



FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31st MARCH 2022

COMPANY NUMBER: 04146495

CHARITY NUMBER: 1085300

SOUTHWARK CARERS

DIRECTORS REPORT FOR THE YEAR ENDED 31st MARCH 2022

The Directors are pleased to present their report together with the financial statements for the charity for the year ended 31st March 2022. The financial statements comply with current statutory requirements, the memorandum and articles of association and the 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 (FRS102) (effective 1 January 2015).

REFERENCE AND ADMINISTRATION DETAILS OF THE CHARITY ITS DIRECTORS AND ADVISERS

Directors (who are also the Charity's Trustees) who served during the period to the date of approval of the financial statements were:

Wondwossen Befikadu Kebede	Treasurer
Mary Jacob	Chair
Dorah Naisubi	
Gwendoline Rebecca Yvonne Najair Bellinfante	
Fiona Thompson	

Chief Officer & Company Secretary

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Registered Address:

Southwark Carers 3 rd Floor, Walworth Methodist Church 54 Camberwell Road Camberwell London SE5 0EN	Tel: 020 7708 4497
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Bankers:

The Co-operative Bank
Olympic House, 6 Olympic Court
Montford Street
Salford M5 2QP

Independent examiners:

The Financial Warehouse Company Ltd
The Business Terrace
Maidstone House
King street
Maidstone ME15 6AW

SOUTHWARK CARERS
DIRECTORS REPORT
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CHAIR'S REPORT 2022

The last year was an incredibly tough year for Southwark Carers, all our service users and their families from a financial and health perspective. Covid restrictions continued. We operated with a significantly reduced income, the phrase more services and outcomes for substantially less financial resources is very apt to describe the current funding and COVID crisis. Given the changing economic, and health climate, the changes in benefit payments and the pressures on local authorities and the NHS, has seen the staff and volunteers at Southwark Carers under enormous pressure.

Throughout this period the staff and volunteers have worked closely together to maintain stability and to ensure that there was a smooth service operating. Whilst explaining to clients that services they had previously received by local government, NHS and ourselves were not available due funding shortages, COVID-19 and redefining priorities.

The team have strived to achieve targets set and with dedication and fortitude they have managed to be successful in their endeavours, and during this extraordinarily difficult time far exceeded expectations. This has been done against the backdrop of a reduced staffing team and reduced resources to provide services for carers.

The burden of caring does not rest with just one member of a family or friendship network, it extends to all members of the family and friendship groups. In the past we have had a whole family support officer but with the reduction in income we had to restructure the team and find new ways of working. Rather than a dedicated member of the team providing whole family support we have spread the work throughout the team. Also we have opened up all our events to all unpaid carers and their cared for. This has enabled us extend our reach into the community and spread our key message that Carers have a right to a life of their own.

On a positive note we continued to promote our relationship with Carefree Breaks and were able to offer carers opportunities to sign up for breaks, in under utilised hotel accommodation, once Covid-19 restrictions were lifted. These have proved very popular and have allowed carers to look forward to respite, once restrictions were lifted and society was able to operate fully again after Covid-19 restrictions.

We further developed our working relationship with Fareshare a food redistribution charity, this was developed further into a weekly food distribution. This allowed us to create food packages and basic hygiene products for carers in need, those having to shield with their cared for, those who had to isolate and where they could not access food deliveries, or did not have the financial resources to do so. We were also provided with Covid safety kits for carers to use when looking after loved ones.

This was our second year jointly with AgeUK Lewisham and Southwark, for Citizens Research Project Seniors and Carers in Southwark, was concluded. The aim of the project was to train volunteer researchers to carry out research amongst their peers. This was the second year of a two year project and it was in this year that the training they received in year one was utilized to carry out community research. Two of our carers participated in this research work.

Reflections on the Pandemic and the Impact on Carers and Their Families

This piece is a reflective piece on the experiences of carers in the lockdown.

For many years I have been a carer and registered with Southwark Carers during my time with them I have had various roles as a carer, trainer, health and safety advisor and trustee. Throughout my association with Southwark Carers I have been a community activist, and promoted Southwark Carers to friends, colleagues and other groups in the Borough. This has always been with a view to getting hidden carers to recognise their caring role and to seek support and services before they are at crisis point. My personal network of carers who

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I regularly communicate with has expanded throughout the time that I have been a member of Southwark Carers.

From the outset of the pandemic and the first Lockdown in March 2020, it was very apparent that the impact on carers was going to be phenomenal, as they were supporting the most vulnerable in society i.e. those that were shielding.

The stories below are those of carers who I have spoken to during the last 18 months. These conversations have been held at Zoom events, outside Southwark Carers premises, when collecting raffle prizes and food parcels and Christmas Lunches to deliver in the community.

HR is a lone parent and has 3 children, 2 of her children have special needs. One of them is in a care home. During the first lockdown, when she wasn't able to see her child in a care home in the care home. HR stood outside his window and sang to him. So that he knew how much child was loved.

Carer cared for child with autism and elderly parent. Parent also provided support to carer in dealing with child. Parent died at beginning of lockdown. Not given an opportunity to mourn death or have service that they would have liked. Carer was furloughed and had no respite care for child. Child enjoyed bus rides, but was misunderstood by passengers who would shout at them and were often aggressive. This experience was mirrored by child who took elderly parent suffering with Alzheimer's to park and reactions of other people when parent wanted to stop and chat.

Carer in hospital and cared for couldn't leave home so had food parcels delivered by Southwark Carers. Emotional support provided from the garden.

TP trying to establish status, cared for lived in England all life but no documentation. Windrush documentation and paperwork was not paused during lockdowns.

AM is a carer for elderly mother. She lives with her mother in social housing provided by Southwark. Throughout lockdown carer volunteered with a number of charities. In August there was a leak from the premises above into her mother's bedroom. Mother refused to sleep in other bedroom or living room as she did not want to displace her child and also wanted to have her belongings and memories around her. Carer had to chase Southwark for a number of months before dehumidifier was delivered and repairs to room carried out.

Her mother contracted a chest infection and Covid and was hospitalised. Carer needed a lot of emotional and practical support during this time, as they thought mother was going to die.

Carer was frustrated and angry at the fact helped everyone but when she needed she felt Council were slow to respond. Communications made difficult as could only use phones / emails. Wait times on phones lengthy and responses to emails were slow and had to be chased. Would rather have had a better service than offer of compensation.

On behalf of the Board I would like to thank all our staff, volunteers and members for their on-going support, especially through this most challenging of years.

The Board and I will strive to improve services for carers and our reach into the community so that we identify and support all carers.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Southwark Carers is a company limited by guarantee (each member having a liability of £1) and a registered charity.

The policies of the charity are determined by the board, whose membership is listed on page 1.

Appointment to Board

The charity is governed by a board of directors (the management committee) which meets quarterly. During this period all our Board meetings were moved onto Zoom. Directors are appointed by the board and serve for one year after which period they may put themselves up for re-election at the Annual General Meeting as prescribed in the Articles of Association. Officers are nominated by members and elected annually. The board has the power to co-opt up to five non-voting members. At its quarterly meetings, the board agrees the overarching strategies and activities of the charity, including information, communications, fundraising activities, reserves policies and risk management.

Directors are elected to the board annually from members who have registered with the charity and been nominated by two other members. The induction process for any new directors comprises initial meetings with the chair, existing directors and the chief executive. New directors are provided with an induction pack, which comprises a range of background information on the charity's history and recent activities and includes a copy of the Memorandum and Articles of Association, minutes of recent board meetings, recent accounts and a copy of the Charities Commission guidance documents for directors. On-going training to directors is provided as required through meetings, away days and courses. Directors are invited to attend all events that Southwark Carers hosts.

Throughout the year, the board continued to work to review and develop Southwark Carers and its services. The majority of the board, who give their time voluntarily, are carers, or former carers. Both the board and the staff work together to deliver support services for carers and to consult with them about their needs, when developing and planning future services and events.

Statement of Directors Responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law and the law applicable to charities in England and Wales requires the directors 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 of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements the directors are required to:

- select suitable accounting policies and consistently apply them;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, have been followed subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue to operate.

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The directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They 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 directors confirm that, in the case of each of the persons who are directors at the date of this report, the following applies:

- so far as each director is aware there is no relevant audit information (information needed by the Charity's auditors in connection with preparing their report) of which the Charity's auditors are unaware; and
- each director has taken all the steps that he or she ought to have taken as a director in order to make herself/himself aware of any relevant audit information and to establish that the Charity's auditors are aware of that information.

Remuneration Policy

Southwark Carers has a remuneration policy which sets out how all staff remuneration is set. The Directors review the policy and agree all increases in salary, including any cost of living increases, and approve any benefits for the staff team. Salary levels are set after an assessment of job descriptions and person specifications followed by a bench marking exercise that assesses pay rates and benefits associated with that type of role in the voluntary sector. As a minimum standard all staff are paid the London Living Wage and we are accredited members of the Living Wage Foundation.

Risk Management

The directors have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The charity is subject to review and audit by many bodies in respect of its company status, its charitable status and by its funding bodies. The board considers periodically the major risks to which the charity is exposed and has developed documented controls to mitigate those risks. Significant external risks to funding face all charities and Southwark Carers maintains a detailed business plan with regard to funding and its activities. Internal risks are minimised by internal control procedures covering all transactions.

These procedures are reviewed to ensure they meet the growing needs of the charity. During 2021/22 the charity continued to review and audit its practices to ensure the highest standards are maintained.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

The Directors have complied with the duty in section 17(5) of the Charities Act 2011 and referred to the guidance on public benefit published by the Charity Commission when reviewing the charity's aims and objectives and in planning its future activities.

The main object of the charity as defined in the memorandum and articles of association is:

"To alleviate the conditions of life of carers in necessitous circumstances, who care for the elderly, sick, disabled, mentally ill or otherwise infirm, by any means that is charitable".

Our Vision – all carers in Southwark will have access to the practical and emotional support they need and the recognition and influence they deserve.

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Our Mission – to be an organisation run by and for carers, which provides practical and emotional support to increasing numbers of carers from the diverse communities of Southwark, and to obtain recognition of their invaluable contribution and influence policy in their interests.

Our Aims are to turn this vision and mission into a practical reality for carers across Southwark. We describe our aims under nine headings:

1. Services - to have a range of services accessible to carers across Southwark so that they are supported in all areas of need;
2. Communication - to communicate clearly with a range of people so that they are aware of our organisation and the needs of carers;
3. Representation - to be a voice for carers and to speak up for them at the places where decisions are made about them;
4. Campaigning - to put forward publicly the needs that carers have and to encourage and empower carers to speak up for themselves;
5. Partnerships - to connect with and support other organisations that can help us deliver our work, or who work with carers;
6. Governance – to be a well governed and managed organisation, so that everyone can have confidence in the things we do;
7. Quality - to deliver all of our services and activities within agreed standards, to make sure that they are the best they can be;
8. Resources - to have the appropriate level of resources available, so that we have what we need in order to deliver to carers; and
9. Development - to research new and better ways of working to make sure we continue to develop to meet the needs of carers.

Our Activities are organised under the following headings:

- Reducing Social Isolation
- Advise Information and Support
- Advocacy
- Outreach
- Emotional Welfare
- Health and Well Being
- Identifying Hidden Carers
- Financial Support
- Food and Hygiene Parcels

ACHIEVEMENTS AND PERFORMANCE

REDUCING SOCIAL ISOLATION

We run a number of activities. These provide a life line for some carers, “the group is so valuable because it allows carers to connect”, in a friendly safe non- judgmental environment, where their peers can empathise, and understand their issues and concerns, as well as provide them with emotional and practical peer support from their own personal experiences. Carers found once they had got to grips with the technology, that they would pop in and out of Carers Café as it allowed them to access support from home. Therefore, they had no anxieties about leaving their cared for, whilst they were shielding.

These groups provide carers with a much needed respite break from their caring role for a short time. The groups also allow carers to form new friendships and social networks. This social interaction amongst carers is vital as we know that addressing social isolation is a key concern for carers, whose friendships and networks

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of support are worn away by their caring role. Research by Newcastle University published on 15th August 2017 showed 8 out of 10 carers have felt lonely or socially isolated as a result of their caring role.

Although, not all our carers can access our workshops, social events, parties, information days and other activities, they are all informed via email, text, website, and targeted phone calls. This information on our activities and support available is shared with over 4700 carers.

Monthly Groups

Our groups provide an opportunity for carers to drop in and learn a new skill, whilst relaxing and to rebuild social networks.

Film Club

Film Club this runs twice a month and is followed by a peer support session where carers can reflect on their experiences and share ideas. There were 23 sessions and 88 attendees. This was moved to Zoom and was a lifeline for a number of carers. The move to Zoom was vital during the Covid-19 pandemic. This has proved so popular that we continued with the zoom sessions as attendance was greater than in person sessions. We had 21 sessions and 106 attendances.

Book club

We held regular sessions of our book club, the book club met on 5 occasions and had 45 attendees. The book club varied its discussions around cultural issues by looking at recipe books.

Online groups

Salsa Group moved online

Mindfulness Group moved online

Healthy Eating Group moved online

Knitting and Nattering Group during this challenging year this group did not meet as it is a face to face activity.

Sewing Group during this challenging year this group did not meet as it is a face to face activity.

Painting Group during this challenging year this group did not meet as it is a face to face activity.

Jewellery Making Group this challenging year this group did not meet as it is a face to face activity.

Gardening group

Gardening Group we received funding to create a roof garden and to hold healthy eating work shops. We held 5 workshops and has 31 attendees.

IT Group

As a result of specific requests from Carers we have created a one to one Carers IT support sessions. It was

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found that with group sessions there was a mismatch in skills and knowledge. The one-to-one sessions work more effectively in developing IT skills and improving carers knowledge base. We have worked with 17 carers. This work was carried out over the phone, Zoom, and in face to sessions when restrictions allowed.

Carers Cafe

Carers Café we held 4 online and 1 in person, the attendance was 73 at the in the person event. We have framed our monthly Carers Cafes around different key issues. For example, we have had a discussions on vaccination, the impact of social isolation on carers and the need for shielding and its impact on carers. We also held culturally diverse cafes, a Black History Café and various sing-a-longs. This allows a cultural exchange and ensures that the diversity of Southwark is celebrated. An additional Carers Café was held in Carers Week, Carers Rights Day.

At the Christmas Party, which is also a Carers Café event there were over 140 attendees on Zoom, this year to ensure fairness and equality of opportunity every carer registered with the service was entered in the Christmas raffle requests for raffle tickets. We had a number of singers attend the Zoom session, a Christmas Carol sing-a - long, jokes being told by Young Carers, and a dance along. The entertainment provided a great opportunity for Carers to unwind and relax. There was a raffle with over 100 prizes. A raffle was held on two separate occasions and had 55 attendees.

We received funding to create a warm hub during the winter. This allowed us to provide us a warm space for carers to come, stay and be refreshed. This was an extension of our carers café and met on 18 occasions and had 272 attendees.

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INFORMATION and SUPPORT

Advice Service

The service provides information on welfare rights matters, and benefit issues. It helps with accessing other services in Southwark and helps in finding services to promote well-being. This service was moved to a telephone service, drop off and zoom service. When restrictions allowed, we were able to have visits in various open air venues with the most vulnerable carers, sometimes these visits were carried out in parks or carers gardens. We also had face to face office appointments when restrictions allowed.

In this year the Advice and information Service provided 19,689 sessions.

We record the details of every carer that we speak to. The types of support we provided were:

- Health and social care services including referrals to social services, complaints against social services and liaising with the carer and social services by attending joint meetings;
- Health and wellbeing, including advising about emotional support services, massage, positive thinking services, or referral to these services;
- Housing and Adaptations including helping carers to negotiate with Southwark Council to move house more quickly or completing medical report forms. We also try to sort out disputes between the carer and landlords, by writing letters on their behalf.
- Breaks from caring, including a referral to our in-house services and finding other ways of providing the carers with holidays/respice.

Advocacy Service

The Advocacy Service provides support in dealing with social, health or housing services and problems that carers might face, in accessing services for themselves or the person they care for. The Advocacy Service aims to promote carers views and protect carers rights by letting their voice be heard.

The Advocacy Service saw 42 carers. Included within the provision of advocacy is:

- Health and social care, including going with carers to Microsoft teams meetings with social services. This is mostly with carers, who do not understand the meetings or what the implications or outcomes are;
- Money and benefits advice and support; and
- Housing and adaptations, including going to meetings with the carer, writing letters to the council on their behalf and appealing housing decisions.

Information Services

Southwark Carers provides an integrated set of information services, which aims to provide useful and accessible information direct to carers, staff and professionals, to enable them to support and value carers.

An Information pack is online for all carers to access. It contains a range of advice and contact details for further assistance.

All Carers have been given a plethora of information about the medical conditions of their cared for. Where the diagnosis is recent we will highlight where information can be sought about the condition and also help the carer to understand the condition. In providing information on specific conditions we are very careful not to stigmatise any one condition or increase fears of carers. However, usually, most carers are 'experts' on the medical conditions of their cared for, they are experts by experience as they advocate on their cared for's behalf, attend Doctors appointments, administer medication. Often, the cared for's condition is only likely to deteriorate and therefore support can sometimes seem futile, as the caring burden will only increase with time.

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The Website includes the latest news for carers, and details of upcoming events. There is also an area for professionals, to provide them with more information on supporting the carers. In the last year we had 24,739 unique visitors to our website. They accessed the site on 29,528 occasions.

We also sent 50 e-shots that reached 1500 carers and 180 professionals on each occasion. As part of our digital marketing and outreach campaign we sent 25 text shots.

We have 2050 followers on Twitter and have over 40,000 contacts per year.

We use social media tools including Facebook to share information, each posting reaches on average 8 people per day, around 14,000 page views in the period 2021 – 2022.

OUTREACH ACTIVITIES

We used Zoom and Microsoft Teams to carry outreach activities. The purpose of this new way of working was to hold regular information, advice and support sessions. To market the innovative ways that we were working during Covid-19.

EMOTIONAL SUPPORT

This service replaced our counselling service, we provided 435 emotional support sessions (with 296 unique users). We provide carers with a listening ear and coping strategies, so that they can cope with the hurdles that they face in day-to-day life. Sessions are provided on a weekly basis as carers' needs require. To supplement this we also provide one to one and Group Mindfulness sessions, these were carried out over Zoom.

HEALTH AND WELL BEING

We carried out over 360 health checks with our most vulnerable carers.

With our partnership with Fareshare we were able to support vulnerable carers who needed food parcels and hygiene products. We were able to provide 444 food parcels. We were able to use volunteers to carry out deliveries.

Carers United Project

We further developed the work that we had carried out around peer support with the Challenging Behaviour Foundation. This was developed into a two day workshop that would allow our volunteer carers to provide peer support to all family carers. Thus providing an alternative support mechanism for carers in Southwark giving them the access that they need to emotional and practical support, thus easing the pressures of their caring role.

IDENTIFYING HIDDEN CARERS

It is pertinent to note that a key objective for the charity is to identify hidden carers and to provide them with appropriate support. Another key aim of our service is to raise awareness of carer issues to local health services, such as GP surgeries, local hospitals and clinics. It encourages health services to identify carers as early as possible and provide carer awareness training to health professionals across the borough.

We use innovative methods to spread our message that where an individual is looking after someone who is ill, elderly or frail that they need to recognise that their role is beyond simply that of caring for a loved one, that it is an unpaid role that saves the economy, £132 billion an average of £19,336 per carer who recognises and publicly acknowledges their role.

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We designed a number of unique marketing materials which were placed at over 150 health settings in Southwark including GP surgeries, pharmacists, libraries and leisure centres. Our Z-fold leaflet was used as a best practice example across the Carers Trust network of over 140 centres. Other tools included identification cards in protective 'oystercard' type wallets and our emergency planning kits. We also provided carers with pill boxes, attached to a key ring so that they would not be without their or their cared for's medication.

We registered 312 new carers to the service, of these 60 were male and 249 female, 3 carer refused to state whether they were male or female. This is reflective of national trends, where the number of female carers is far greater than the number of male carers.

CARERS ASSESSMENTS

In 2015 the Care Act 2014 came into effect. The Care Act enshrined a number of key principles for Carers. The Act was hailed as finally recognising a Carer's right to an independent assessment of their needs. Implementation of the Care Act across the Country has varied. Southwark Council in its implementation of the Care Act decided that the process for carrying out Carers Assessments would be taken back in house and would be carried out by a specialist carers social work team. We referred 42 carers for an assessment and provided information and support around carers to a further 479 carers.

FINANCIAL SUPPORT

GRANTS

As a result of the changes in funding experienced by us and taking into account the economic and political landscape of social care we continued to work with over 40 grant providers to secure grants for carers. In this financial year we were able to help carers purchase furniture including new beds, mattresses, and chests of drawers, wardrobes. We were also able to assist in the purchase of white goods including fridges, washing machines, and ovens. We also assisted in securing educational equipment for children with additional needs. In total we achieved an additional income of £11,485.37, 35 carers received grant awards.

OTHER

We have made good progress in achieving our main aims.

Services - please see above where our activities and performance has been set out.

1. Representation – Southwark Carers has continued to represent the views of about 4,731 carers locally. Our staff are key speakers at public events about health and social care and carers, their rights and their needs.

Southwark Carers have regularly attended the All Party Political Group on Carers at the House of Commons, this has allowed us to represent the views of carers locally and nationally. Furthermore, we have been able to be at the cutting edge of policy developments and decision making.

Locally we have been asked on numerous occasions to represent the views of carers on consultations on local issues, ranging from planning through to the layout and design of local hospitals, local health networks and provision of services for all conditions.

2. Campaigning - we have continued to publicly campaign to put the needs and rights of carers into the wider public realm. We supported Carers Week and Carers Rights Day, and organised our own co-ordinated publicity campaigns, using newspaper advertising, posters and leaflets in health and community buildings, to help people across the community to identify as carers.

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3. Partnership Working – during the year we have regularly communicated with or established new working relationships with a range of organisations, to help us in our work, including Community Southwark, COPSINS, Cambridge House, Carers UK, King's College Hospital SLAM, St Thomas's Hospital and Southwark Resource Centre.

We created a partnership with ADASS, allowing us to participate in a range of innovative Zoom events, including a Festival for Carers.

4. Governance – our Trustees met quarterly throughout the year, on zoom, and continued to consider all the issues relevant to delivering our services, managing staff and developing the organisation in order to continue to serve carers locally and to ensure that we continue to meet the needs of carers.
5. Quality – to ensure that we are able to deliver our services and be an organisation that operates at a consistently high level of quality. Work on Quality Assurance continued work, more specifically on. Investors in People and Volunteers accreditation and ISO9001 this is with a view to ensuring that we are continually striving to provide an excellent service.
6. Resources - the Trustees have throughout the year maintained oversight of the financial and practical resources required to ensure that Southwark Carers continues into the future and have taken steps to ensure that we have an appropriate level of staff, financial reserves, and the practical resources for the office and carers centre.
7. Development – throughout the year we have considered different methods of working and the potential for new services that we could offer to carers, in order to support them as best we can, in a pandemic. We did bid for funding for new services but were not always successful, however, each application that we did allowed us to develop ideas and look at providing innovative ways of supporting carers, for example, we carried health and well-being checks on 341 carers.

We will continue to consider new sources of funding to extend and develop more services for carers of all ages, in the year ahead.

RESERVES POLICY

The purpose of the policy is to ensure that Southwark Carers are able to meet their contractual obligations and finance future expansion of the organisation. The Directors have decided to set aside funds not committed or invested in tangible assets. The level of free reserves (excluding restricted funds) is reviewed annually by the directors. The directors consider that the most appropriate level of free reserves should be between £82,000 and £164,000 3 months running costs. Unrestricted reserves at 31st March 2022 were £21,360.

The present level of unrestricted reserves equates to 1 month running costs. However, it falls short of the lower threshold. Therefore, the strategy will be to continue to act prudently in relation to the organisations reserves. However, Southwark Carers will assess the viability of reinvesting funds into services where there is a demonstrable need that cannot be met through other sources of funding.

PLANS FOR FUTURE PERIODS

We look forward to diversifying our income and our funding streams further by making applications to national and local trusts. We look forward to working with Southwark Council in developing future services for Carers.

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We look forward to developing and strengthening our local and national partnerships in order to develop models of best practice, around all services for carers, for example emergency planning.

We look forward to developing our partnership with COPSINS and developing further joint bids within this partnership.

FINANCIAL REVIEW

The total income for the year was £ 308,797 in 2022 compared to £215,386 in 2021. The charitable expenditure decreased from £307,184 in 2022 to £ 278,716 in 2021.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the Directors and Signed on their behalf by:



Mary Jacob

21st February 2024

Independent examiner's report to the trustees of Southwark Carers

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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.

Financial Warehouse Company Ltd
Chartered Certified Accountants
The Maidstone Terrace
Maidstone ME15 6AW

21/02/2024

Statement of financial activities

	Unrestricted funds £	Restricted income funds £	2022 Total funds £	2021 Total funds £
Income from: (Note 3)				
Income and endowments from:				
Donations and legacies	1,326	-	1,326	163
Charitable activities	-	-	-	-
-Aging Well Project	-	161,928	161,928	134,940
-Advice, Information and Support	126,394	10,755	137,150	40,037
-Enabling, Empowering & Enriching	-	-	-	18,155
Other trading activities	-	-	-	-
Investments	-	-	-	127
JRS grant	8,393	-	8,393	21,964
Total	136,113	172,683	308,797	215,386
Resources expended (Note 6)				
Expenditure on:				
Raising funds	-	-	-	-
Charitable activities	-	161,928	161,928	-
-Aging Well	-	-	-	134,940
-Advice, Information and Support	-	-	-	111,405
-Enabling, Empowering & Enriching	134,501	10,755	145,256	32,371
Total	134,501	172,683	307,184	278,716
Net income/(expenditure) before investment	1,612	-	1,612	(63,330)
Net gains/(losses) on investments	-	-	-	-
Net income/(expenditure)	1,612	-	1,612	(63,330)
Transfers between funds	-	-	-	-
Other recognised gains/(losses):	-	-	-	-
Gains and losses on revaluation of fixed assets for the	-	-	-	-
Other gains/(losses)	-	-	-	-
Net movement in funds	1,612	-	1,612	(63,330)
Reconciliation of funds:				
Total funds brought forward	19,748	-	19,748	83,078
Total funds carried forward	21,360	-	21,360	19,748

As at 31 March 2022

	Unrestricted funds	Restricted income funds	2022 Total funds	2021 Total funds
	£	£	£	£
Tangible assets	6,372	-	6,372	1,063
Investments	-	-	-	-
<i>Total fixed assets</i>	<i>6,372</i>	<i>-</i>	<i>6,372</i>	<i>1,063</i>
Current assets				
Debtors	30,877	-	30,877	56,638
Investments	-	-	-	34,697
Cash at bank and in hand	14,989	-	14,989	-
<i>Total current assets</i>	<i>45,866</i>	<i>-</i>	<i>45,866</i>	<i>91,335</i>
Creditors: amounts falling due within one year	(30,878)	-	(30,878)	72,650
<i>Net current assets/(liabilities)</i>	<i>14,988</i>	<i>-</i>	<i>14,988</i>	<i>18,685</i>
<i>Total assets less current liabilities</i>	<i>21,360</i>	<i>-</i>	<i>21,360</i>	<i>19,748</i>
Creditors: amounts falling due after one year	-	-	-	-
Provisions for liabilities	-	-	-	-
<i>Total net assets or liabilities</i>	<i>21,360</i>	<i>-</i>	<i>21,360</i>	<i>19,748</i>
Funds of the Charity				
Endowment funds	-	-	-	-
Restricted income funds	-	-	-	-
Unrestricted funds	21,360	-	21,360	19,748
<i>Total funds</i>	<i>21,360</i>	<i>-</i>	<i>21,360</i>	<i>19,748</i>

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 and members have not required the charitable company to obtain an audit for the year in question in accordance with section 476 of the Act. The Directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 31 March 2022 and of its net outgoing resources for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company. The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the trustees on 19 February 2024 and signed on their behalf by;

The financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Approved by the trustees on 19th February 2024 and signed on their behalf by

A handwritten signature in blue ink, appearing to read 'M. Jacob', with a large, stylized flourish extending from the end.

Mary Jacob
Chair

1 Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 – effective 1 January 2015) – (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company 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 or note.

b) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

c) Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' 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.

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

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

d) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about

their contribution.

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

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**

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

g) **Expenditure and irrecoverable VAT**

Expenditure is recognized 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. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services, undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) **Allocation of support costs**

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area occupied by each activity.

i) **Operating leases**

Rental charges are charged on a straight line basis over the term of the lease.

j) **Tangible fixed assets**

Items of equipment are capitalized where the purchase price exceeds £550. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

No depreciation charge on the building is made on the grounds that it would be immaterial because the estimated remaining useful economic life is expected to be more than 50 years.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Fixture and Equipment	33 1/3% p.a straight line
Computers	33 1/3% p.a straight line
Buildings and Maintenance	33 1/3% p.a straight line

k) **Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

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. Cash balances exclude any funds held on behalf of service users.

m) **Creditors and provisions**

Creditors and provisions 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 and provisions 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 with the exception of bank loans which are subsequently measured at amortized cost using the effective interest method.

o) **Pensions**

The charity operates stakeholder pension scheme

Income from donations and legacies

2	Unrestricted Fund	Restricted Fund	Total 2022	Total 2021
Donations	1,326	-	1,326	163
	-	-	-	-
	<u>1,326</u>	<u>-</u>	<u>1,326</u>	<u>163</u>

Income from charitable activities

3	Unrestricted	Restricted	Total 2022	Total 2021
Contract Income				
Southwark Council	126,394	-	126,394	53,382
	-	-	-	-
	<u>126,394</u>	<u>-</u>	<u>126,394</u>	<u>53,382</u>
<u>Grant Income</u>				
Aging Well	-	161,928	161,928	134,940
Southwark Council	-	-	-	1,500
RL Glasspool Charity	-	3,185	3,185	1,410
United ST Saviours	-	1,000	1,000	1,900
The League Community	-	5,995	5,995	-
Furlough Grant	8,393	-	8,393	-
Other Grants	-	575	575	-
Total income from charitable activities	<u>8,393</u>	<u>172,683</u>	<u>181,076</u>	<u>139,750</u>

4 Income from investments

	Unrestricted	Restricted	Total 2022	Total 2021
Investment income	-	-	-	127
	<u>-</u>	<u>-</u>	<u>-</u>	<u>127</u>
Total Income	<u>136,113</u>	<u>172,683</u>	<u>308,797</u>	<u>193,422</u>

Analysis of Expenditure

	Cost of raising funds	Citizen Research Project	Enablind, empowering & enriching	Advise and infomration	Support cost	Total 2022	2021 Total
Notes 5							
Staff costs (Note6)		-	224,554	-	-	224,554	213,982
Counselling & Facilitating	-	-	-	-	-	-	-
Events and Activities	-	-	788	-	-	788	-
Grant Aid	-	-	-	-	-	-	4,263
			-				
Support Cost	-	-	-	-	-	-	-
Office costs	-	-	43,769	-	-	43,769	17,956
Rent	-	-	10,000	-	-	10,000	10,000
Computer expenes	-	-	11,710	-	-	11,710	432
Printing, postage and stationery	-	-	-	-	-	-	-
Telephone & internet	-	-	2,493	-	-	2,493	2,459
Insurance	-	-	1,906	-	-	1,906	2,869
Bank charges	-	-	120	-	-	120	128
Independent examiner's fee	-	-	3,750	-	-	3,750	3,675
Registration fees	-	-	1,942	-	-	1,942	439
Professional fees	-	-	2,965	-	-	2,965	21,983
Depreciation	-	-	3,186	-	-	3,186	531
Total Expenditure 2022	-	-	307,184	-	-	307,184	278,717
Support Cost	-	-	-	-	-	-	-
Total Expenditure 2022	-	-	307,184	-	-	307,184	278,717

Analysis of Expenditure (Prior year)

	Cost of raising funds	Citizen Research Project	Enablind, empowering & enriching	Advise and infomration	Support cost	Total 2021
Staff costs (Note6)		56,215	11,243	44,972	101,552	213,982
Counselling & Facilitating						-
Events and Activities						-
Grant Aid				4,263		4,263
						-
Support Cost						-
Office costs		8,978	1,796	7,182		17,956
Rent			1,500	6,500	2,000	10,000
Computer expenes			65	281	86	432
Printing, postage and stationery						-
Telephone & internet			369	1,598	492	2,459
Insurance			430	1,865	574	2,869
Bank charges					128	128
Independent examiner's fee					3,675	3,675
Registration fees			66	285	88	439
Professional fees			3,297	14,289	4,397	21,983
Depreciation			80	345	106	531
						-
Support Cost						-
						-
Total Expenditure 2021	-	65,193	18,846	81,580	113,098	278,717
Support cost		69,747	13,525	29,825	- 113,098	
Total expenditure 2021	-	134,940	32,371	111,405	-	278,717

6. Net incoming resources for the year

This is stated after charging /crediting

	2022	2021
Depreciation	3,186	531
Independent Examiner Fees	<u>3,000</u>	<u>3,500</u>

7. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2022 £	2021 £
Salaries and wages	196,676	191,004
Social security costs	18,689	14,487
Employer's contribution to defined contribution pension schemes	<u>9,189</u>	<u>8,491</u>
	<u>224,554</u>	<u>213,982</u>

Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2022 No.	2021 No.
Raising funds		-
Charitable activities	6	5
Support	<u>1</u>	<u>1</u>
	<u>7</u>	<u>6</u>

£60,000 - £69,999	2022	2021
	<u>1</u>	<u>1</u>

The total employee benefits including pension and national insurance contributions of the key management personnel were £67,850 (2021: £72,227).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

8. Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows :

	2022	2021
Raising Funds		0
Charitable activities	6	5.4
Support	<u>1</u>	<u>0.6</u>
	<u>7</u>	<u>6</u>

9. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

10. Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

For the year ended 31 March 2022

11. Tangible fixed assets

Cost	Fixture & equipment	Computer & IT equipment	Total
	£	£	£
At the start of the year	-	56,104	56,104
Additions in year	-	8,495	8,495
Disposals in year	-	-	-
At the end of the year	-	64,599	64,599
Depreciation			
At the start of the year	-	55,041	55,041
Charge for the year	-	3,186	3,186
Eliminated on disposal	-	-	-
At the end of the year	-	58,227	58,227
Net book value At the end of the year	-	6,372	6,372

At the start of the year
All of the above assets are used for
charitable purposes.

Debtors

	2022	2021
	£	£
Grant receivable	30,877	56,238
Other debtors	-	400
	30,877	56,638

12. Creditors: amounts falling due within one year

	2022	2021
	£	£
Taxation and social security	27,878	59,410
Other creditors	-	6,065
Accruals	3,000	7,175
	30,878	72,650

The charity operates stakeholder pension scheme. The amounts owed to the pension scheme at each balance sheet date are £9,188 and the number of staff members of the scheme is 7.

For the year ended 31 March 2022

13. Analysis of net assets between funds

	General unrestricted	Designated	Restricted	Total funds
Tangible fixed assets	6,372	-	-	6,372
Net current assets	14,988	-	-	14,988
Net assets at the end of the year	21,360	-	-	21,360

Analysis of net assets between funds (prior year)

	General unrestricted	Designated	Restricted	Total funds
Tangible fixed assets	1063	-	-	1,063
Net current assets	18685	-	-	18,685
Net assets at the end of the year	19,748	-	-	19,748

14. Movements in funds

	At the start of the year £	Incoming resources & gains £	Outgoing resources & Losses	Transfers £	At the end of the year £
Restricted Funds					
Aging Well	-	161,928	(161,928)	-	-
Others	-	10,755	(10,755)	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Total Restricted funds	-	172,683	(172,683)	-	-
Unrestricted Funds	19,748	136,113	(134,501)	-	21,360
					-
					-
Total Unrestricted funds	19,748	136,113	(134,501)	-	21,360
Total Funds	19,748	308,797	(307,184)	-	21,360

Funds: Total funds

Purposes of restricted funds

All carers in Southwark will have access to the practical and emotional support they need and the recognition and influence they deserve. The purpose of the restricted funds are to organise the activities for carers- "Reducing Social Isolation, Advice, Information and Support, Health and Well Being, Identifying Hidden Carers and Financial Support ".

For the year ended 31 March 2022

Movements in funds (prior year)	At the start of the year £	Incoming resources & gains £	Outgoing resources & Losses	Transfers £	At the end of the year £
Restricted Funds					
Age UK	-	134,940	(134,940)	-	-
	-			-	-
Total Restricted funds	<u>-</u>	<u>134,940</u>	<u>(134,940)</u>	<u>-</u>	<u>-</u>
Unrestricted Funds	83,078	80,446	(143,776)	-	19,748
Total Unrestricted funds	<u>83,078</u>	<u>80,446</u>	<u>(143,776)</u>	<u>-</u>	<u>19,748</u>
Total Funds	<u>83,078</u>	<u>(54,494)</u>	<u>(8,836)</u>	<u>-</u>	<u>19,748</u>

15. Operating lease commitments

The charity has no future minimum lease payments under non-cancellable operating leases.

16. Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.