Make It Work

Outcomes and impact –

- Attended the workshops presented by BSWN and Bristol City Council.
- Met other organisations we would not of been in contact with.
- Lead on developing a collaborative named Holistic Care United comprising of six organisations.
- This has helped us to build a relationship with Bristol City Council and to have a voice for carers at the table.

❖ **Participation in Research**

➤ **Organisation:** University of Bristol Dental School

Number of participants: 7

Topic: The 'Oral Health for Brain Health' study

Outline: They were recruiting people with a diagnosis of Early Alzheimer’s disease or Mild Cognitive Impairment for a feasibility study running in Bristol and the surrounding areas, in which we will aim to improve the health of participants’ gums.

Outcome: Participants learnt of the possible connection between oral health and the brain.

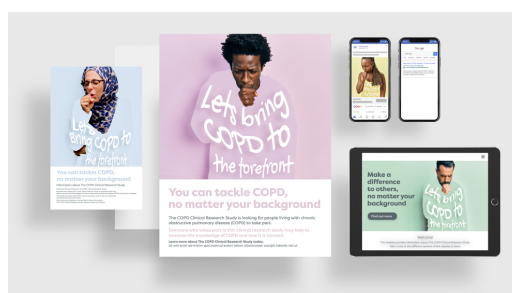
➤ **Organisation:** COUCH Research

Number of participants: 3

Topic: Consultation on the leaflet produced for Asthma/Chronic Obstructive Pulmonary Disease (COPD)

Outline: Individuals with asthma/COPD to share their views on different versions of the leaflet and to make suggestions of it can best share the information about these conditions.

Outcome: Participants reviewed several versions of the leaflet, and we were pleased with the end product.



- **Organisation:** Race Equality Foundation & Welcome Trust

Duration: 3 sessions x 2 hrs [March & April 2022]

Number of participants: 5

Topic: Help to improve the recording of ethnicity in health-related datasets

Outline: The project aims were to explore how individuals are asked about their ethnicity and how this in turn was recorded, which may potentially affect the understanding of health experiences and outcomes of different ethnic groups.

Outcome:

The participants stated they enjoyed sharing their experiences and the healthy discussions.

- **Organisation – KURE Water**

Duration – one month

Trial – Sickle Cell Patients to drink Kure Oxygenated Water and note any difference.

Outcome –

Possible improvement on energy level and further investigations to be planned.

.....

❖ Presentations

| Organisation | Topic |
|---|--|
| Bristol City Council | Holistic Care United - development |
| NHS | Hypertension |
| International Women’s Day - Easton Community Centre | Human Library |
| Montpelier GP Surgery | Cultural Etiquette |
| Bristol City Council - Independent living team | Bristol Black Carers |
| All Party Parliamentary Group | Arts and Care |
| Carers Support Centre | Bristol Black Carers |
| Bristol City Council and Black South West Network | Collaborative working with the council |

❖ Organisational Meetings attended

| Organisation | Topic |
|---|---------------------------------------|
| NHS England | Dementia Diagnosis |
| VCSE + Locality Leads | |
| Bristol Inner City Primary Care Network Community | |
| Black South West Network | Make It Work |
| | South West Race Equality Forum |
| | HCU |
| | Community Researcher Project |
| VCSE Partnership | Falls |
| Stroke HIT Education & Training | Review & development of programme |
| Inner City & East Locality Board | C19 Mental health services |
| | IPCT prototype |
| | Learning Collaborative |
| | Workforce Steering Group/Peer support |
| | Shared Caseload |
| | Mental health event |
| | Community Health Programme |
| | Ageing Well Partnership |
| MHTG/locality Board | |
| CANN | relaunch |
| Rosetta Life | Carers' Voice through the Arts |
| Dementia | Working Group |
| | CCSAA/Partnership |
| Bristol City Council | Adult Social Care Equality Forum |
| | Workforce Development |
| | Bristol Race & Health Equity Group |
| | Community Exchange |
| NHS | Hypertension Working Group |
| St Pauls Carnival | Reference Group |
| South West Carers Collaborative | Personalised Care and Support Plan |
| All Party Parliamentary Group Health Wellbeing/NCCH | Arts and health |
| National Centre for Integrative Medicine | Eat Well Guide booklet |
| The World Reimagined | Consultation |
| Community Collective | Young People |
| Ujima Radio | Control Your Health |
| BSWN | Housing |
| Carers Support Centre | Young Carers |
| BNSSG | Carers Partnership |
| Alive | Collaborative working |
| Penny Braun | Talking Equity in Cancer Outcomes |
| Support Hub | Information |

❖ Memory Lane



Visited by The President of The Grateful Society—2022 Prof. Bhupinder Sandhu, OBE, DSc (hon) MBBS, MD, FRCP, FRCPCH



Dinner and Cabaret at Ashton Gate Community Centre



Lunch at the Greedy Goose



Day at the Zoo



Brims

&



Bows

Risk Management

Bristol Black Carers has identified areas of risk associated with a small publicly funded charity to ensure the achievement and maintenance of its:

- Operational performance
- Aims and objectives
- Image

The main areas of possible risk considered:

- Finances
- Personnel
- Property
- Service delivery

It is acknowledged that the Trustees are fully responsible for the instigation and maintenance of the Bristol Black Carers Risk Management.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, carers and visitors. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Financial Review

The charity broke even on unrestricted charitable activities during the year, but reports a deficit of £11,343 on unrestricted funds (2022 surplus of £20,782) due to the necessity to provide for a potential bad debt.

Budgets are set according to the funds available, and no activity is undertaken without sufficient funding. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

Reserves Policy

We have a Reserve Policy whereby the unrestricted funds not committed should be six months of resources expended on running costs, which is estimated as £105,891 (2022 £99,790).

The reserves are needed to meet the working capital requirements of the charity and the Management Committee feel confident that at this level they would be able to continue the charity's current activities.

The present general funds available to the charity of £44,623 (2022 £55,967) is below target. It is prudent to ensure there are sufficient free reserves to provide financial and operational flexibility.

Statement of Responsibilities of the Trustees

The trustees (who are also directors of the charity 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, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by trustees on 25th January 2024 and signed on their behalf by



Elaine McCarthy

Chair

Independent examiner's report to the trustees of Bristol Black Carers

I report to the trustees on my examination of the accounts of Bristol Black Carers (the charitable company) for the year ended 31st March 2023, which are set out on pages 25 to 31.

Respective responsibilities of trustees and examiner

As the trustees of the charitable 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 charitable 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 the charitable company'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

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

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



..... 29th January 2024

Rupert Taylor
Easton Business Centre, Felix Road, Bristol BS5 0HE

Bristol Black Carers

Statement of Financial Activities (incorporating Income & Expenditure Account)

Year to 31st March 2023

| | | Unrestricted funds 2023 | Restricted funds 2023 | Total funds 2023 | Total funds 2022 [see Note 13] |
|------------------------------------|-------|-------------------------------|-----------------------------|------------------------|---|
| | Notes | £ | £ | £ | £ |
| Income | | | | | |
| Donations | [2] | 9,763 | - | 9,763 | 1,799 |
| Charitable activities | [3] | 42,502 | 179,469 | 221,971 | 219,916 |
| Total Income | | 52,265 | 179,469 | 231,734 | 221,715 |
| Expenditure | | | | | |
| Fundraising costs | [4] | 180 | - | 180 | 96 |
| Total charitable activities | [5] | 51,946 | 159,655 | 211,601 | 197,691 |
| Other expenditure | [6] | 11,482 | - | 11,482 | - |
| Total Expenditure | | 63,608 | 159,655 | 223,263 | 197,787 |
| Net Income / (Expenditure) | | (11,343) | 19,814 | 8,471 | 23,929 |
| Transfers between funds | | - | - | - | - |
| Net Movement in Funds | | (11,343) | 19,814 | 8,471 | 23,929 |
| Total funds brought forward | | 55,967 | 15,146 | 71,113 | 47,184 |
| Total funds carried forward | | 44,623 | 34,960 | 79,583 | 71,113 |

Bristol Black Carers

Balance Sheet

As at 31st March 2023

Company no: 04139337

| | Notes | 2023 £ | 2022 £ |
|----------------------------|-------|----------------|----------------|
| Fixed Assets | [7] | - | - |
| Current Assets | | | |
| Cash at bank and on hand | | 101,467 | 85,910 |
| Debtors and prepayments | [8] | 18,197 | 22,701 |
| | | <u>119,664</u> | <u>108,611</u> |
| Current Liabilities | | | |
| Creditors and accruals | [9] | 40,081 | 37,498 |
| | | <u>79,583</u> | <u>71,113</u> |
| Net Current Assets | | | |
| | | <u>79,583</u> | <u>71,113</u> |
| Net Assets | | 79,583 | 71,113 |
| Statement of funds | | | |
| Unrestricted funds: | | | |
| General funds | [10] | 44,623 | 55,967 |
| Restricted funds | [10] | 34,960 | 15,146 |
| | | <u>79,583</u> | <u>71,113</u> |

- For the year ending 31st March 2023 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board of Trustees on 25th January 2024 and signed on its behalf by



Elaine McCarthy

Chair

Bristol Black Carers

Notes to the Accounts

Year to 31st March 2023

[1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) **Basis of preparation**

The financial statements have been prepared in accordance with the 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) 2nd edition and the Charities Act 2011 and the Companies Act 2006.

Bristol Black 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 note(s).

(b) **Preparation of the accounts on a going concern basis**

The charity's general funds remained in surplus throughout the year, and there are adequate designated funds to cover an unexpected drop in funding. Budgeted expenditure is planned each year within available funds. Therefore the trustees are satisfied that the charity is a going concern on an ongoing basis – for further information see the "Financial Review" on Page 24.

(c) **Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met; there was no such income during the year.

(d) **Donated services and facilities**

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value.

(e) **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.

(f) **Fund Accounting**

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) **Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. The charity is not registered for Value Added Tax, therefore all expenditure is expressed inclusive of VAT. Expenditure is classified under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) **Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) **Fixed Assets**

Tangible fixed assets are written off over the expected useful life of the asset, at 33% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

(j) **Taxation**

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

(k) **Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2023

(l) Cash at bank and in hand

Cash at bank and cash 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.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

(n) 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.

| [2] <u>Income from donations</u> | 2023 | | | 2022 | | |
|----------------------------------|--------------|------------|--------------|--------------|------------|--------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Individual donations | 2,263 | - | 2,263 | 1,799 | - | 1,799 |
| Trusts and foundations | 7,500 | - | 7,500 | - | - | - |
| | <u>9,763</u> | <u>-</u> | <u>9,763</u> | <u>1,799</u> | <u>-</u> | <u>1,799</u> |

| [3] <u>Income from charitable activities</u> | 2023 | | | 2022 | | |
|--|---------------|----------------|----------------|----------------|---------------|----------------|
| | Unrestricted | Restricted | Total | Unrestricted | Restricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Government grants | - | 179,469 | 179,469 | 110,796 | 72,585 | 183,381 |
| Other grants | - | - | - | 15,954 | - | 15,954 |
| Service fees | 42,502 | - | 42,502 | 20,581 | - | 20,581 |
| | <u>42,502</u> | <u>179,469</u> | <u>221,971</u> | <u>147,331</u> | <u>72,585</u> | <u>219,916</u> |

The charity received government grants during the year from Bristol City Council and the NHS totalling £179,469 (2022 £183,381). There are no unfulfilled conditions or contingencies attaching to these grants in 2022-23.

[4] Analysis of expenditure on fundraising

| | 2023 | 2022 |
|---------------------------|------------|-----------|
| Fees to payment platforms | 180 | 96 |
| | <u>180</u> | <u>96</u> |

[5] Analysis of expenditure on charitable activities

| | Total 2023 | Total 2022 |
|---------------------------|----------------|----------------|
| | £ | £ |
| <u>Direct costs:</u> | | |
| Salaries (see Note 12) | 138,369 | 128,508 |
| Travel expenses | 2,420 | 695 |
| Project direct costs | 7,585 | 10,280 |
| Volunteer expenses | 80 | 9,970 |
| Advertising and publicity | 9,234 | 605 |
| | <u>157,688</u> | <u>150,058</u> |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2023

[5] Analysis of expenditure on charitable activities (continued)

| | Total 2023 | Total 2022 |
|---------------------------------|---------------|---------------|
| <u>Support costs:</u> | £ | £ |
| Salaries (see Note 12) | 5,500 | 4,750 |
| Premises costs | 24,444 | 19,015 |
| IT costs | 8,589 | 10,201 |
| Post, printing and stationery | 2,595 | 2,248 |
| Telephone | 631 | - |
| Insurance | 1,071 | 998 |
| Accountancy | 2,831 | 1,766 |
| Fee for Independent Examination | 392 | 336 |
| Small equipment and repairs | 908 | 7,459 |
| Legal and professional fees | 5,784 | 348 |
| Bank charges | 128 | 134 |
| Membership | 717 | 378 |
| Sundry expenses | 324 | - |
| | <hr/> | <hr/> |
| Total Support Costs | 53,913 | 47,633 |
| | <hr/> | <hr/> |
| Total Charitable Expenditure | 211,601 | 197,691 |

As the charity only undertook one area of activity, support costs have not been apportioned.

[6] Other expenditure

| | 2023 | 2022 |
|--------------------|--------|-------|
| | £ | £ |
| Bad debt provision | 11,482 | - |
| | <hr/> | <hr/> |
| | 11,482 | - |

[7] Tangible Fixed Assets

| | Equipment £ |
|-----------------------------|----------------|
| <u>Cost</u> | |
| Opening balance | 12,808 |
| Additions | - |
| | <hr/> |
| | 12,808 |
| <u>Depreciation</u> | |
| Opening balance | 12,808 |
| Charge for the year | - |
| | <hr/> |
| | 12,808 |
| | <hr/> |
| Net Book Value at 31/03/23: | - |
| Net Book Value at 31/03/22: | - |

[8] Debtors and prepayments

| | 2023 | 2022 |
|---------------|--------|--------|
| | £ | £ |
| Prepayments | 766 | 701 |
| Other debtors | 17,431 | 22,000 |
| | <hr/> | <hr/> |
| | 18,197 | 22,701 |

[9] Creditors and accruals

| | 2023 | 2022 |
|-------------------------------|--------|--------|
| | £ | £ |
| Amounts due within 12 months: | | |
| Accruals | 1,500 | 500 |
| Trade creditors | 1,067 | - |
| PAYE & National Insurance | 16,795 | 36,188 |
| Pensions | 1,012 | 810 |
| Prepaid income | 8,225 | - |
| Bad debt provision | 11,482 | - |
| | <hr/> | <hr/> |
| | 40,081 | 37,498 |

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2023

| [10] <u>Movements in funds</u> | Balance at 31/03/2022 | Income | Expenditure | Transfers between funds | Balance at 31/03/2023 |
|----------------------------------|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| <u>Restricted Funds:</u> | | | | | |
| Bristol City Council | 15,146 | 60,585 | (60,585) | - | 15,146 |
| NHS BAME dementia support | - | 118,884 | (99,070) | - | 19,814 |
| Total Restricted Funds: | 15,146 | 179,469 | (159,655) | - | 34,960 |
| <u>General Funds</u> | 55,967 | 52,265 | (63,608) | - | 44,623 |
| Total Unrestricted Funds: | 55,967 | 52,265 | (63,608) | - | 44,623 |
| <u>Total Funds:</u> | 71,113 | 231,734 | (223,263) | - | 79,583 |

Purposes of restricted funds:

The Bristol City Council funding is to provide advice and information to BAME carers and support their wellbeing. The NHS funding is to reduce the health inequalities gap within dementia services through supporting early diagnosis and increasing access to service provision for those living with dementia and their carers from BAME communities.

| <u>Movements in funds 2021-22</u> | Balance at 31/03/2021 | Income | Expenditure | Transfers between funds | Balance at 31/03/2022 |
|-----------------------------------|--------------------------|----------------|------------------|-------------------------------|--------------------------|
| | £ | £ | £ | £ | £ |
| <u>Restricted Funds:</u> | | | | | |
| Bristol City Council | 12,000 | 72,585 | (69,439) | - | 15,146 |
| Total Restricted Funds: | 12,000 | 72,585 | (69,439) | - | 15,146 |
| <u>General Funds</u> | 35,184 | 149,130 | (128,348) | - | 55,967 |
| Total Unrestricted Funds: | 35,184 | 149,130 | (128,348) | - | 55,967 |
| <u>Total Funds:</u> | 47,184 | 221,715 | (197,787) | - | 71,113 |

[11] Payments to trustees and related party transactions

The trustees received no remuneration or expenses payments during the year (2022 nil). There were no other related party transactions during the year.

| [12] <u>Staff costs</u> | 2023 | 2022 |
|--------------------------------|----------------|----------------|
| | £ | £ |
| Wages and salaries | 132,505 | 122,641 |
| Employer's National Insurance | 7,399 | 6,888 |
| Employer pension contributions | 3,964 | 3,531 |
| | 143,869 | 133,059 |

The average number of staff employed during the year was 5 (2022: 4) and the average full time equivalent number of posts was 4 (2022: 3). No employee earned over £60,000 per annum during the year. The key management personnel of the charity are the trustees and the Chief Executive Officer. The total employee benefits paid to the key management personnel during the year was £41,200 (2022 £41,196).

Bristol Black Carers
Notes to the Accounts (cont.)
Year to 31st March 2023

[13] Statement of Financial Activities 2021-22

| | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total funds 2022 £ |
|------------------------------------|------------------------------------|----------------------------------|-----------------------------|
| Income | | | |
| Donations | 1,799 | - | 1,799 |
| Charitable activities | 147,331 | 72,585 | 219,916 |
| | <hr/> | <hr/> | <hr/> |
| Total Income | 149,130 | 72,585 | 221,715 |
| Expenditure | | | |
| Fundraising | 96 | - | 96 |
| Charitable activities | 128,252 | 69,439 | 197,691 |
| | <hr/> | <hr/> | <hr/> |
| Total Expenditure | 128,348 | 69,439 | 197,787 |
| | <hr/> | <hr/> | <hr/> |
| Net Income / (Expenditure) | 20,782 | 3,146 | 23,929 |
| Transfers between funds | - | - | - |
| | <hr/> | <hr/> | <hr/> |
| Net Movement in Funds | 20,782 | 3,146 | 23,929 |
| Total funds brought forward | 35,184 | 12,000 | 47,184 |
| | <hr/> | <hr/> | <hr/> |
| Total funds carried forward | 55,966 | 15,146 | 71,113 |

*Thank You to
Staff, Trustees,
Funders & Partners
and our
Service Users, whom
we are here to serve.*

Some of Funders & Partners



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



ALD
Automotive



COMMUNITY
FUND



PHOENIX
social enterprise
LOCALLY GLOBAL



Black
South West
Network



WELLSPRING CARE
Care and Support in Your Home

BRISTOL BLACK CARERS

England & Wales - Charity number 1084980

Accounts

Bristol Black Carers
Report and Accounts
for 1st April 2021 to 31st March 2022

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Legal and Administrative Information

Status

Members of the Management Committee, who are directors for the purpose of Company Law, who served during the year and up to the date of this report are as set out herein.

Directors

| | |
|---|------------|
| Elaine McCarthy | Chair |
| Barbara Dettering | Vice-Chair |
| Naomi Simpson | |
| Angela Airey | |
| Enid Smith (resigned 6 th June 2022) | |
| Ruby Begum (resigned 11 th August 2022) | |
| Althea Bowen (resigned 26 th August 2022) | |
| Tesleem Fagade (resigned 21 st September 2022) | |

Treasurer

Tesleem Fagade

Registered Office

Whitefriars
2nd Floor, Room 13
Lewins Mead
Bristol
BS1 2NT

Company Number

4139337 (England & Wales)

Charity Number

1084980

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham
B1 2HB

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

Independent Examiner

Rupert Taylor
Easton Business Centre
Felix Rd
Bristol BS5 0HE

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31 March 2022 (incorporating the Directors' report).

The organisation is a registered charity and a company limited by guarantee. It was incorporated on 11th January 2001 and registered as a charity on 12th February 2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association.

The trustees of the Charity, who are also the Directors of the Company, delegate responsibility for the day-to-day running of the charity to the Chief Executive Officer, Anndeloris Chacon.

Recruitment and Appointment of Trustees

Trustees are appointed at the Annual General Meeting of the charity. The articles of association specify a minimum level of representation of members of the black and minority ethnic communities and also of carers or former carers.

The Company's objects and principal activities are:

To relieve the mental and physical distress among the black carers of people who are in need of care and who are residents in Bristol by:

1. Providing information, advice, training, outreach, and development services and
2. Providing a forum which brings together carers in order to determine their needs and
3. The provision of advocacy for services relevant to the needs of black carers.

The use of the term "Black" refers to African, African-Caribbean, South Asian, Chinese, and other minority ethnic people who share a common experience of discrimination in the United Kingdom on account of their colour or racial origin.

Ensuring our work delivers our aims

Bristol Black Carers have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Bristol Black Carers through their unique approach called G.E.M.S. provide information, advice, advocacy, support, empowerment, and outreach to Carers (adult, young adults, and children) and their cared-for, which sometimes includes their support network. We support carers/service users to access specific and mainstream health and social care services both physically and emotionally through advocacy, referrals, assisting with financial issues and signposting depending on their need at the time of contact.

We work on educating our carers, the cared-for, family members, communities, professionals, and organisations that the role of a carer is an additional role for the individual. It should not be taken for granted because if they did not carry out this role for the cared-for, health and social care would not be able to cope.

Our events and activities help improve quality of life, emotional and physical wellbeing of our carers/service users as we maintain their dignity with respect and trust, which enables them to retain their independence and reduce their loneliness and isolation.

Bristol Black Carers gives the carers a voice through participation in consultations, research, and conferences.

Public Benefit

Bristol Black Carers aims:

1. To improve the **Carers' experience and journey** through the health and social care system to help them gain outcomes that are suitable for them, at the time needed which can improve the wellbeing holistically.
2. To improve the understanding of the **Carer's role and responsibilities** to assist organisations, professionals, and individuals to know the difference from that of **care workers** who give direct assistance to the cared-for.
3. To help individuals be healthy citizens who contribute to building of Bristol City.

Services delivered:

Bristol City Council – Adult Carers

| | |
|------------------------|--------------------|
| Advice and information | Advocacy |
| Carers Assessments | Grant applications |
| Home visits | Therapy |

BNSSG -- C 19 Joint Project with Nilaari and Somali Resource Centre

Supporting mental health and promoting mental wellbeing

Ageing Well Programme – NHS Bristol

Planning of joint pilot for Dementia with Chinese Community Wellbeing Society

Meals on Wheels with Flavour

Ended July 2022

Research

- The Genie Robot – University West of England - Bristol
- Royal College of Psychiatrists - London
- Equality and Human Rights Commission -- London
- Documentary -- The Old Vic Theatres - Bristol
- Life After Stroke – University West of England – Bristol
- Women and Pension Plans -- Faculty of Health Education Medicine and Social Care -- Anglia Ruskin University-- Joint application with the university and other voluntary sector organisations
- Alzheimer's UK – Trial of activity material from Black Dementia Association
Colouring Books Word search Puzzles

Joint Projects -

- Bristol Dementia Alliance – Mp3 player for those with dementia
- BCfm Radio – DAB radios for the elderly
- St Paul's Carnival Committee – Digital Workshop
- National Centre for Integrative Medicine -- Creating a nutrition booklet – The Caribbean meets the Mediterranean
- Rosetta Life – Dance Workshop Heart of care – video to add
- Invisible Army – Carers' stories and photos – Displayed at the vestibule at Bristol City Council

Event -

MTM Awards -- Two service users received Special Recognition Awards

Voice for the Carers on

- Domiciliary Workforce NHS England
- Inner City and East Mental Health Transformation Group
- Stroke Education Committee– Health Integration Team – Bristol Health Partners - Bristol University

Plans for future

Bristol Black Carers will continue the services above in the forthcoming years subject to satisfactory funding arrangements. We are developing services to broaden the level of support we can give to carers/service users and those they care for both in and out of the home.

Bristol Black Carers will be working towards developing partnerships with other organisations to give us a well-rounded delivery of services that addresses home care support, training, and social events. We pride ourselves in looking at care for all aspects of life because every element impacts on physical, emotional, and mental health which affects the wellbeing of our carers/service users.

We are working towards addressing health inequalities that exist in our target groups (Caribbean, African and Asian) and would like to work closer with the Integrated Care Partnerships to influence the changes necessary to reduce these gaps. We have been involved and still involved in different consultations to bring the issues of the carers/service users to the forefront of the commissioners so that the services will address the issues faced by our target groups.

It is our hope that work in promoting health initiatives will contribute towards better health care. We hope to give our carers/service users some opportunities to explore different non-medical ways to manage their needs/issues. Such as the creative arts, help them identify breaks that are ideal for their situations which we can offer to assist with the arrangement and to provide some complementary therapies on regular basis.

Bristol Black Carers is looking forward towards developing our sustainability and increasing our income generation to be able to continue providing the services that help our carers/service users remain as independent as they possibly can.

Risk Management

Bristol Black Carers has identified areas of risk associated with a small publicly funded charity to ensure the achievement and maintenance of its:

- Operational performance
- Aims and objectives
- Image

The main areas of possible risk considered:

- Finances
- Personnel
- Property
- Service delivery

It is acknowledged that the Trustees are fully responsible for the instigation and maintenance of the Bristol Black Carers Risk Management. Procedures are in place to ensure compliance with health and safety of staff, volunteers, carers and visitors. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Reserves Policy

We have a Reserve Policy whereby the unrestricted funds not committed should be six months of resources expended on running costs, which is estimated as £99,790 (2021 £98,859).

The reserves are needed to meet the working capital requirements of the charity and the Management Committee feel confident that at this level they would be able to continue the charity's current activities.

The present general funds available to the charity of £58,914 (2021 £35,184) is below target. It is prudent to ensure there are sufficient free reserves to provide financial and operational flexibility.

Trustees' responsibilities in relation to the financial statements

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiners are unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiners.



Elaine McCarthy – Chairperson

Date 4th January 2023

Independent Examiner's report to the trustees of Bristol Black Carers

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

Responsibilities and basis of the 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').

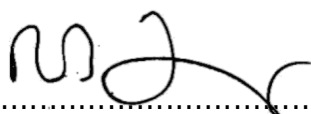
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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

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.



5th January 2023

Rupert Taylor
Easton Business Centre
Felix Rd, Bristol BS5 0HE

Statement of Financial Activities
[including Income and Expenditure Account]
for the year ended 31st March 2022

| | | Unrestricted Funds | Restricted Funds | Total Funds | Total Funds |
|--|------|-----------------------|---------------------|----------------|------------------|
| | | 2022 | 2022 | 2022 | 2021 |
| | | £ | £ | £ | £ |
| | Note | | | | (see Note 11) |
| Income | | | | | |
| Voluntary income | | | | | |
| Donations | | 1,799 | 0 | 1,799 | 10,622 |
| | | 1,799 | 0 | 1,799 | 10,622 |
| Income resources from charitable activities | | | | | |
| Grants | (2) | 126,750 | 72,585 | 199,335 | 129,513 |
| Services | | 20,581 | 0 | 20,581 | 57,583 |
| | | 147,331 | 72,585 | 219,916 | 187,096 |
| Total incoming resources | | 149,130 | 72,585 | 221,715 | 197,718 |
| Costs of fundraising | (6) | 96 | 0 | 96 | 0 |
| Charitable activities | (7) | 128,252 | 69,439 | 197,691 | 173,069 |
| Total resources expended | | 128,348 | 69,439 | 197,787 | 173,069 |
| Net incoming/[outgoing] resources before transfers | | 20,783 | 3,146 | 23,929 | 24,649 |
| Transfers between funds | | 0 | 0 | 0 | 0 |
| Net movements in funds after transfers | | 20,783 | 3,146 | 23,929 | 24,649 |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | 35,184 | 12,000 | 47,184 | 22,535 |
| Total funds carried forward | | 55,967 | 15,146 | 71,113 | 47,184 |

Balance Sheet as at 31 March 2022

Company number: 4139337

| | Note | 2022 £ | 2021 £ |
|---|------|----------------|---------------|
| Tangible assets | | | |
| Fixed assets | (3) | 0 | 0 |
| Current assets | | | |
| Cash at bank and in hand | | 85,910 | 45,366 |
| Debtors and prepayments | (4) | 22,701 | 12,701 |
| | | 108,611 | 58,067 |
| Current liabilities | | | |
| Creditors: amounts falling due within 12 months | (5) | 37,498 | 10,833 |
| Net current assets | | 71,113 | 47,184 |
| Net assets | | 71,113 | 47,184 |
| Funds | | | |
| General funds | (8) | 55,967 | 35,184 |
| Restricted funds | (8) | 15,146 | 12,000 |
| Total funds | | 71,113 | 47,184 |

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 [2] of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies' subject to the small companies' regime.

The Management Committee approved these financial statements on 30/12/2022

Signed on behalf of the Management Committee



Elaine McCarthy

Dated: 4th January 2023

NOTES TO THE ACCOUNTS

(1) Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Companies Act 2006 and the Statement of Recommended Practice: Accounting and Reporting by Charities issued in March 2005.

(b) Fund accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Donated services and facilities are included at the value to the charity where this can be quantified.
- The value of services provided by volunteers has not been included in these accounts.
- Incoming resources from charitable trading activity are accounted for when earned.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

(d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them

Notes to the Accounts (continued)

(1) Principal Accounting Policies (continued)

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

(2) Grant income

| | 2022 | 2021 |
|--------------------------|----------------|----------------|
| | £ | £ |
| Bristol City Council | 183,381 | 60,585 |
| Race Equality Forum | 0 | 29,721 |
| Black South West Network | 0 | 31,931 |
| Other grants | 15,954 | 7,276 |
| Total | 199,335 | 129,513 |

(3) Tangible Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at the following rates:

Fixtures fittings & computers at 33% reducing balance.

| | |
|-------------------------|---------------|
| Cost | £ |
| At 1 April 2021 | 12,808 |
| Additions | 0 |
| At 31 March 2022 | 12,808 |

| | |
|-------------------------|---------------|
| Depreciation | |
| At 1 April 2021 | 12,808 |
| Charge for the year | 0 |
| At 31 March 2022 | 12,808 |

| | |
|-------------------------|----------|
| Net book value | |
| At 31 March 2021 | 0 |
| At 31 March 2022 | 0 |

| | 2022 | 2021 |
|------------------------------------|---------------|---------------|
| (4) Debtors and prepayments | | |
| | £ | £ |
| Prepayments | 701 | 701 |
| Other debtors | 22,000 | 12,000 |
| | 22,701 | 12,701 |

(5) Creditors

| | | |
|------------------------------|---------------|---------------|
| | £ | £ |
| Falling due within 12 months | | |
| Accruals | 500 | 500 |
| Creditors | 0 | 649 |
| HMRC | 36,188 | 8,641 |
| Pensions | 810 | 1,093 |
| | 37,498 | 10,883 |

Notes to the Accounts (continued)

(6) Costs of fundraising

| | Direct Costs | Support Costs | Total 2022 | Total 2021 |
|-------------|-----------------|------------------|------------|---------------|
| | £ | £ | £ | £ |
| Fundraising | 96 | - | 96 | 0 |

(7) Charitable expenditure

| | Direct Costs | Support Costs | Total 2022 | Total 2021 |
|----------------------------------|-----------------|------------------|----------------|----------------|
| | £ | £ | £ | £ |
| Salaries & wages | 128,508 | 4,750 | 133,258 | 96,672 |
| Staff travel & expenses | 695 | - | 695 | 336 |
| Project costs | 10,280 | - | 10,280 | 29,919 |
| Volunteer expenses | 9,970 | - | 9,970 | 10,073 |
| Advertising & publicity | 605 | - | 605 | 1,037 |
| Office premises cost | - | 19,015 | 19,015 | 15,567 |
| Computer support | - | 10,201 | 10,201 | 9,045 |
| Telephone & internet | - | - | - | 293 |
| Postage, printing and stationery | - | 2,248 | 2,248 | 2,801 |
| Insurance | - | 998 | 998 | 987 |
| Accounts | - | 2,102 | 2,102 | 908 |
| Equipment | - | 7,459 | 7,459 | 1,164 |
| Professional & legal fees | - | 348 | 348 | 35 |
| Bank charges | - | 134 | 134 | 72 |
| Consultancy | - | - | - | 451 |
| Membership | - | 378 | 378 | 204 |
| | 150,058 | 47,633 | 197,691 | 169,923 |

(8) Payments to trustees

The trustees received no remuneration or expenses (2021 nil).

(9) Movements in funds

| | Balance as at 31st March 2021 | Incoming | Outgoing | Balance as at 31st March 2022 |
|---|-------------------------------------|----------------|----------------|-------------------------------------|
| Restricted funds | | | | |
| Bristol City Council | 12,000 | 72,585 | 69,439 | 15,146 |
| | 12,000 | 72,585 | 69,439 | 15,146 |
| Unrestricted funds | | | | |
| General funds | 35,184 | 151,909 | 128,348 | 55,967 |
| Total funds | 47,184 | 225,403 | 199,675 | 71,113 |
| | Balance as at 31st March 2020 | Incoming | Outgoing | Balance as at 31st March 2021 |
| Previous year comparison: Restricted funds | | | | |
| Bristol City Council | 15,146 | 60,585 | 63,731 | 12,000 |
| St Monica Trust | 0 | 9,000 | 9,000 | 0 |
| | 15,146 | 69,585 | 72,731 | 12,000 |
| Unrestricted funds | | | | |
| General funds | 7,389 | 128,133 | 100,338 | 35,184 |
| Total funds | 22,535 | 197,718 | 173,069 | 47,184 |

(10) Staffing

| | 2022 £ | 2021 £ |
|--------------------------------|----------------|---------------|
| Salaries and wages | 122,641 | 90,604 |
| Employer's National Insurance | 6,888 | 4,175 |
| Employer pension contributions | 3,531 | 1,893 |
| | 133,059 | 96,672 |

The average number of staff during the year was 4 (2021 4) and the full-time equivalent 3 (2021 3). No employee earned more than £60,000 during the year.

The key management personnel of the charity are the trustees and the Chief Executive Officer. The total salary and employee benefits paid to key management personnel was £41,196.

(11) Statement of Financial Activities – previous year comparison

| | Unrestricted Funds | Restricted Funds | Total Funds |
|--|-----------------------|---------------------|----------------|
| | 2022 | 2022 | 2021 |
| | £ | £ | £ |
| Income | | | |
| Voluntary income | | | |
| Donations | 10,622 | 0 | 10,622 |
| | 10,622 | 0 | 10,622 |
| Income resources from charitable activities | | | |
| Grants | 59,928 | 69,585 | 129,513 |
| Services | 57,583 | 0 | 57,583 |
| | 117,511 | 69,585 | 187,096 |
| Total incoming resources | 128,133 | 69,585 | 197,718 |
| Charitable activities | 100,338 | 72,731 | 173,069 |
| Total resources expended | 100,338 | 72,731 | 173,069 |
| Net incoming/[outgoing] resources before transfers | 27,795 | 0 | 24,649 |
| Transfers between funds | 0 | 0 | 0 |
| Net movements in funds after transfers | 27,795 | (3,146) | 24,649 |
| Reconciliation of funds | | | |
| Total funds brought forward | 7,389 | 15,146 | 22,535 |
| Total funds carried forward | 35,184 | 12,000 | 47,184 |

BRISTOL BLACK CARERS

England & Wales - Charity number 1084980

Accounts

Bristol Black Carers
Report and Accounts
for 1st April 2020 to 31st March 2021

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Legal and Administrative Information

Status

Members of the Management Committee, who are directors for the purpose of Company Law, who served during the year and up to the date of this report are as set out herein.

Directors

| | |
|-------------------|------------|
| Elaine McCarthy | Chair |
| Barbara Dettering | Vice-Chair |
| Tesleem Fagade | |
| Naomi Simpson | |
| Enid Smith | |
| Angela Airey | |
| Ruby Begum | |
| Althea Bowen | |

Treasurer

Tesleem Fagade

Registered Office

Whitefriars
2nd Floor, Room 13
Lewins Mead
Bristol
BS1 2NY

Company Number

4139337 (England & Wales)

Charity Number

1084980

Bankers

Unity Trust Bank
Nine Brindley Place
Birmingham
B1 2HB

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

Independent Examiner

Rupert Taylor
Easton Business Centre
Felix Rd
Bristol BS5 0HE

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31 March 2021 (incorporating the Directors' report).

The organisation is a registered charity and a company limited by guarantee. It was incorporated on 11th January 2001 and registered as a charity on 12th February 2001. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed under its Articles of Association.

The trustees of the Charity, who are also the Directors of the Company, delegate responsibility for the day to day running of the charity to the Chief Executive Officer, Anndeloris Chacon.

Recruitment and Appointment of Trustees

Trustees are appointed at the Annual General Meeting of the charity. The articles of association specify a minimum level of representation of members of the black and minority ethnic communities and also of carers or former carers.

The Company's objects and principal activities are:

To relieve the mental and physical distress amongst the black carers of people who are in need of care and who are resident in Bristol by:

1. Providing information, advice, training, outreach, and development services and
2. Providing a forum which brings together carers in order to determine their needs and
3. The provision of advocacy for services relevant to the needs of black carers.

The use of the term "Black" refer to African, African-Caribbean, South Asian, Chinese and other minority ethnic people who share a common experience of discrimination in the United Kingdom on account of their colour or racial origin.

Ensuring our work delivers our aims

Bristol Black Carers have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities.

Bristol Black Carers through their unique approach called G.E.M.S. provide information, advice, advocacy, support, empowerment, and outreach to Carers (adult, young adults, and children) and their cared-for, which sometimes includes their support network. We support carers/service users to access specific and mainstream health and social care services both physically and emotionally through advocacy, referrals, assisting with financial issues and signposting depending on their need at the time of contact.

We work on educating our carers, the cared-for, family members, communities, professionals, and organisations that the role of a carer is an additional role for the individual. It should not be taken for granted because if they did not carry out this role for the cared-for, health and social care would not be able to cope.

Our events and activities help improve quality of life, emotional and physical wellbeing of our carers/service users as we maintain their dignity with respect and trust, which enables them to retain their independence and reduce their loneliness and isolation.

Bristol Black Carers gives the carers a voice through participation in consultations, research, and conferences.

Public Benefit

Bristol Black Carers aim is to improve the understanding of the **Carers' role and responsibilities** to assist organisations, professionals, and individuals to know the difference from that of **care workers** who give direct assistance to the cared-for. Also to assist the carers/service users to access the relevant required service to match their needs thus reducing stress, improving wellbeing, and reducing cost to health and social care. Our support and empowerment will reduce reliance on the health and social care systems while working towards reducing health inequalities and reducing the gap in life expectancy between the best and worst off.

Services:

Bristol Black Carers had to suddenly stop all previous face to face activities in March 2020 due to the COVID 19 pandemic and we found new ways to keep communicating and supporting our carers/service users. We continued to deliver our information, advice, and advocacy services, which increased because individuals were now locked in at home with their cared-for or were not able to see their cared-for.

| Statistics (does not include all service below) | |
|---|-------|
| Face to face contact | 442 |
| Telephone calls | 1,230 |
| Funerals | 2 |
| Virtual funeral | 1 |
| Some of the issues addressed | |
| Advice, information & general advocacy | 247 |
| ESA | 7 |
| PIP | 14 |
| Housing issues | 13 |
| Tribunal | 1 |
| Referrals | 30 |
| Employment | 75 |
| Carers Assessment | 20 |
| Other | 25 |

Bristol Black Carers started pilots/services to address some of the issues that faced some of our carers/service users. With the additional funding received we were able to deliver more support specific to the needs of the carers/service users.

✦ **Isolation and Loneliness**

Wellbeing telephone calls:

We knew that everyone was not digitally included so we chose the simple way of making regular telephone calls to our carers/service users. There was and still is positive feedback about the phone call, mostly they said they were glad to know someone was thinking of them and to speak to another person outside of their home.

✦ **Food and Nutrition**

Meals on wheels with flavour: April 2020 to July 2021

Funded by Quartet, St Monica's Trust, donations from Localgiving and other donors

We provided a main meal that was nutritious, tasty, and correct portion seven days a week for our service users who had some difficulty with preparing meals regularly.

Total number of meals delivered: **3,742.**

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The impact of this was more than we expected – e.g. One of our carers suffers with epilepsy and mental health condition who forgot to take her medication because she was so focused on caring for her mother with dementia. She informed us because the meals were regular, she was now taking her medication regularly. Everyone who received a meal enjoyed the taste and variety provided.

In future, we hope to develop this further with it being subsidised to contribute to it sustainably because everyone who received the meals was on benefits. Our service users also looked forward to the meals because they had an opportunity to have a little chat with our volunteer drivers, who also commented on how friendly the meet up was for them. This broke some loneliness and isolation.

Food distribution: December 2020 to March 2021

This programme was managed by Black South West Network for a number of black led organisations.

We were part of the food hub distributing food to households our service users from the Caribbean, African and Asian communities who shared with their neighbours and what was not collected was sent to a food bank.

Approximately 277 collections were made once a week for that period.

Comment: "This has been a life saver for myself and my son's family."

✦ **Digital inclusion**

We distributed laptops and chrome books to young, adult, and senior service users.

| Donors | Equipment |
|----------------------|------------------------|
| Digi Local | 13 refurbished laptops |
| Lottery | 12 Chromebooks |
| Bristol City Council | 19 refurbished laptops |

Comments:

"I can now watch my Sunday service comfortably because it was difficult on the mobile."
(80+ carer)

"My granddaughter can now do her homework and does not have to use my mobile."
(50+)

"I can sit with my daughter and assist with her homework." (40+)

✦ **Helping Hand with Dementia:** August to October 2020

Funded by Race Equality Foundation, London

We worked with 12 Caribbean families in this pilot – carers and cared-for to provide emotional and practical support to help with managing Dementia for both perspectives.

- Counselling/relaxation therapies
- Colouring books
- Financial assistance
- Meals

This too revealed to us that individuals need to be offered some services on a trial basis for them to have a personal experience of what they have not accessed before. Within the Caribbean community counselling is not viewed as a positive way to deal with situations. One of our male carers found that this was an eye opening, experience for him which in turn made a positive influence on his relationships within his family.

✦ **Stepping Out Safely:** September 2020 to November 2020

Funded by The Grateful Society

We started this pilot to help our seniors to start feeling safe to leave home as the restrictions were lifted. We had a weekly art class with four women age range 60 to 80. They enjoyed the classes and each other's company. They felt safe coming to our venue to have time to themselves away from home. Due to further restrictions, we were not able to grow the class or even start another group. This was restarted in June 2021 and

continue until 7th December 2021 – Christmas cards were made and donated to the tuck shop at the Bristol Children's Hospital.

⌘ **Financial assistance**

Funded by Redland Church

This allowed us to provide immediate assistance to our service users as they were in crisis.

⌘ **COVID 19 Mental Health Support: September 2020 – March 2021**

Funded by Clinical Commissioning Group for mental health across Bristol, North Somerset and South Gloucestershire joint project with Nilaari and Somali Resource Centre

To assist with staffing to increase resources to deliver our services which will help reduce mental health stress and anxiety and aid with supporting our service users.

⌘ **COVID 19 fund to increase capacity: June 2020 – March 2021**

Funded by Bristol City Council

Staffing for the organisation was on fulltime staff and one part-time. This enabled the employment of additional staff on short term contracts to increase capacity which gave time to the CEO to attend strategic meetings in the management of services throughout the pandemic.

⌘ **Saving Lives 24/7 – October 2020 – March 2021**

Funded by National Lottery Community Fund joint project with Black South West Network (BSWN) and Somali Resource Centre

Increased capacity for delivery of services with some funds for financial assistance and digital inclusion. This partnership also allowed us to collect data without the stress of having to analyse it, and was able to reflect what we delivered. The report compiled by BSWN really helped us to see our work and know the positive impact we had in our service users lives.

⌘ **Gentle Exercise**

Funded by Sports England supported by VOSCUR with the application

Developed a handbook with simple exercises to follow which was sent via post to service users.

Additional telephone calls were made to check if the exercise book produced was helpful. Some identified that they know some of the exercises, but it was a helpful reminder.

To all our funders and donors, we would like to say thank you for giving us the much funding resources to deliver services that had a positive impact on our carers/service users through these uncertain times.

Carers Breaks

We submitted approximately thirty (30) carers simple assessment for them to receive a one-off payment to able to do something for themselves with the hope it gave them some relaxation or reduced stress. Some carers are still not aware of this fund and we are working towards increasing the number of applications.

Plans for future

Bristol Black Carers will continue the services above in the forthcoming years subject to satisfactory funding arrangements. We are developing services to broaden the level of support we can give to carers/service users and those they care for both in and out of the home.

Bristol Black Carers will be working towards developing partnerships with other organisations to give us a well-rounded delivery of services that addresses home care support, training, and social events. We pride ourselves in looking at care for all aspects of

life because every element impacts on physical, emotional, and mental health which affects the wellbeing of our carers/service users.

We are working towards addressing health inequalities that exist in our target groups (Caribbean, African and Asian) and would like to work closer with the Integrated Care Partnerships to influence the changes necessary to reduce these gaps. We have been involved and still involved in different consultations to bring the issues of the carers/service users to the forefront of the commissioners so that the services will address the issues faced by our target groups.

It is our hope that work in promoting health initiatives will contribute towards better health care. We hope to give our carers/service users some opportunities to explore different non-medical ways to manage their needs/issues. Such as the creative arts, help them identify breaks that are ideal for their situations which we can offer to assist with the arrangement and to provide some complementary therapies on regular basis.

Bristol Black Carers is looking forward towards developing our sustainability and increasing our income generation to be able to continue providing the services that help our carers/service users remain as independent as they possibly can.

Risk Management

Bristol Black Carers has identified areas of risk associated with a small publicly funded charity to ensure the achievement and maintenance of its:

- Operational performance
- Aims and objectives
- Image

The main areas of possible risk considered:

- Finances
- Personnel
- Property
- Service delivery

It is acknowledged that the Trustees are fully responsible for the instigation and maintenance of the Bristol Black Carers Risk Management.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, carers and visitors. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Reserves Policy

We have a Reserve Policy whereby the unrestricted funds not committed should be six months of resources expended on running costs, which is estimated as £98,859 (2020 £7,389).

The reserves are needed to meet the working capital requirements of the charity and the Management Committee feel confident that at this level they would be able to continue the current activities of the charity.

The present level of general funds available to the charity of £35,184 is therefore below target. It is prudent to ensure there are sufficient free reserves to provide financial and operational flexibility.

Trustees responsibilities in relation to the financial statements

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiners are unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiners.



Elaine McCarthy - Chairperson

Date 24/12/2021

Independent Examiner's report to the trustees of Bristol Black Carers

I report to the charity trustees on my examination of the accounts of the Charitable Company for the year ended 31st March 2021.

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

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.



..... 27th December 2021

Rupert Taylor
Easton Business Centre
Felix Rd, Bristol BS5 0HE

Statement of Financial Activities
[including Income and Expenditure Account]
for the year ended 31st March 2021

| | Note | Unrestricted Funds 2021 £ | Restricted Funds 2021 £ | Total Funds 2021 £ | Total Funds 2020 £ (see Note 10) |
|--|------|------------------------------------|----------------------------------|-----------------------------|---|
| Income | | | | | |
| Voluntary income | | | | | |
| Donations | | 10,622 | 0 | 10,622 | 4,227 |
| | | 10,622 | 0 | 10,622 | 4,227 |
| Income resources from charitable activities | | | | | |
| Grants | (2) | 59,928 | 69,585 | 129,513 | 70,585 |
| Services | | 57,583 | 0 | 57,583 | 11,611 |
| | | 117,511 | 69,585 | 187,096 | 82,196 |
| Total incoming resources | | 128,133 | 69,585 | 197,718 | 86,423 |
| Charitable activities | (5) | 100,338 | 72,731 | 173,069 | 94,235 |
| Total resources expended | | 100,338 | 72,731 | 173,069 | 94,235 |
| Net incoming/[outgoing] resources before transfers | | 27,795 | 0 | 24,649 | (7,812) |
| Transfers between funds | | 0 | 0 | 0 | 0 |
| Net movements in funds after transfers | | 27,795 | (3,146) | 24,649 | (7,812) |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | 7,389 | 15,146 | 22,535 | 30,348 |
| Total funds carried forward | | 35,184 | 12,000 | 47,184 | 22,535 |

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**Balance Sheet
as at 31 March 2021**

Company number: 4139337

| | Note | 2021 | 2020 |
|---|------|---------------|---------------|
| | (2) | £ | £ |
| Tangible assets | | | |
| Fixed assets | | 0 | 0 |
| Current assets | | | |
| Cash at bank and in hand | | 45,366 | 25,512 |
| Debtors and prepayments | (3) | 12,701 | 701 |
| | | 58,067 | 26,213 |
| Current liabilities | | | |
| Creditors: amounts falling due within 12 months | (4) | 10,833 | 3,678 |
| Net current assets | | 47,184 | 22,535 |
| Net assets | | 47,184 | 22,535 |
| Funds | | | |
| General funds | (7) | 35,184 | 7,389 |
| Restricted funds | (7) | 12,000 | 15,146 |
| Total funds | | 47,184 | 22,535 |

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 [2] of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies' subject to the small companies' regime.

The Management Committee approved these financial statements on the 24/12/2021

Signed on behalf of the Management Committee



Elaine McCarthy Dated: 24th December 2021

NOTES TO THE ACCOUNTS

(1) Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Companies Act 2006 and the Statement of Recommended Practice: Accounting and Reporting by Charities issued in March 2005.

(b) Fund accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

☐ Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

☐ Donated services and facilities are included at the value to the charity where this can be quantified.

☐ The value of services provided by volunteers has not been included in these accounts.

☐ Incoming resources from charitable trading activity are accounted for when earned.

☐ Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

(d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them

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Notes to the Accounts (continued)

(1) Principal Accounting Policies (continued)

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

(2) Tangible Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at the following rates:

Fixtures fittings & computers at 33% reducing balance.

| | |
|-------------------------|---------------|
| Cost | £ |
| At 1 April 2020 | 12,808 |
| Additions | 0 |
| At 31 March 2021 | 12,808 |
| | |
| Depreciation | |
| At 1 April 2020 | 12,808 |
| Charge for the year | 0 |
| At 31 March 2021 | 12,808 |
| | |
| Net book value | |
| At 31 March 2020 | 0 |
| At 31 March 2021 | 0 |

| | 2021 | 2020 |
|------------------------------------|---------------|------------|
| (3) Debtors and prepayments | | |
| | £ | £ |
| Prepayments | 701 | 701 |
| Other debtors | 12,000 | - |
| | 12,701 | 701 |

| | 2021 | 2020 |
|------------------------------|---------------|--------------|
| (4) Creditors | | |
| | £ | £ |
| Falling due within 12 months | | |
| Accruals | 500 | 500 |
| Creditors | 649 | 203 |
| HMRC | 8,641 | 1,601 |
| Pensions | 1,093 | 1,374 |
| | 10,883 | 3,678 |

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Notes to the Accounts (continued)

(5) Charitable expenditure

| | Direct Costs £ | Support Costs £ | Total 2021 £ | Total 2020 £ |
|----------------------------------|----------------------|-----------------------|--------------------|-----------------|
| Salaries & wages | 93,422 | 3,250 | 96,672 | 50,474 |
| Staff travel & expenses | 336 | - | 336 | 2,295 |
| Project costs | 29,919 | - | 29,919 | 7,858 |
| Volunteer expenses | 10,073 | - | 10,073 | 658 |
| Advertising & publicity | 1,037 | - | 1,037 | 900 |
| Fundraising | - | - | - | 3,200 |
| Office premises cost | - | 15,567 | 15,567 | 17,666 |
| Computer support | - | 9,405 | 9,405 | 2,220 |
| Telephone & internet | - | 293 | 293 | 1,235 |
| Postage, printing and stationery | - | 2,801 | 2,801 | 1,499 |
| Insurance | - | 987 | 987 | 915 |
| Accounts | - | 908 | 908 | 1,377 |
| Equipment | - | 1,164 | 1,164 | 3,617 |
| Professional & legal fees | - | 35 | 35 | 48 |
| Bank charges | - | 72 | 72 | 54 |
| Consultancy | - | 451 | 451 | 218 |
| Membership | - | 204 | 204 | 900 |
| | 134,787 | 35,136 | 169,923 | 94,235 |

(7) Payments to trustees

The trustees received no remunerations or expenses (2020 nil).

(8) Movements in funds

| | Balance as at 31st March 2020 | Incoming | Outgoing | Balance as at 31st March 2021 |
|----------------------------------|-------------------------------------|----------------|----------------|-------------------------------------|
| Restricted funds | | | | |
| Bristol City Council | 15,146 | 60,585 | 63,731 | 12,000 |
| St Monica Trust | - | 9,000 | 9,000 | - |
| | 15,146 | 69,585 | 72,731 | 12,000 |
| Unrestricted funds | | | | |
| General funds | 7,389 | 128,133 | 100,338 | 35,184 |
| Total funds | 22,535 | 197,718 | 173,069 | 47,184 |
| Previous year comparison: | | | | |
| Restricted funds | | | | |
| Bristol City Council | 15,146 | 70,585 | 70,585 | 15,146 |
| | 15,146 | 70,585 | 70,585 | 15,146 |
| Unrestricted funds | | | | |
| General funds | 15,202 | 15,838 | 23,650 | 7,389 |
| Total funds | 30,348 | 187,096 | 173,069 | 22,535 |

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(9) Staffing

| | 2021 | 2020 |
|--------------------------------|---------------|---------------|
| | £ | £ |
| Salaries and wages | 90,604 | 44,942 |
| Employer's National Insurance | 4,175 | 5,532 |
| Employer pension contributions | 1,893 | - |
| | 96,672 | 50,474 |

The average number of staff during the year was 4 (2020 2) and the full time equivalent 3 (2020 1). No employee earned more than £60,000 during the year.

The key management personnel of the charity are the trustees and the Chief Executive Officer, Anndeloris Chacon.

(10) Statement of Financial Activities – previous year comparison (restated)

| | Unrestrict ed Funds | Restrict ed Funds | Total Funds |
|--|------------------------|----------------------|----------------|
| | 2020 | 2020 | 2020 |
| | £ | £ | £ |
| Income | | | |
| Voluntary income | | | |
| Donations | 4,227 | 0 | 4,227 |
| | 4,227 | 0 | 4,227 |
| Income resources from charitable activities | | | |
| Grants | 0 | -70,585 | 70,585 |
| Services | 11,611 | 0 | 11,611 |
| | 11,611 | 70,585 | 82,196 |
| Total incoming resources | 15,838 | 70,585 | 86,423 |
| Charitable activities | 23,650 | 70,585 | 94,235 |
| Total resources expended | 23,650 | 70,585 | 94,235 |
| Net incoming/[outgoing] resources before transfers | (7,812) | 0 | (7,812) |
| Transfers between funds | 0 | 0 | 0 |
| Net movements in funds after transfers | (7,812) | 0 | (7,812) |
| Reconciliation of funds | | | |
| Total funds brought forward | 15,202 | 15,146 | 30,348 |
| Total funds carried forward | 7,389 | 15,146 | 22,535 |

The 2019-20 figures have been restated to correct the analysis of restricted and unrestricted expenditure and transfers. This reanalysis does not affect any of the balance sheet values.