

PEOPLE FIRST DORSET

England & Wales · Charity number 1106963

Details

Other names	DORSET PEOPLE FIRST
Status	Registered
Legal form	Charitable company
Company number	05189356
Registered	2004-11-24
Register	View on the Charity Commission register

Contact

Address	People First Dorset Unit 2 Herringston Barn Herringston Dorchester DT2 9PU
Phone	01305257600
Email	office@peoplefirstdorset.org.uk
Website	www.peoplefirstdorset.org.uk

Activities

Objects: TO PROMOTE ANY CHARITY PURPOSE (INCLUDING THE PROMOTION OF EDUCATION AND SOCIAL INCLUSION) FOR THE BENEFIT OF INDIVIDUALS WITH LEARNING DISABILITIES ("INDIVIDUALS") ASSISTING THESE INDIVIDUALS TO INTEGRATE INTO SOCIETY, IN PARTICULAR (BUT NOT EXCLUSIVELY) BY:(1) ENABLING INDIVIDUALS TO BE SELF-ADVOCATES PROVIDING WORKSHOPS, FORUMS AND GENERAL SUPPORT;(2) PROVIDING LOCAL SUPPORT GROUPS THAT ENCOURAGE AND ENABLE INDIVIDUALS TO INTEGRATE AND PARTICIPATE MORE EFFECTIVELY WITH THE WIDER COMMUNITY AND BUILD CONFIDENCE IN THEMSELVES;(3) ENABLING AND SUPPORTING INDIVIDUALS TO LEARN NEW SKILLS THAT WILL ASSIST THEM IN PROGRESSING TOWARDS A MORE INDEPENDENT AND FULL LIFE, PARTICIPATING MORE EFFECTIVELY WITH THE WIDER COMMUNITY AND IMPROVING THEIR HEALTH AND WELLBEING;(4) PROVIDING SOCIAL AND EDUCATIONAL OPPORTUNITIES FOR INDIVIDUALS WITHIN THE COMMUNITY WHICH PROMOTE SOCIAL INCLUSION AND INDEPENDENCE;(5) INCREASING, OR CO-ORDINATING, OPPORTUNITIES FOR INDIVIDUALS TO ENGAGE BETTER WITH THE BODIES WHICH PROVIDE ANY SERVICES THAT INDIVIDUALS USE AND TO ENABLE THOSE PROVIDERS TO BETTER MEET THE NEEDS OF INDIVIDUALS;(6) RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING INDIVIDUALS, BOTH GENERALLY AND IN RELATION TO THEIR SOCIAL EXCLUSION; AND(7) OFFERING GUIDANCE, SUPPORT AND ASSISTANCE TO THE FAMILIES AND SUPPORTERS OF INDIVIDUALS IN RELATION TO THE CARE AND SUPPORT OF INDIVIDUALS (TO THE EXTENT THAT IT BENEFITS THE INDIVIDUAL).?

Activities: People First Dorset empowers people with learning disabilities to be independent, have their voices heard and be included in community life.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, Disability, Accommodation/housing, Economic/community Development/employment
- **Who:** People With Disabilities

Geography

- **Area of benefit:** THROUGHOUT ENGLAND, NORTHERN IRELAND AND SCOTLAND.
- Northern Ireland
- Scotland
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£275,809	£133,500	-	-
2024-03-31	£203,000	£293,393	-	-
2023-03-31	£166,685	£269,073	-	-
2022-03-31	£258,187	£270,426	-	-
2021-03-31	£306,376	£253,036	-	-

Trustees

Name	Role	Appointed
Andrew Charles Wyatt		2025-12-12
Laura Dunne		2024-11-07
Richard Herbert Sloan		2025-12-12
Richard Maxfield		2015-08-05

PEOPLE FIRST DORSET

England & Wales - Charity number 1106963

Accounts

Company registration number: 05189356

Charity registration number: 1106963

PEOPLE FIRST DORSET
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

E d w a r d s & K e e p i n g

Chartered Accountants

PEOPLE FIRST DORSET

CONTENTS

Reference and Administrative Details	1
Trustees' Report	2 to 11
Statement of Trustees' Responsibilities	12
Independent Examiner's Report	13
Statement of Financial Activities	14
Balance Sheet	15
Notes to the Financial Statements	16 to 26

PEOPLE FIRST DORSET

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees Jeremy Howe, Chair
Laura Dunne
Deborah Holyer
Richard Maxfield
Paul St Quintin

Charity Registration Number 1106963

Company Registration Number 05189356

Registered Office The charity is incorporated in England and Wales.
2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

Principal Office 2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

Independent Examiner Edwards and Keeping Limited
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

Bankers The Co-operative Bank
CCLA Fund Managers Limited
CAF Bank Limited

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31st March 2025. The Trustees, who are also directors for the purposes of company law, who served during the year and up to the date of this report, are set out on page 1.

We welcome another opportunity to share in our Annual Report how we have continued to empower and enable adults with learning disabilities across Dorset.

People First Dorset has been able to use its established position of trust within our Dorset community and support individuals, notably where needs were less well served by mainstream provision, to keep individuals safe and well. This has predominantly been achieved through addressing beneficiaries' social isolation, managing health and wellbeing, opportunities to speak up, community integration, developing confidence and independent living skills, and addressing inequalities and individual concerns at an early stage.

Structure and membership

The organisation is a charitable company limited by guarantee (05189356), incorporated on 26 July 2004, and registered as a charity (1106963) on 24 November 2004 as Dorset People First. The name was changed to People First Dorset on 20 March 2014.

The company was established under a Memorandum of Association which sets out the objects of the charitable company and is governed under its Articles of Association. The company updated its Memorandum of Association in September 2018. Under the Articles, the Directors are re-elected or elected at the AGM each year and there must always be a minimum of 3 directors.

The liability of members is limited to a sum not exceeding £1, being the amount that each member undertakes to contribute to the assets of the charity in the event of it being wound up while he, she or it is a member or within one year after he, she or it ceases to be a member.

Anyone with a learning disability can apply to become a member of the charity, People First Dorset. Members of the People First Dorset charity are entitled to vote at AGM meetings.

We invite carers, professionals, and organisations to join us as 'charity members' and contribute to our mission, while our 'members' are beneficiaries are people with learning disabilities who attend our activities and benefit directly from our services.

Objectives and activities (Articles of Association)

The company is a charity and exists to promote any charity purpose (including the promotion of education and social inclusion) for the benefit of individuals with learning disabilities ("Individuals") assisting these Individuals to integrate into society, in particular (but not exclusively) by:

- (1) enabling Individuals to be self-advocates providing workshops, forums and general support,
- (2) providing local support groups that encourage and enable Individuals to integrate and participate more effectively with the wider community and build confidence in themselves;
- (3) enabling and supporting Individuals to learn new skills that will assist them in progressing towards a more independent and full life, participating more effectively with the wider community and improving their health and wellbeing,
- (4) providing social and educational opportunities for Individuals within the community which promote social inclusion and independence,
- (5) increasing, or co-ordinating, opportunities for Individuals to engage better with the bodies which provide any services that Individuals use and to enable those providers to better meet the needs of Individuals,
- (6) raising public awareness of the issues affecting Individuals, both generally and in relation to their social exclusion, and

TRUSTEES' REPORT

(7) offering guidance, support and assistance to the families and supporters of Individuals in relation to the care and support of Individuals (to the extent that it benefits the Individual).

People First Dorset - what we do

People First Dorset is a 'self-advocacy' organisation, led and run by people with learning disabilities, with support from staff and volunteers. We develop self-advocacy in three stages. It starts by coming together at our Friendship Club events; individuals then tend to join one of our Speaking Up Groups, and finally come together to lead change through our developing Action Groups. Our mission is to support people learning disabilities to be independent, have their voices heard and to be included in community life. Anyone with a learning disability is welcome to join our activities, which are currently aimed at adults with a learning disability.

Governance at People First Dorset

Our governance structure remained strong, with a Board of 7 Trustees, reducing to 5 at the AGM, meeting every 6-8 weeks (including an individual with a learning disability) and a Management Committee of 8 elected individuals with learning disabilities. Together, these bodies oversaw our strategy and operations, ensuring that our work remained member-led and inclusive. With the support of a dedicated Trustee, the Management Committee met monthly to review and discuss current projects, as well as plan for the future.

We would like to take this opportunity to thank Hazel Morgan and Graham Waters for their contributions to the board of People First Dorset.

Our Trustees and Management Committee have provided vital leadership and oversight through a challenging year.

Board of Trustees

Over the past year, the Board of Trustees have:

- Made difficult decisions in response to reduced income, including authorising a number of staff redundancies.
- Ensured the charity remained sustainable through careful financial management - with minimal impact on members, thanks to many departing staff continuing to volunteer and maintain services.
- Supported the remaining staff to manage workloads and continue delivering services with a significantly reduced team.

Management Committee

Over the past year, the Management Committee (MC) has:

- Met monthly in person to oversee the charity's work and provide governance.
- Welcomed a new member to the committee.
- Reviewed how effectively the MC is operating.
- Continued to engage with members through 'Talk to the MC' sessions and a feedback board at Friendship Club and Speaking Up events - helping us understand which activities are most popular and what new activities members would like to see.
 - This feedback has been invaluable in helping the team and trustees understand how beneficiaries are coping, respond to emerging needs, and shape activities that best support them.
- Continued to oversee planning for existing projects.
- Written to Dorset Council to raise concerns about local bus services, and plan to meet with representatives once their consultation is complete.

TRUSTEES' REPORT

- Discussed the future direction of PFD in light of reduced staff and funding, agreeing to:
 - rebuild slowly and steadily
 - focus on areas of greatest need
 - prioritise stability, quality, and sustainability
 - trial and test any new activities before expansion
 - reduce overheads and make better use of volunteers
 - recognise Friendship Club as our most vital project to retain.
- Agreed that ongoing work stemming from the Social Finance report is essential to the long-term success of the charity.

Key Challenges Affecting Members

Throughout the past year, our members have faced several significant challenges that have shaped our service priorities and response strategies.

Benefits System

The transition to Universal Credit has created substantial difficulties for many members, with unanticipated consequences including the loss of additional benefits previously received. Members requiring multi-agency support across housing, health, and employment have found the complex assessment processes and extensive online-only documentation particularly challenging to navigate. This complexity has also created additional pressure for parents and carers supporting our members.

While we have facilitated access to Citizens Advice services, even these specialist advisors have encountered difficulties with the more complex cases affecting our membership. This highlights the vulnerability of people with learning disabilities within current benefit system changes.

Health Service Access and Advocacy

Several members experienced significant health challenges during the year. Although appropriate referrals were made to relevant services, our staff conducted extensive follow-up work in at least two cases to ensure members received necessary support, demonstrating the ongoing need for advocacy within healthcare systems.

Organisational resilience and activity continuation

Despite operating with reduced staffing levels, the impact on members has been minimised through the dedication of many former staff members who continued contributing as volunteers. This commitment has enabled us to maintain core activities in areas of highest demand. Additionally, one staff member independently established a social club for local members in their area, helping sustain community engagement while maintaining our connection with participants.

Digital exclusion and financial access

We have observed a notable increase in members affected by scams and digital crime, coinciding with an widening digital divide as cashless payment systems become increasingly prevalent. Many local facilities including cafés, pubs, and hotels now refuse cash payments, creating additional barriers for members who do not use payment cards. This situation is exemplified by one of the town's few accessible cafés - featuring wheelchair-friendly facilities - that no longer accepts cash, effectively excluding many of our members from using the service.

Strategic response and adaptations

In response to these challenges, we have strategically refocused our programming to address members' most pressing needs through three core approaches:

a) Community connections:

Supporting members to maintain and develop social connections within their local communities, recognising the fundamental importance of social inclusion for wellbeing.

TRUSTEES' REPORT

b) Health and wellbeing:

Delivering physically active events and programmes that promote both physical and mental health outcomes for participants.

c) Practical life skills development:

Equipping members with essential capabilities through targeted workshops covering budgeting and money management, Speaking Up groups that build self-advocacy skills, and comprehensive signposting to relevant specialist support services.

Our team maintains regular communication with members, actively listening to their concerns and responding with swift, creative, and compassionate support tailored to individual and community needs.

Activities Overview: Achievements and Performance

Our dedicated and talented staff team continued their commitment to supporting members throughout the year, adapting services to meet evolving needs while maintaining programme quality and accessibility.

Core Programme Delivery

Friendship Club: Our flagship project maintained its exceptional popularity, with full resumption of regular programming including the beloved disco events and community social evenings, all consistently well-attended and creating opportunities for joy and connection.

Big Night Out: Our bi-annual nightclub event in Bournemouth, delivered in partnership with People First Forum, successfully returned with approximately 400 attendees with learning disabilities, demonstrating the continued demand for inclusive social opportunities and the power of collaborative working.

Speaking Up Groups: We delivered an average of six Speaking Up groups monthly across Dorset, maintaining our responsive approach by listening carefully to members' concerns - which vary significantly across different county locations and group demographics - and developing targeted activities and workshops to explore, understand, and take action on identified priority issues.

This programming reflects our continued commitment to member-led service development, ensuring our activities remain relevant, accessible, and impactful in supporting people with learning disabilities across our communities.

Activities - overview of achievements and performance

Our talented and committed staff continued to work hard during the last year to support members. Activities considered to be restricted projects are shown in more detail on page 24 and unrestricted activities on page 24.

Our biggest project, the Friendship Club, continued to be extremely popular. Discos were back in full swing, as was Big Night Out (our bi-annual nightclubbing event in Bournemouth, run with People First Forum, and an attendance of around 400 people with learning disabilities), and the regular social evenings out in the local community were ever well attended and fun.

We ran, on average, 6 Speaking Up groups each month across Dorset. The team listened to members, to find out their pressing concerns, which vary considerably across the county with different groups, and responded with activities and workshops to better understand, explore and take action in these areas.

Friendship Club and Speaking Up Projects: Annual Programme Overview

Throughout the year, our Friendship Club and Speaking Up projects delivered targeted support across multiple areas, responding directly to feedback from members who identified these topics as priorities requiring information, discussion, and practical assistance.

Financial Security and Awareness

TRUSTEES' REPORT

Benefits Support: We provided ongoing guidance on current benefit issues affecting members, including updates on government and DWP policy changes. Our approach includes signposting to CAB or social care, and follow-up support to ensure members received appropriate assistance.

Scam Prevention: Our anti-fraud programme helped members understand and recognise various scam types through interactive workshops with engaging, educational quizzes.

Case Study: We supported a member who had been unknowingly giving away vouchers as part of a scam. Our team worked with them using accessible communication methods to help them understand the situation, develop confidence in recognising future scams, and share their learning with other members.

Money Management: Addressing the ongoing need for financial literacy support, we partnered with Southampton University to deliver co-designed workshops led by members themselves. These sessions focused on practical money management skills and budgeting techniques using engaging role-play, games, and other interactive methods to ensure accessibility and engagement.

Communication and Social Skills

Speaking Up: We delivered focused training on communication skills, helping members develop confidence in raising concerns and communicating effectively with peers.

Friendship Development: Beyond our regular group support, we provided targeted workshops and individual conversations which enabled members to develop, manage, and sustain friendships, offering bespoke support as needed.

Managing Online: We addressed members' struggles with online communication breakdowns and conflicts through individual support and group discussions. This area has been identified as an increasing priority for expanded programming in the coming year. Notably difficulties with breakdown in communications using social media such as Facebook, WhatsApp and other online groups.

Health and Wellbeing

Mental health support: Thanks to funding from NHS funding administered by Dorset Community Foundation, we delivered comprehensive wellbeing workshops featuring interactive activities on mental health awareness, recognising warning signs, accessing help, and implementing home-based wellbeing strategies. We partnered with Access Wellbeing to provide members with direct experience of Weymouth's wellbeing hub services. Whilst these groups were popular, the learning was that, to best support members mental health and wellbeing, that activities to prioritise this are best incorporated into the main activities of Friendship Club and Speaking Up.

Physical health management: We maintained our focus on preventive healthcare, encouraging flu and COVID vaccinations, annual health checks, and early intervention for emerging health concerns.

Case Study: We provided ongoing advocacy for a member during their hospital admission and deteriorating health, following up consistently and raising concerns when improvement was not evident.

Case Study: We successfully signposted two members to become Oliver McGowan trainers, who now deliver regular educational sessions to hospital and social care staff.

Physical activity: Recognising the importance of staying active, we integrated movement into as many sessions as possible. Summer programmes included outdoor games, football, cricket, outdoor gym sessions, activity centres, beach activities, and walks. Winter programming featured discos, walks, and educational history tours.

Healthy eating: Responding to significant member interest and weight management concerns, we provided educational talks, interactive quizzes, and workshops delivered in partnership with Dorset Healthcare to broaden understanding of nutritional principles and practical healthy eating strategies.

Emotional regulation: We worked with members individually and in groups to develop strategies for managing difficult emotions, particularly in challenging moments. Peer support and strategy sharing proved particularly valuable, and this remains a priority area for programme expansion.

Safety, online, bullying

TRUSTEES' REPORT

Online safety: We assessed members' existing digital knowledge and delivered practical workshops providing essential tips and safety advice for internet use.

Anti-Bullying support: We provided peer group support for members who experienced bullying, offering guidance on management strategies, reporting procedures, and hate crime identification, with appropriate individual signposting as needed.

Community Participation and Rights

Civic engagement: Our voting education support covered the electoral system at Speaking Up events, including the importance of voting, candidate evaluation skills, decision-making processes, and accessibility features including easy-read manifestos, registration procedures, and proxy voting options.

Accessibility advocacy: Members participated actively in the Dorchester Access Group, attending meetings and conducting community assessments of access barriers. We addressed practical accessibility challenges, such as the growing number of cashless businesses that exclude members who rely on cash payments, including accessible venues that paradoxically cannot serve disabled customers. Members successfully advocated for infrastructure improvements, including writing to local MPs about train station closure threats - resulting in refurbishment rather than closure.

Employment and volunteering: We provided practical sessions on volunteering opportunities, connected members with relevant organisations, and facilitated peer sharing of volunteering experiences. Programming linked volunteering experience to potential employment pathways.

Relationship Support

Healthy relationships: While not providing dating services, we recognised that many members form relationships through our events. We offered confidential support for relationship challenges, including boundary-setting guidance for members with limited prior experience. Our approach emphasised listening, supporting autonomous decision-making, encouraging use of trusted networks, and signposting to specialist services when intensive support was required. Programming included interactive educational activities using matching games to distinguish healthy and unhealthy relationship and friendship patterns.

Transport accessibility: Events focused in understanding members' transport concerns, addressing public transport challenges, rural access issues, bus timetable comprehension, train accessibility, and specific requirements such as mobility scooter bus access and certification processes.

This comprehensive programme demonstrates our commitment to responsive, member-led programming that addresses real-world challenges while building individual capacity and community connection.

Other Friendship Club activities included art nights, pub nights, games, quizzes and discos. The monthly online group remained popular for a group of members, with activities ranging from bingo to financial skills workshops.

We also continued to offer our Easy Read service, where information is put into an accessible format, so people with learning disabilities can read and understand it.

The number of sessions held over the last accounting year, as well as the number of attendees, and number of magazines sent is as follows: -

We ran 101 events between 1st April 2024 and 31st March 2025

Of these 18 were online, 22 were Speaking Up, 51 were Friendship Club, and 10 were bespoke workshops

Total number of attendances was 943 at FC, 253 at Speaking Up, 180 online

Total number of individual members regularly attending: 157

Total number of individual members regularly attending Speaking Up: 67

TRUSTEES' REPORT

Other outcomes

- We were pleased to support two members to attend the launch of the 'Independent Advocacy for Independent Lives' report, hosted by MP Liam Conlan, at the Houses of Parliament in February 2025. This report was the result of a thorough 3-year independent review, carried out by Social Finance who were commissioned by Henry Smith Charity, to independently evaluate 14 groups similar to People First Dorset, across the UK. A key finding was that for every £1 spent on our work, that £12 savings are created to health and social care budgets. One of our members Kerry Martin, sat on a panel, to discuss the report findings.
- These two members have continued their work, linking with another two self-advocates at the London briefing, to create MAKE (their initials) and continue a conversation with Liam Conlon regarding ensuring that these findings are taken forward, and to help address some of the systemic barriers that create the very inequalities that our members experience on the ground.
- Thanks to Sport England, we ran several sports activities at community sports clubs and centres, enabling members to try their hand at a range of sports they identified. This gave members a chance to try sports they otherwise would find extremely difficult to take part in and develop links with these venues to establish how individuals can continue to take part in a particular activity.
- We stepped down from events in North Dorset, aside from the Christmas meal, due to difficulties with members being able to attend due to rurality and provider staffing issues
- Connect, our accessible booklet listing activities and updates, continued to be produced bi-monthly and circulated by post, email or on social media to over 300 people with learning disabilities', and circulated by email to a further 200 plus stakeholders.
- We continued to ensure the voices of members were heard and valued in a number of boards, notably the Health Action Group, Learning Disability Partnership Board and Dorset Healthcare Engagement Forum. Updates include
- Three members co-wrote a children's book 'Not Lost' based on a local cat Susie, who has over 10,000 followers on Facebook, and who likes to explore Dorchester. Over 1000 copies have been sold, raising funds for PFD and raising awareness of people with a learning disability.
- Three members continued to write a weekly column in the local newspaper, the Dorset Echo, now having written over 560 consecutive columns over the last 10 years.
- We are meeting regularly with providers to create better outcomes for individuals - in turn creating a provider network that is meeting regularly

Other groups, projects and research

We receive many requests to take part in interesting and important research, projects, panels, workshops etc. Although we are sadly unable to do them all, we are pleased that this year we have been able to take part in the following: -

- a) Manchester Metropolitan University Older People's Research -one of our colleagues with a learning disability was employed to sit on two Steering Groups in this research project, which aims to find out how people with learning disabilities can be better supported when they grow older.
- b) Warwick University Medication Support Interventions Research - one of our colleagues with a learning disability sat on the Project Advisory Group of this research which seeks to advance knowledge in helping people with learning disabilities and/or their carers to benefit from medication they need while minimising unintended effects from these treatments.

Challenges over the last year

Charity - The past year also presented significant challenges for People First Dorset like many charities due to financial constraints, resulting in a reduction of our team. Despite these difficulties, we were still able to continue all planned activities for members and remain committed in our mission to empower individuals with learning disabilities.

TRUSTEES' REPORT

Sector- members more likely to have moved out of larger homes and into smaller accommodation, making it more difficult to have access to transport in evenings, and the ability to attend events. Also, for those living in supported accommodation with others, also reliant on transport. Others living in group homes, reduced support in evenings means that if anyone in the home does not want to attend events, then all must stay as not possible for others to get there.

Strengthening the charity

The team continued to work hard to ensure the core of the charity remains strong and robust, reviewing policies, systems and best practice at every level of the organisation. This included:

- Ongoing training for the team in the new cloud-based database system Lamplight, enabling us to store and manage all data securely, with the ability to produce a range of increasingly essential statistical, activity and performance reports.
- Both the Management Committee and Trustees have respectively continued to meet monthly, as respective governance bodies. Also conducting an annual review of their effectiveness and ensuring we are as user-led as possible. This includes annual appraisals for all trustees, as well as staff.
- Continuing to review and develop our marketing, fundraising, influencing, communications offering. This is to make sure we continue to grow both individual donations and earned income.
- Conducting ongoing reviews with beneficiaries to understand how we can continue being as user-led as possible as an organisation, ensuring members are engaged at every level, and staying responsive to the needs of beneficiaries.
- Engaging in targeted programme of team development, both workforce and governance.
- Support from Data Protection Office to review data offering - from CRB systems, to how any data is stored - comprehensive review of data, with recommendations and support to update. PFD not heavy user of data and scored well on report, and recommendations achievable.

Collaboration and networking

We have continued to closely collaborate and partner with several local organisations such as the Local Authority, NHS Dorset, Dorset Healthcare, Dorset County Hospital, the Volunteer Centre, providers, local businesses and many others. These relationships are vital, enabling us to improve services, share outcomes and ideas.

We have continued to link, thanks to organisations like Learning Disability England, with many other self-advocacy organisations around the country to find out how they are managing and sharing best practice.

What we have learnt this year.

1. Continually listening to members and their changing needs is imperative in being able to offer effective activities and solutions.
2. That continued support continues to be essential, enabling individuals to speak up at an early stage, enabling support to kick in quickly and preventing any crisis.
3. With the right support members are resilient.
4. That it is important to work with others to trial solutions for harder to reach people i.e. people with profound and multiple learning disabilities
5. That the cost-of-living crisis and changes to benefits continue to adversely impact our members, but individuals have managed by speaking up about their concerns, in turn enabling us to provide activities and support to meet their most pressing needs.

TRUSTEES' REPORT

6. That members are still facing many inequalities, and with funding more competitive to secure for PFD, a cost-of-living crisis, it is even more imperative that we continue to support individuals to be resilient and work collectively with other organisations to deliver cost effective, sustainable and robust solutions.

7. That it is still very hard for people with learning disabilities to understand information, such as deciding how to vote. Much reinforcement and easy read ways of demonstrating such messages are vital.

That with low-cost, timely, engaging, focused activities and support, many people with learning disabilities can avoid crisis and thrive.

Our sincere gratitude and thanks to funders, donors and supporters

We want to take this opportunity to share our heartfelt thanks, to all our funders, and donors, who have generously enabled us to continue supporting members in the different ways they have needed. Thanks also to those who give time to support us in many ways and offer encouragement and practical help.

What next?

Our primary concern going forward is primarily supporting our members to continue speaking up, managing friendships and social inclusion, developing independence, and ongoing signposting and support. Support for individuals to manage their health and wellbeing, as well as maintaining friendships, is imperative.

With individuals trusting staff, and feeling safe to speak up, we have caught more concerns early again in the last year. This will be key going forward, notably with advocacy services more difficult to secure.

Peer support continues to prove effective, so we will create more opportunities for members to listen and share experiences, developing skills to support each other and improve their general well-being.

Continued conversations with members and their supporters tell us that the reason that they do so well, is often largely down to activities, interaction and support from People First Dorset. For some, it's a disco to look forward to each month, for others it's a safe place to talk about their worries, while some gain huge benefits from being socially included and doing physical activity.

It is extremely difficult, if impossible, to meaningfully calculate the financial value of our work and intervention, but it is very possible that if even a small group of members had reached crisis point, that the costs of support would have been substantially greater than the costs of our intervention.

Financial Review

The incoming resources for the year amounted to £275,809 of which £210,372 represented restricted funds. The outgoing expenditure amounted to £133,500 of which £116,855 was in respect of restricted projects. There was an overall surplus of £142,309 for the year.

The total reserves on 31 March 2025 were £160,755 of which £44,045 represented restricted funds. There was therefore a £116,710 balance of unrestricted funds at the year end.

The results are summarised on page 14 and shown in more detail on pages 19 - 26.

The charity held £2,473 on deposit with CCLA Investment Management, £458 with CAF Bank and £58,514 in a Co-operative Bank Deposit Account at the year end. This was in addition to funds held within Co-operative and CAF bank current accounts for day to day needs.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

PEOPLE FIRST DORSET

TRUSTEES' REPORT

Trustees:

Jeremy Howe, Chair (appointed 7 November 2024)

Ruth Bettenson (ceased 15 June 2025)

Laura Dunne (appointed 7 November 2024)

Deborah Holyer

Richard Maxfield

Hazel Morgan (resigned 7 November 2024)

Paul St Quintin

Graham Waters (resigned 7 November 2024)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of People First Dorset for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 12 December 2025 and signed on its behalf by:

.....
Paul St Quintin
Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEOPLE FIRST DORSET

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since People First Dorset's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of People First Dorset 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.

H E Jones BA (Hons) FCCA

Edwards and Keeping
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

18 December 2025

PEOPLE FIRST DORSET

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025 (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

				Total 2025 £	(As restated) Total 2024 £
	Note	Unrestricted £	Restricted £		
Income and Endowments from:					
Donations and legacies	3	23,178	-	23,178	12,437
Charitable activities	4	37,636	210,372	248,008	174,661
Investment income	5	313	-	313	2,006
Other income	6	4,310	-	4,310	13,896
Total income		<u>65,437</u>	<u>210,372</u>	<u>275,809</u>	<u>203,000</u>
Expenditure on:					
Charitable activities	7	<u>(16,645)</u>	<u>(116,855)</u>	<u>(133,500)</u>	<u>(293,393)</u>
Total expenditure		<u>(16,645)</u>	<u>(116,855)</u>	<u>(133,500)</u>	<u>(293,393)</u>
Net income/(expenditure)		<u>48,792</u>	<u>93,517</u>	<u>142,309</u>	<u>(90,393)</u>
Net movement in funds		48,792	93,517	142,309	(90,393)
Reconciliation of funds					
Total funds brought forward		<u>67,918</u>	<u>(49,472)</u>	<u>18,446</u>	<u>108,839</u>
Total funds carried forward	17	<u><u>116,710</u></u>	<u><u>44,045</u></u>	<u><u>160,755</u></u>	<u><u>18,446</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2024 is shown in note 17.

PEOPLE FIRST DORSET

(REGISTRATION NUMBER: 05189356)
BALANCE SHEET AS AT 31 MARCH 2025

	Note	2025 £	2024 £ (As restated)
Fixed assets			
Tangible assets	13	1,195	2,827
Current assets			
Debtors	14	12,019	12,926
Cash at bank and in hand		<u>169,872</u>	<u>25,540</u>
		181,891	38,466
Creditors: Amounts falling due within one year	15	<u>(22,331)</u>	<u>(22,847)</u>
Net current assets		<u>159,560</u>	<u>15,619</u>
Net assets		<u>160,755</u>	<u>18,446</u>
Funds of the charity:			
Restricted income funds			
Restricted funds	17	44,045	(49,472)
Unrestricted income funds			
Unrestricted funds		<u>116,710</u>	<u>67,918</u>
Total funds	17	<u>160,755</u>	<u>18,446</u>

For the financial year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These 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.

The financial statements on pages 14 to 26 were approved by the trustees, and authorised for issue on 12 December 2025 and signed on their behalf by:

Paul St Quintin
Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

People First Dorset 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 notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Prior period adjustments

The trustees have restated the prior period to correct the allocation of staff costs between restricted and unrestricted funds. This is to more accurately reflect the consumption of multi-period restricted grant income.

In total, staff costs of £74,198 have been reallocated from unrestricted fund expenditure to restricted fund expenditure.

The prior period adjustment does not impact the previously reported surplus for the comparative year of £90,393, nor the charity's overall funds carried forward at the end of the prior period of £18,446.

However, following the reallocation of costs between funds, the closing balance of unrestricted funds at the end of prior period has been revised from negative £6,280 to positive £67,918. Correspondingly, the closing balance of restricted funds at the end of the prior period has been revised from positive £24,726 to negative £49,472.

This reflects an overspend in respect of restricted grant income in the prior period, primarily due to excess staff costs. For restricted fund projects that were ongoing at the end of the prior year, this overspend was rectified in the year ended 31 March 2025 by a substantial reduction in the Charity's staffing levels, resulting in a surplus in the current year which countered the deficit for the prior period.

The effect of the prior period adjustment can be seen in note 17.

Income and endowments

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Income from government and other grants are recognised when the charity has entitlement, after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income

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.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Charitable activities

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.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class

Office equipment

Depreciation method and rate

Straight line over 4 years

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

3 Income from donations and legacies

	Unrestricted funds General £	Total 2025 £
Donations and legacies;		
Donations from individuals	23,178	23,178
	<u>23,178</u>	<u>23,178</u>
	Unrestricted funds General £	Total 2024 £
Donations and legacies;		
Donations from individuals	12,437	12,437
	<u>12,437</u>	<u>12,437</u>

4 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £
Grants and contracts	35,000	210,372	245,372
Work done	2,636	-	2,636
	<u>37,636</u>	<u>210,372</u>	<u>248,008</u>
	Unrestricted funds General £	Restricted funds £	Total 2024 £
Grants and contracts	16,250	154,986	171,236
Work done	3,425	-	3,425
	<u>19,675</u>	<u>154,986</u>	<u>174,661</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

5 Investment income

	Unrestricted funds General £	Total 2025 £
Interest receivable and similar income; Interest receivable on bank deposits	313	313
	<u>313</u>	<u>313</u>
	Unrestricted funds General £	Total 2024 £
Interest receivable and similar income; Interest receivable on bank deposits	2,006	2,006
	<u>2,006</u>	<u>2,006</u>

6 Other income

	Unrestricted funds General £	Total funds £
Access to Work expense reimbursement claims	4,310	4,310
Total for 2025	<u>4,310</u>	<u>4,310</u>
Total for 2024	<u>13,896</u>	<u>13,896</u>

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2025 £
General administration		34,451	5,223	39,674
Premises		8,196	-	8,196
Repairs		410	-	410
Travel and subsistence		1,699	1,255	2,954
Contribution to overheads		(32,077)	32,077	-
Depreciation, amortisation and other similar costs		1,632	-	1,632
Staff costs		-	78,300	78,300
Governance costs	8	2,334	-	2,334
		<u>16,645</u>	<u>116,855</u>	<u>133,500</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

		Unrestricted funds General (As restated) £	Restricted funds (As restated) £	Total 2024 £
	Note			
General administration		50,522	6,931	57,453
Premises		14,858	-	14,858
Repairs		62	-	62
Travel and subsistence		2,469	2,322	4,791
Contribution to overheads		(13,628)	13,628	-
Depreciation, amortisation and other similar costs		2,488	-	2,488
Staff costs		22,246	189,215	211,461
Governance costs	8	2,280	-	2,280
		<u>81,297</u>	<u>212,096</u>	<u>293,393</u>

Refer to note 2 regarding the prior period adjustment included above.

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total 2025 £
Independent examiner fees		
Examination of the financial statements	2,334	2,334
	<u>2,334</u>	<u>2,334</u>
	Unrestricted funds General £	Total 2024 £
Independent examiner fees		
Examination of the financial statements	2,280	2,280
	<u>2,280</u>	<u>2,280</u>

9 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2025 £	2024 £
Operating leases - plant and machinery	-	3,514
Depreciation of fixed assets	<u>1,632</u>	<u>2,488</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

10 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Ruth Bettenson

Ruth Bettenson invoiced the charity a total of £nil (2024 - £160) in respect of consultancy fees during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £ (As restated)
Staff costs during the year were:		
Wages and salaries	74,140	192,427
Social security costs	945	10,452
Pension costs	3,215	8,582
	<u>78,300</u>	<u>211,461</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2025 No	2024 No
Employees	<u>5</u>	<u>10</u>

No employee received emoluments of more than £60,000 during the year.

12 Independent examiner's remuneration

	2025 £	2024 £
Examination of the financial statements	<u>2,334</u>	<u>2,280</u>

13 Tangible fixed assets

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

	Furniture and equipment £	Total £
Cost		
At 1 April 2024	12,380	12,380
At 31 March 2025	12,380	12,380
Depreciation		
At 1 April 2024	9,553	9,553
Charge for the year	1,632	1,632
At 31 March 2025	11,185	11,185
Net book value		
At 31 March 2025	1,195	1,195
At 31 March 2024	2,827	2,827

14 Debtors

	2025 £	2024 £
Trade debtors	10,000	10,180
Prepayments	373	1,431
Accrued income	1,646	1,315
	<u>12,019</u>	<u>12,926</u>

15 Creditors: amounts falling due within one year

	2025 £	2024 £ (As restated)
Trade creditors	1,032	1,323
Other taxation and social security	3,508	2,034
Accruals	17,791	19,490
	<u>22,331</u>	<u>22,847</u>

16 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £3,215 (2024 - £8,582).

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

17 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Unrestricted					
General					
General fund	64,950	65,437	(16,645)	2,968	116,710
Core - Easy Read	2,158	-	-	(2,158)	-
SU - Easy Read	810	-	-	(810)	-
	<u>67,918</u>	<u>65,437</u>	<u>(16,645)</u>	<u>-</u>	<u>116,710</u>
Restricted					
SU - Dorset Council User Led	(23,817)	41,000	(17,183)	-	-
SU - Dorset Healthcare	-	3,585	(3,585)	-	-
FC - Dorset Council Community and Culture Fund Round 6	2,583	-	(2,583)	-	-
FC - Peoples Health Trust Sept 2022	(2,973)	2,973	-	-	-
SU - Henry Smith Charity	(29,614)	60,000	(30,386)	-	-
SU - Sport England 24	3,515	-	(3,515)	-	-
SU - SW Community Matters Fund	834	-	(834)	-	-
DC Cost of Living Fund	-	15,000	(15,000)	-	-
FC - Alice Ellen Cooper Dean	-	10,000	(7,500)	-	2,500
FC - Bailey Thomas 2025	-	12,000	(2,000)	-	10,000
FC - DC Cost of Living Fund	-	10,000	(10,000)	-	-
Lottery Community Fund	-	19,972	(4,161)	-	15,811
Postcode Lottery	-	25,000	(15,278)	-	9,722
SU - Wessex Water 2025	-	3,146	(982)	-	2,164
FC - Community Wellbeing & Mental Health Fund	-	7,696	(3,848)	-	3,848
	<u>(49,472)</u>	<u>210,372</u>	<u>(116,855)</u>	<u>-</u>	<u>44,045</u>
Total restricted	<u>(49,472)</u>	<u>210,372</u>	<u>(116,855)</u>	<u>-</u>	<u>44,045</u>
Total funds	<u>18,446</u>	<u>275,809</u>	<u>(133,500)</u>	<u>-</u>	<u>160,755</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £ (As restated)
Unrestricted funds					
General					
General fund	88,780	40,954	(67,051)	2,267	64,950
Core - Lloyds Bank Foundation	10,247	2,250	(10,247)	(2,250)	-
Core - Dorset Council Resilience Fund	(623)	4,000	(4,000)	623	-
Core - Easy Read	2,158	-	-	-	2,158
SU - Easy Read	-	810	-	-	810
	<u>100,562</u>	<u>48,014</u>	<u>(81,298)</u>	<u>640</u>	<u>67,918</u>
Restricted					
SU - Dorset Council User Led	-	41,000	(64,817)	-	(23,817)
Core - Mencap Let's Get Digital	579	-	(579)	-	-
SU - Nationwide Community Grant	2,238	-	(2,238)	-	-
SU - CCG Annual Health Check	-	5,000	(5,000)	-	-
SU - Dorset Healthcare	625	2,500	(3,125)	-	-
FC - Dorset Council Community and Culture Fund	-	-	219	(219)	-
FC - Dorset Council Community and Culture Fund Round 6	-	5,000	(2,417)	-	2,583
FC - Peoples Health Trust Sept 2022	-	17,837	(20,810)	-	(2,973)
SU - Active Dorset Together Fund	421	8,750	(8,750)	(421)	-
SU - DC EDI Reference Group	-	3,500	(3,500)	-	-
SU - Henry Smith Charity	4,414	60,000	(94,028)	-	(29,614)
SU - Sport England 24	-	10,399	(6,884)	-	3,515
SU - SW Community Matters Fund	-	1,000	(166)	-	834
Total restricted funds	<u>8,277</u>	<u>154,986</u>	<u>(212,095)</u>	<u>(640)</u>	<u>(49,472)</u>
Total funds	<u>108,839</u>	<u>203,000</u>	<u>(293,393)</u>	<u>-</u>	<u>18,446</u>

Refer to note 2 regarding the prior period adjustment included above.

The specific purposes for which the funds are to be applied are as follows:

Restricted funds are held for the purpose of the specific project or other purpose set out in the respective grant agreements.

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

18 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2025 £
Tangible fixed assets	1,195	-	1,195
Current assets	137,846	44,045	181,891
Current liabilities	(22,331)	-	(22,331)
Total net assets	<u>116,710</u>	<u>44,045</u>	<u>160,755</u>

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £
Tangible fixed assets	2,827	-	2,827
Current assets	87,938	(49,472)	38,466
Current liabilities	(22,847)	-	(22,847)
Total net assets	<u>67,918</u>	<u>(49,472)</u>	<u>18,446</u>

19 Related party transactions

There were no related party transactions in the year.

PEOPLE FIRST DORSET

England & Wales - Charity number 1106963

Accounts

Company registration number: 05189356

Charity registration number: 1106963

PEOPLE FIRST DORSET
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

E d w a r d s & K e e p i n g

Chartered Accountants

PEOPLE FIRST DORSET

CONTENTS

Reference and Administrative Details	1
Trustees' Report	2 to 8
Statement of Trustees' Responsibilities	9
Independent Examiner's Report	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 to 24

PEOPLE FIRST DORSET

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

Graham Waters, Chairman
Ruth Bettenson, Treasurer
Richard Maxfield
Hazel Morgan
Paul St Quintin
Deborah Holyer

Charity Registration Number 1106963

Company Registration Number 05189356

Registered Office

The charity is incorporated in England and Wales.
2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

Principal Office

2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

Independent Examiner

Edwards and Keeping
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

Bankers

The Co-operative Bank
CCLA Fund Managers Limited
CAF Bank Limited

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31st March 2024. The Trustees, who are also directors for the purposes of company law, who served during the year and up to the date of this report, are set out on page 1.

We welcome another opportunity to share in our Annual Report how we have continued to empower and enable adults with learning disabilities across Dorset.

People First Dorset has been able to use its established position of trust within our Dorset community and support individuals, notably where needs were less well served by mainstream provision, to keep individuals safe and well. This has predominantly been achieved through addressing beneficiaries' social isolation, improving mental health and physical wellbeing, plus opportunities to speak up.

Structure and membership

The organisation is a charitable company limited by guarantee (05189356), incorporated on 26 July 2004, and registered as a charity (1106963) on 24 November 2004 as Dorset People First. The name was changed to People First Dorset on 20 March 2014.

The company was established under a Memorandum of Association which sets out the objects of the charitable company and is governed under its Articles of Association. The company updated its Memorandum of Association in September 2018. Under the Articles, the Directors are re-elected or elected at the AGM each year and there must always be a minimum of 3 directors.

The liability of members is limited to a sum not exceeding £1, being the amount that each member undertakes to contribute to the assets of the charity in the event of it being wound up while he, she or it is a member or within one year after he, she or it ceases to be a member.

Anyone with a learning disability can apply to become a member of the charity, People First Dorset. Members of the People First Dorset charity are entitled to vote at AGM meetings.

We invite carers, professionals, and organisations to join us as 'charity members' and contribute to our mission, while our 'members' are beneficiaries are people with learning disabilities who attend our activities and benefit directly from our services.

Objectives and activities

The company is a charity and exists to promote any charity purpose (including the promotion of education and social inclusion) for the benefit of individuals with learning disabilities ("Individuals") assisting these Individuals to integrate into society, in particular (but not exclusively) by:

- (1) enabling Individuals to be self-advocates providing workshops, forums and general support;
 - (2) providing local support groups that encourage and enable Individuals to integrate and participate more effectively with the wider community and build confidence in themselves;
 - (3) enabling and supporting Individuals to learn new skills that will assist them in progressing towards a more independent and full life, participating more effectively with the wider community and improving their health and wellbeing;
 - (4) providing social and educational opportunities for Individuals within the community which promote social inclusion and independence;
 - (5) increasing, or co-ordinating, opportunities for Individuals to engage better with the bodies which provide any services that Individuals use and to enable those providers to better meet the needs of Individuals;
 - (6) raising public awareness of the issues affecting Individuals, both generally and in relation to their social exclusion; and
-

PEOPLE FIRST DORSET

TRUSTEES' REPORT

(7) offering guidance, support and assistance to the families and supporters of Individuals in relation to the care and support of Individuals (to the extent that it benefits the Individual).

The Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

More about our Mission and Purpose at People First Dorset

At People First Dorset we: -

1. Enable people with a learning disability to make and sustain friendships in their community, create opportunities to speak up and develop action groups so that issues affecting individuals' lives can be addressed at the earliest opportunity.
2. Empower people with learning disabilities to take the lead in addressing their concerns successfully; develop stronger self-advocacy skills; have a better understanding of their rights; build peer networks so they may (more confidently, effectively, and independently) address the inequalities they experience daily.
3. Enable people with learning disabilities to develop stronger, more productive relationships with key decision makers (i.e., statutory services, housing, health bodies), who will realise the benefits that working together can produce significant improvements for all.
4. Develop an increased awareness and empathy from the community for people with learning disabilities, who will in turn find the community a more inclusive and fairer environment to live in and engage with.
5. Develop a better understanding of how to create cost effective and sustainable solutions for people with learning disabilities, so we can better address the inequalities they experience.

Governance at People First Dorset

Our governance structure remained strong, with a Board of 7 Trustees, meeting every 6-8 weeks (including an individual with a learning disability) and a Management Committee of 8 elected individuals with learning disabilities. Together, these bodies oversaw our strategy and operations, ensuring that our work remained member-led and inclusive. With the support of a Board member, the Management Committee met monthly to review and discuss current projects, as well as plan for the future.

Management Committee and Trustees updates 2023/24

Our Board of Trustees and Management Committee worked tirelessly to maintain our services and support our members.

In the last year, the Management Committee: -

- continued meeting monthly in person.
- welcomed four new members, including two members of PFD staff (with a learning disability).
- reviewed how well the MC is working. One outcome was that the MC reflected that they do not have sufficient representation from the MC at Speaking Up events. To improve this, they invited PFD's two members of staff with a learning disability to join the MC. This is because these two individuals regularly attend Speaking Up groups and can also contribute to the MC as to how the day-to-day operations are going. This will enable the MC to better understand how Speaking Up groups are running, and the operations of PFD.
- continued to oversee planning for existing and new projects

PEOPLE FIRST DORSET

TRUSTEES' REPORT

- attended a bespoke pilot course on Improving Communication Skills, run in partnership with Adult Skills and Learning. Feedback was extremely positive - 'excellent', 'brilliant', 'so far so good'.
- worked alongside National Mencap Advisor to better understand the issues that members want to take action on.
- continued to successfully take their 'reporting board' to events, on which other members can share their thoughts and feedback. This year the MC have particularly focused on reviewing meeting length, group sizes, frequency of meetings, meeting formats, variety of activities. This method of obtaining information is one of the ways in which the team, and trustees, learn how beneficiaries are coping and of immediate concerns, enabling us respond to changing needs and develop our response accordingly - in turn supporting individuals to cope with activities which meet needs.

People First Dorset - what we do

People First Dorset is a 'self-advocacy' organisation, led and run by people with learning disabilities, with support from staff and volunteers. We develop self-advocacy in three stages. It starts by coming together at our Friendship Club events; individuals then tend to join one of our Speaking Up Groups, and finally come together to lead change through our developing Action Groups. Our mission is to support people learning disabilities to be independent, have their voices heard and to be included in community life.

Anyone with a learning disability is welcome to join our activities, which are currently aimed at adults with a learning disability.

Issues most affecting members

In the last year, the cost-of-living crisis significantly impacted our members and the charity. As always, we adapted our activities to focus on supporting members' most pressing needs. We ensuring our efforts centred on retaining members social connections within their local communities, promoting members' health and well-being with physically active events, and equipping members with the skills to navigate other cost-of-living related challenges - achieved via the team developing workshops on budgeting and money management; running speaking up groups which continue to empower members to self-advocate for their concerns, and signposting individuals to relevant support as necessary.

Many individuals, having recovered well from the difficulties presented during covid, experienced challenges because of the cost-of-living crisis. The team continued to speak regularly with beneficiaries, actively listening to find out what their needs were at any given time, and responding dynamically, innovatively and swiftly with support as necessary.

Activities - overview of achievements and performance

Our talented and committed staff continued to work hard during the last year to support members. Activities considered to be restricted projects and unrestricted activities are shown in more detail on page 22.

Our biggest project, the Friendship Club, continued to be extremely popular. Discos were back in full swing, as was Big Night Out (our bi-annual nightclubbing event in Bournemouth, run with People First Forum, and an attendance of around 400 people with learning disabilities), and the regular social evenings out in the local community were ever well attended and fun.

We ran 13 Speaking Up groups each month across Dorset too. The team listened to members, to find out their pressing concerns, which vary considerably across the county with different groups, and responded with activities and workshops to better understand, explore and take action in these areas.

Over the last year, groups covered the following topics: -

- learning about different communication styles,
- dealing with grief and bereavement,
- going on holiday, risks on flights,

TRUSTEES' REPORT

- staying safe during the summer,
- staying safe generally,
- reviewing our rights,
- dangerous road in Weymouth,
- exploring activities to stay active,
- stranger danger,
- dispelling myths,
- making and managing friendships,
- litter,
- debates v arguments,
- bowel cancer and FIT testing,
- road safety,
- campaigning and activism,
- housing,
- Makaton,
- understanding, and belonging in, our community,
- access and accessibility,
- RNLI,
- employment,
- scams and digital safety,
- helping police to communicate with people who have a learning disability,
- confidence building,
- healthy eating,
- consent,
- transport issues and solutions,
- social media.

The Speaking Up groups also worked with National Mencap to better understand and review the issues they are most concerned about and want to take action on.

The monthly online group remained popular for a group of members, with activities ranging from bingo to financial skills workshops.

We also continued to offer our Easy Read service, where information is put into an accessible format, so people with learning disabilities can read and understand it.

The number of sessions held over the last accounting year, as well as the number of attendees, and number of magazines sent is as follows: -

Total Number of Events: 236

Friendship Club Events: 111

Speaking Up Events: 115

Online Events: 10

Bespoke Workshops (sports, finance, digital safety): 31

Number of attendees: 2,606 (please note that these are the numbers attending, so will include many of the same individuals)

Other outcomes

- Thanks to Sport England, we ran several **sports activities** at community sports clubs and centres, enabling members to try their hand at a range of sports they identified. This gave members a chance to try sports they otherwise would find extremely difficult to take part in and develop links with these venues to establish how individuals can continue to take part in a particular activity.
- We ran a successful six week **Improving Communication Skills** course with Adult Skills and Learning for a group of 12 members

PEOPLE FIRST DORSET

TRUSTEES' REPORT

- There continued to be difficulties with members attending activities in **North Dorset**, due to a combination of factors, such as rurality and lack of staff support. The team continued to work with providers, and the local authority, to better understand and address these issues.
- **Connect**, our accessible booklet listing activities and updates, continued to be produced bi-monthly and circulated by post, email or on social media to over 500 people with learning disabilities', and circulated by email to a further 200 plus stakeholders.
- The team continued to ensure members were aware of **Annual Health Checks**, and how to receive them.
- We enjoyed another successful year taking an active role on the **Dorset Council Equality, Diversity and Inclusion Group**. One member of staff, with a learning disability, led on this work with support from our Operations Manager.
- We continued to ensure the voices of members were heard and valued in a number of boards, notably the Health Action Group, Learning Disability Partnership Board and Dorset Healthcare Engagement Forum.
- One of our team represented People First Dorset at the **International EAMHID Conference** (European Association of Mental Health and Intellectual Disability) in Helsinki. PFD had been part of the STORM (Standing up for myself against Stigma) research project with University College London (UCL) and we were invited to take part in a presentation on this research.

Other groups, projects and research

We receive many requests to take part in interesting and important research, projects, panels, workshops etc. Although we are sadly unable to do them all, we are pleased that this year we have been able to take part in the following: -

- a) Manchester Metropolitan University **Older People's Research** -one of our colleagues with a learning disability was employed to sit on two Steering Groups in this research project, which aims to find out how people with learning disabilities can be better supported when they grow older.
- b) Warwick University Medication Support Interventions Research - one of our colleagues with a learning disability sat on the Project Advisory Group of this research which seeks to advance knowledge in helping people with learning disabilities and/or their carers to benefit from **medication** they need while minimising unintended effects from these treatments.

Challenges over the last year

The past year also presented significant challenges for People First Dorset like many charities due to financial constraints, resulting in a reduction of our team. Despite these difficulties, we were still able to continue all planned activities for members and remain committed in our mission to empower individuals with learning disabilities.

As we reflect on this year's journey, we are pleased that People First Dorset has navigated significant financial challenges while maintaining strong leadership and governance.

Having experienced a period of robust funding prior to the COVID-19 pandemic, supported by additional funds during that time, the onset of the cost-of-living crisis has seen PFD face a decline in funder appetite for funding, notably core, a trend impacting many charities.

In response, we have made necessary adjustments, these have included:

- Implementing redundancies where needed
- Scaling back activities where possible
- Restructuring our resources to maximise efficiency

Alongside these adjustments, we have achieved several key sustainability strategic priorities. We have:

TRUSTEES' REPORT

- Maintained the delivery of all existing grants
- Redesigned our funding strategy to diversify our income streams
- Prioritised the restoration of our unrestricted reserves

All of these actions have ensured the charity's long-term sustainability and on-going effectiveness.

Strengthening the charity

The team continued to work hard to ensure the core of the charity remains strong and robust, reviewing policies, systems and best practice at every level of the organisation. This included:

- Training for the team in the new cloud-based database system, enabling us to store and manage all data securely, with the ability to produce a range of increasingly essential statistical, activity and performance reports.
- Both the Management Committee and Trustees have respectively continued to meet monthly, as respective governance bodies. Also conducting an annual review of their effectiveness and ensuring we are as user-led as possible. This includes annual appraisals for all trustees, as well as staff.
- Continuing to review and develop our marketing, fundraising, influencing, communications offering. This is to make sure we continue to grow both individual donations and earned income.
- Conducting ongoing reviews with beneficiaries to understand how we can continue being as user-led as possible as an organisation, ensuring members are engaged at every level, and staying responsive to the needs of beneficiaries
- Engaging in targeted programme of team development, both workforce and governance.

Collaboration and networking

We have continued to closely collaborate and partner with several local organisations such as the Local Authority, NHS Dorset, Dorset Healthcare, Dorset County Hospital, the Volunteer Centre, providers, local businesses and many others. These relationships are vital, enabling us to improve services, share outcomes and ideas.

We have continued to link, thanks to organisations like Learning Disability England, with many other self-advocacy organisations around the country to find out how they are managing and sharing best practice.

What we have learnt this year

1. Continually listening to members and their changing needs is imperative in being able to offer effective activities and solutions.
2. That continued support continues to be essential, enabling individuals to speak up at an early stage, enabling support to kick in quickly and preventing any crisis.
3. With the right support members are resilient.
4. That it is important to work with others to trial solutions for harder to reach people i.e. people with profound and multiple learning disabilities
5. That the cost-of-living crisis has adversely impacted our members, but individuals have managed by speaking up about their concerns, in turn enabling us to provide activities and support to meet their most pressing needs.

TRUSTEES' REPORT

6. That members are still facing many inequalities, and with funding more competitive to secure for PFD, a cost-of-living crisis, it is even more imperative that we continue to support individuals to be resilient and work collectively with other organisations to deliver cost effective, sustainable and robust solutions.

7. That it is still very hard for people with learning disabilities to understand information, such as deciding how to vote. Much reinforcement and easy read ways of demonstrating such messages are vital.

8. That with low-cost, timely, engaging, focused activities and support, many people with learning disabilities can avoid crisis and thrive.

Our sincere gratitude and thanks to funders, and donors and supporters

We want to take this opportunity to share our heartfelt thanks, to all our funders, and donors, who have generously enabled us to continue supporting members in the different ways they have needed. Thanks also to those who give time to support us in many ways and offer encouragement and practical help.

What next?

Our primary concern going forward is primarily supporting our members to continue adapting to a 'new normal' whatever that might look like, which of course is ever uncertain, certainly in the years since covid. Support for individuals to manage their health and wellbeing, as well as maintaining friendships, is imperative.

With individuals trusting staff, and feeling safe to speak up, we have caught more concerns early again in the last year. This will be key going forward, notably with advocacy services more difficult to secure.

Peer support continues to prove effective, so we will create more opportunities for members to listen and share experiences, developing skills to support each other and improve their general well-being.

Continued conversations with members and their supporters tell us that the reason that they do so well, is often largely down to activities, interaction and support from People First Dorset. For some, it's a disco to look forward to each month, for others it's a safe place to talk about their worries, while some gain huge benefits from being socially included and doing physical activity.

It is extremely difficult, if impossible, to meaningfully calculate the financial value of our work and intervention, but it is very possible that if even a small group of members had reached crisis point, that the costs of support would have been substantially greater than the costs of our intervention.

Financial Review

The incoming resources for the year amounted to £203,000 of which £154,986 represented restricted funds. The outgoing expenditure amounted to £293,394 of which £137,897 was in respect of restricted projects. There was an overall deficit of £90,394 for the year.

The total reserves on 31 March 2024 were £18,445 of which £24,726 represented restricted funds. There was therefore a £6,281 negative balance of unrestricted funds at the year end.

The results are summarised on page 11 and shown in more detail on pages 15 - 19 and 22.

The charity held £2,356 on deposit with CCLA Investment Management, £447 with CAF Bank and £8,330 in a Co-operative Bank Deposit Account at the year end. This was in addition to funds held within Co-operative and CAF bank current accounts for day to day needs.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of People First Dorset for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 25 October 2024 and signed on its behalf by:

.....
Graham Waters
Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEOPLE FIRST DORSET

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

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 People First Dorset 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.

H E Jones BA (Hons) FCCA

Edwards and Keeping
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

28 October 2024

PEOPLE FIRST DORSET

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024 (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

	Note	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Income and Endowments from:					
Donations and legacies	3	12,437	-	12,437	3,336
Charitable activities	4	19,675	154,986	174,661	161,450
Investment income	5	2,006	-	2,006	1,899
Other income	6	13,896	-	13,896	-
Total income		<u>48,014</u>	<u>154,986</u>	<u>203,000</u>	<u>166,685</u>
Expenditure on:					
Charitable activities	7	<u>(155,496)</u>	<u>(137,897)</u>	<u>(293,393)</u>	<u>(269,073)</u>
Total expenditure		<u>(155,496)</u>	<u>(137,897)</u>	<u>(293,393)</u>	<u>(269,073)</u>
Net (expenditure)/income		(107,482)	17,089	(90,393)	(102,388)
Transfers between funds		<u>640</u>	<u>(640)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(106,842)	16,449	(90,393)	(102,388)
Reconciliation of funds					
Total funds brought forward		<u>100,562</u>	<u>8,277</u>	<u>108,839</u>	<u>211,227</u>
Total funds carried forward	18	<u>(6,280)</u>	<u>24,726</u>	<u>18,446</u>	<u>108,839</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2023 is shown in note 18.

PEOPLE FIRST DORSET

(REGISTRATION NUMBER: 05189356)
BALANCE SHEET AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	13	2,827	4,238
Current assets			
Debtors	14	12,926	625
Cash at bank and in hand		25,540	129,810
		38,466	130,435
Creditors: Amounts falling due within one year	15	(22,847)	(25,834)
Net current assets		15,619	104,601
Net assets		18,446	108,839
Funds of the charity:			
Restricted income funds			
Restricted funds	18	24,726	8,277
Unrestricted income funds			
Unrestricted funds		(6,280)	100,562
Total funds	18	18,446	108,839

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These 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.

The financial statements on pages 11 to 24 were approved by the trustees, and authorised for issue on 25 October 2024 and signed on their behalf by:

Graham Waters
Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

People First Dorset 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 notes.

Going concern

The financial statements have been prepared on a going concern basis.

The Charity had a negative balance of unrestricted reserves at the period end date following consecutive years of deficits in the Statement of Financial Activities. In response, the trustees have moved to reduce the Charity's cost base, sought further sources of funding and explored new opportunities to diversify its revenue streams. In addition, the trustees have developed a contingency plan to further reduce expenses should it prove necessary to ensure the financial health of the Charity.

The trustees have therefore made the assessment that there are no material uncertainties about the Charity's ability to continue as a going concern. In so doing, the trustees have considered a period of one year from the date of approval of the financial statements.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Income and endowments

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Income from government and other grants are recognised when the charity has entitlement, after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income

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.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	Straight line over 4 years

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

3 Income from donations and legacies

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds General £	Total 2024 £
Donations and legacies; Donations from individuals	12,437	12,437
	<u>12,437</u>	<u>12,437</u>
	Unrestricted funds General £	Total 2023 £
Donations and legacies; Donations from individuals	3,336	3,336
	<u>3,336</u>	<u>3,336</u>

4 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £
Grants and contracts	16,250	154,986	171,236
Work done	3,425	-	3,425
	<u>19,675</u>	<u>154,986</u>	<u>174,661</u>
	Unrestricted funds General £	Restricted funds £	Total 2023 £
Grants and contracts	32,250	114,195	146,445
Work done	5,280	9,725	15,005
	<u>37,530</u>	<u>123,920</u>	<u>161,450</u>

5 Investment income

	Unrestricted funds General £	Total 2024 £
Interest receivable and similar income; Interest receivable on bank deposits	2,006	2,006
	<u>2,006</u>	<u>2,006</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds General £	Total 2023 £
Interest receivable and similar income;		
Interest receivable on bank deposits	1,899	1,899
	<u>1,899</u>	<u>1,899</u>

6 Other income

	Unrestricted funds General £	Total funds £
Access to Work expense reimbursement claims	13,896	13,896
Total for 2024	<u>13,896</u>	<u>13,896</u>

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2024 £
General administration		34,128	6,589	40,717
Premises		14,858	-	14,858
Repairs		62	-	62
Travel and subsistence		2,469	2,322	4,791
Contribution to overheads		(13,628)	13,628	-
Depreciation, amortisation and other similar costs		2,488	-	2,488
Staff costs		112,839	115,358	228,197
Governance costs	8	<u>2,280</u>	<u>-</u>	<u>2,280</u>
		<u>155,496</u>	<u>137,897</u>	<u>293,393</u>

	Note	Unrestricted funds General £	Restricted funds £	Total 2023 £
General administration		45,796	10,601	56,397
Premises		8,638	-	8,638
Repairs		50	-	50
Travel and subsistence		2,867	2,341	5,208
Contribution to overheads		(24,871)	24,871	-
Depreciation, amortisation and other similar costs		2,647	-	2,647
Staff costs		63,817	130,048	193,865
Governance costs	8	<u>2,268</u>	<u>-</u>	<u>2,268</u>
		<u>101,212</u>	<u>167,861</u>	<u>269,073</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total 2024 £
Independent examiner fees		
Examination of the financial statements	2,280	2,280
	<u>2,280</u>	<u>2,280</u>
	Unrestricted funds General £	Total 2023 £
Independent examiner fees		
Examination of the financial statements	2,268	2,268
	<u>2,268</u>	<u>2,268</u>

9 Net incoming/outgoing resources

Net outgoing resources for the year include:

	2024 £	2023 £
Operating leases - plant and machinery	3,514	4,685
Depreciation of fixed assets	<u>2,488</u>	<u>2,647</u>

10 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Ruth Bettenson

Ruth Bettenson invoiced the charity a total of £160 (2023 - £1,410) in respect of consultancy fees during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

11 Staff costs

The aggregate payroll costs were as follows:

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	192,427	173,054
Social security costs	10,452	8,952
Pension costs	8,582	7,892
Other staff costs	16,736	3,967
	<u>228,197</u>	<u>193,865</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

	2024 No	2023 No
Employees	<u>10</u>	<u>11</u>

No employee received emoluments of more than £60,000 during the year.

12 Independent examiner's remuneration

	2024 £	2023 £
Examination of the financial statements	<u>2,280</u>	<u>2,268</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

13 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2023	11,303	11,303
Additions	<u>1,077</u>	<u>1,077</u>
At 31 March 2024	<u>12,380</u>	<u>12,380</u>
Depreciation		
At 1 April 2023	7,065	7,065
Charge for the year	<u>2,488</u>	<u>2,488</u>
At 31 March 2024	<u>9,553</u>	<u>9,553</u>
Net book value		
At 31 March 2024	<u>2,827</u>	<u>2,827</u>
At 31 March 2023	<u>4,238</u>	<u>4,238</u>

14 Debtors

	2024 £	2023 £
Trade debtors	10,180	625
Prepayments	1,431	-
Accrued income	<u>1,315</u>	<u>-</u>
	<u>12,926</u>	<u>625</u>

15 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	1,323	7,566
Other taxation and social security	2,034	-
Accruals	<u>19,490</u>	<u>18,268</u>
	<u>22,847</u>	<u>25,834</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

16 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024	2023
	£	£
Other		
Within one year	<u>-</u>	<u>1,171</u>

17 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £8,582 (2023 - £7,892).

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

18 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Unrestricted					
General					
General fund	88,780	40,954	(141,249)	2,267	(9,248)
Core - Lloyds Bank Foundation	10,247	2,250	(10,247)	(2,250)	-
Core - Dorset Council Resilience Fund	(623)	4,000	(4,000)	623	-
Core - Easy Read	2,158	-	-	-	2,158
SU - Easy Read	-	810	-	-	810
	<u>100,562</u>	<u>48,014</u>	<u>(155,496)</u>	<u>640</u>	<u>(6,280)</u>
Restricted					
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
Core - Mencap Let's Get Digital	579	-	(579)	-	-
SU - Nationwide Community Grant	2,238	-	(2,238)	-	-
SU - CCG Annual Health Check	-	5,000	(5,000)	-	-
SU - Dorset Healthcare	625	2,500	(2,500)	-	625
FC - Dorset Council Community and Culture Fund	-	-	219	(219)	-
FC - Dorset Council Community and Culture Fund Round 6	-	5,000	-	-	5,000
FC - Peoples Health Trust Sept 2022	-	17,837	(20,810)	-	(2,973)
SU - Active Dorset Together Fund	421	8,750	(8,750)	(421)	-
SU - DC EDI Reference Group	-	3,500	(3,500)	-	-
SU - Henry Smith Charity	4,414	60,000	(51,948)	-	12,466
SU - Sport England 24	-	10,399	(1,625)	-	8,774
SU - SW Community Matters Fund	-	1,000	(166)	-	834
Total restricted	<u>8,277</u>	<u>154,986</u>	<u>(137,897)</u>	<u>(640)</u>	<u>24,726</u>
Total funds	<u>108,839</u>	<u>203,000</u>	<u>(293,393)</u>	<u>-</u>	<u>18,446</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
General fund	135,701	12,065	(70,792)	11,806	88,780
Core - Lloyds Bank Foundation	10,417	25,250	(25,420)	-	10,247
Core - Dorset Council Resilience Fund	(623)	5,000	(5,000)	-	(623)
Core - Easy Read	1,708	450	-	-	2,158
	<u>147,203</u>	<u>42,765</u>	<u>(101,212)</u>	<u>11,806</u>	<u>100,562</u>
Restricted					
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
Core - Mencap Let's Get Digital	579	-	-	-	579
SU - Big Lottery	36,063	36,028	(64,900)	(7,191)	-
SU - Lloyds Small Change Fund	9,972	-	(8,982)	(990)	-
SU - Peoples Health Trust	9	-	-	(9)	-
SU - Nationwide Community Grant	2,239	-	-	(1)	2,238
SU - Discovery Grant	(1)	-	-	1	-
SU - Somerset CC (Bridgwater)	668	-	-	(668)	-
SU - Somerset CC (Taunton)	105	-	-	(105)	-
SU - Somerset CC (Yeovil)	505	-	-	(505)	-
SU - Somerset CC (Minehead)	(81)	-	-	81	-
SU - Somerset CC (Street)	(1,197)	-	-	1,197	-
SU - CCG Annual Health Check	-	1,586	(1,586)	-	-
SU - Dorset Council Infection Control	3,888	-	(420)	(3,468)	-
SU - Dorset Healthcare	625	2,500	(2,500)	-	625
FC - Communities Against Cancer	2,650	(2,321)	-	(329)	-
FC - Bailey Thomas	8,000	-	(8,000)	-	-
FC - Dorset Council Community and Culture Fund	-	4,857	(4,857)	-	-
FC - Peoples Health Trust Sept 2022	-	8,920	(9,101)	181	-
SU - Active Dorset Together Fund	-	1,250	(829)	-	421
SU - DC EDI Reference Group	-	3,500	(3,500)	-	-
SU - Henry Smith Charity	-	20,000	(15,586)	-	4,414
SU - LDE Covid Recovery	-	6,600	(6,600)	-	-
Total restricted funds	<u>64,024</u>	<u>123,920</u>	<u>(167,861)</u>	<u>(11,806)</u>	<u>8,277</u>
Total funds	<u>211,227</u>	<u>166,685</u>	<u>(269,073)</u>	<u>-</u>	<u>108,839</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

The specific purposes for which the funds are to be applied are as follows:

Restricted funds are held for the purpose of the specific project or other purpose set out in the respective grant agreements.

19 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £
Tangible fixed assets	2,827	-	2,827
Current assets	13,740	24,726	38,466
Current liabilities	(22,847)	-	(22,847)
Total net assets	<u>(6,280)</u>	<u>24,726</u>	<u>18,446</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2023 £
Tangible fixed assets	4,238	-	4,238
Current assets	122,158	8,277	130,435
Current liabilities	(25,834)	-	(25,834)
Total net assets	<u>100,562</u>	<u>8,277</u>	<u>108,839</u>

20 Related party transactions

There were no related party transactions in the year.

PEOPLE FIRST DORSET

England & Wales - Charity number 1106963

Accounts

Company registration number: 05189356

Charity registration number: 1106963

PEOPLE FIRST DORSET
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

E d w a r d s & K e e p i n g

Chartered Accountants

PEOPLE FIRST DORSET

CONTENTS

Reference and Administrative Details	1
Trustees' Report	2 to 12
Statement of Trustees' Responsibilities	13
Independent Examiner's Report	14
Statement of Financial Activities	15
Balance Sheet	16
Notes to the Financial Statements	17 to 27

PEOPLE FIRST DORSET

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Graham Waters, Chairman Ruth Bettenson, Treasurer Richard Maxfield Hazel Morgan Paul St Quintin Deborah Holyer
Secretary	Sara Whistance
Principal Office	2 Herringston Barn Herringston DORCHESTER Dorset DT2 9PU The charity is incorporated in England and Wales.
Company Registration Number	05189356
Charity Registration Number	1106963
Bankers	The Co-operative Bank CCLA Fund Managers Limited CAF Bank Limited
Independent Examiner	Edwards & Keeping Unity Chambers 34 High East Street Dorchester Dorset DT1 1HA

PEOPLE FIRST DORSET

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31st March 2023. The Trustees, who are also directors for the purposes of company law, who served during the year and up to the date of this report, are set out on page 1.

Structure, governance and management

The organisation is a charitable company limited by guarantee (05189356), incorporated on 26 July 2004, and registered as a charity (1106963) on 24 November 2004 as Dorset People First. The name was changed to People First Dorset on 20 March 2014.

The company was established under a Memorandum of Association which sets out the objects of the charitable company and is governed under its Articles of Association. The company updated its Memorandum of Association in September 2018. Under the Articles, the Directors are re-elected or elected at the AGM each year and there must always be a minimum of 3 directors.

The liability of members of the charity is limited to a sum not exceeding £1, being the amount that each members undertakes to contribute to the assets of the charity in the event of it being wound up while he, she or it is a member or within one year after he, she or it ceases to be a member.

Objectives and activities

The company is a charity and exists to promote any charity purpose (including the promotion of education and social inclusion) for the benefit of individuals with learning disabilities ("Individuals") assisting these Individuals to integrate into society, in particular (but not exclusively) by:

- (1) enabling Individuals to be self-advocates providing workshops, forums and general support;
- (2) providing local support groups that encourage and enable Individuals to integrate and participate more effectively with the wider community and build confidence in themselves;
- (3) enabling and supporting Individuals to learn new skills that will assist them in progressing towards a more independent and full life, participating more effectively with the wider community and improving their health and wellbeing;
- (4) providing social and educational opportunities for Individuals within the community which promote social inclusion and independence;
- (5) increasing, or co-ordinating, opportunities for Individuals to engage better with the bodies which provide any services that Individuals use and to enable those providers to better meet the needs of Individuals;
- (6) raising public awareness of the issues affecting Individuals, both generally and in relation to their social exclusion; and
- (7) offering guidance, support and assistance to the families and supporters of Individuals in relation to the care and support of Individuals (to the extent that it benefits the Individual)

The Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Achievements and performance

The Charity has, with our talented and committed staff, continued to work hard during the year to support people with learning disabilities. Activities which are considered to be restricted and unrestricted projects are shown in more detail on page 25.

TRUSTEES' REPORT

Fears around the increased vulnerability of people with a learning disability to the effects of COVID-19 mean that some of our members have been, over the last year, still reluctant to leave the house, or are keeping a distance from others, even as restrictions have eased. The future is still seen as uncertain, with some feeling that life has not fully returned to normal. Others have been eager to rejoin their community, embracing their new freedom and re-establishing friendships and activity with renewed enthusiasm and vigour.

Operations and Governance at People First Dorset

People First Dorset is a 'self-advocacy' organisation, led and run by people with learning disabilities, with support from staff and volunteers.

We develop self-advocacy in three stages. It starts by coming together at our Friendship Club events; individuals then tend to join one of our 12 Speaking Up Groups, and finally come together to lead change through our developing Action Groups. Our mission is to support people with learning disabilities to be independent, have their voices heard and to be included in community life.

Anyone with a learning disability is welcome to join our activities, which are currently aimed at adults with a learning disability. Anyone with a learning disability can also apply to become a member of the charity, People First Dorset. Members of the People First Dorset charity are entitled to vote at AGM meetings.

It is also possible for carers, professionals and organisations (one person per organisation) to apply and become a member of People First Dorset.

People First Dorset also offers an Easy Read service, where information is put into an accessible format, so people with learning disabilities can read and understand it.

People First Dorset currently have a staff team of 4 full time and 6 part time employees, and are governed by a Board of Trustees, including one person who has a learning disability. Sitting alongside the Board of Trustees is a Management Committee of between 6 -8 individuals, all of whom have a learning disability. With the trustees, they oversee the strategy and operations of the charity. With support from the Operations Manager, the Management Committee (MC) meet regularly to talk about current projects and discuss the future direction of People First Dorset. There are regular communications between the MC and Board of Trustees.

Both the Management Committee and Trustees respectively continued to meet monthly online throughout pandemic, and over the last year the Trustees continued to meet approximately every 6 - 8 weeks.

In the last year, the Management Committee have:-

- continued meeting monthly in person
- overseen the transition from projects online to back in person
- overseen planning for existing and new projects
- helped develop People First Dorset's Values
- consulted on improving GP annual health check processes in Dorset and Bournemouth, Christchurch and Poole
- introduced a 'reporting board' which they take to events, where other members are able to share their thoughts and feedback. This communication forms part of the ways in which the team, and trustees, learn how beneficiaries are coping and of immediate concerns, enabling us to respond to changing needs and develop our response accordingly - in turn supporting individuals to cope with activities which meet needs.

We welcome another opportunity to share in our Annual Report how we have continued to empower and enable adults with learning disabilities across Dorset to join activities, develop skills and improve their health and wellbeing. Many individuals were at risk of poorer mental health or intensified mental health problems during the pandemic, and our team supported them to address these (often signposting to other services for more specialised support as appropriate), with now most having returned to activities as issues were caught early.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

As the last two years, People First Dorset has been able to use its established position of trust within our Dorset community and support individuals, in particular where needs were less well served by mainstream provision, and to keep individuals safe and well. This has predominantly been achieved through addressing beneficiaries' social isolation, improving mental health and physical wellbeing, plus opportunities to speak up.

More about our Mission and Purpose at People First Dorset

1. Enable people to make and sustain friendships in their community, create opportunities to speak up and develop action groups so that issues affecting the lives of people with learning disabilities can be addressed at the earliest opportunity
2. Empower people with learning disabilities to take the lead in addressing their concerns successfully; to develop stronger self-advocacy skills; have a better understanding of their rights; and build peer networks so they may (more confidently, effectively, and independently) address the inequalities they experience on a daily basis.
3. Enable people with learning disabilities to develop stronger, more productive relationships with key decision makers (i.e., statutory services, housing, health bodies), who will realise the benefits that working together can produce significant improvements for all.
4. Develop an increased awareness and empathy from the community for people with learning disabilities, who will in turn find the community a more inclusive and fairer environment to live in and engage with.
5. Develop a better understanding of how to create cost effective and sustainable solutions for people with learning disabilities, so we can better address the inequalities they experience.

Our continued response to COVID

The team have continued to talk regularly with beneficiaries, actively listening to find out what their needs are at any given time and then responding dynamically, innovatively and swiftly with support as people's needs changed.

We are incredibly grateful that all our funders have enabled us to continue supporting members in the different ways they have needed. It has meant that individuals have been able to carry on coping well despite the ongoing difficult situations many have found themselves in, and as regulations and restrictions chopped and changed over the year. Please find below a snapshot of our work during the last year:-

Activities

The negative impact of COVID significantly eased, with almost all restrictions lifted and life returning to a 'new normal'.

Speaking Up groups resumed in person, increasing from 10 to 13 each month. There are also three new groups are taking place in Weymouth, East Dorset and Purbeck.

Friendship Club resumed almost all activities in person. Discos came back (huge demand for these!), as there was for the return of Big Night Out, our bi-annual nightclubbing event in Bournemouth, run with People First Forum, and with an attendance of around 400 people with a learning disability.

There is still a small demand from some members for a monthly online group, which continues to be popular for this minority.

What else?

TRUSTEES' REPORT

- The team have continued to talk regularly with beneficiaries (members), actively listening to find out what their needs are at any given time and then responding dynamically, innovatively and swiftly with support as people's needs changed.
- Speaking Up Groups have covered topics over the last year, ranging from online scams, staying safe online to budgeting, cost of living, housing, employment and more.
- The Friendship Club has continued to work creatively, offering a range of activities suited to members wishes and needs. These include online and in person quizzes, scavenger hunts, picnic, walks, crafts, games, clay modelling, drawing, ghost walks and more.
- Following much demand, and the ending of a key social group in Bridport, we re-launched our Bridport Friendship Club group, thanks to funding from People's Health Trust.
- New Venues - members have sought out new venues as they return to normal. These are all places where they feel safe, supported and welcomed.
- North Dorset -there have been more issues around transport and getting individuals to events, which the team have been addressing with members and providers. The key concerns still centre around residential homes who struggle to bring residents out to activities in the evenings, due to lack of staff support.
- Connect, our eye catching and accessible booklet (introduced in year one to support members with information about key covid updates, health, and wellbeing activities and with information about our events) continued to be produced bi-monthly, posting out to over 650 members, and circulated by email to a further 500 plus stakeholders.
- A fun and inclusive singing group has begun with members and is proving to be very popular. The group have already performed at a local church and are planning further performances later this year.
- A short course of dance sessions were held in person in January and February 2022, proving a popular way for members to reengage with physical activity.
- As members returned to activities and their community, a series of online and in person wellness workshops were held from January to May 2022. These were aimed at supporting individuals wellbeing as they returned to the 'new normal' and were well attended with positive feedback from members.
- The team also held two Coping with Anxiety workshops in January 2022, supporting those individuals who had struggled with their mental health. These proved so popular, as they enabled many individuals to reduce their anxiety as they returned back to the community, that four relaxation and mindfulness sessions were then held in March and April, helping to embed the ability of individuals to manage their anxiety and mental health.
- Also, in February and March, a small group who were struggling with food preparation, took part in some Healthy Eating workshops, learning how to create and prepare simple meals themselves. This was particularly useful for some members who are living independently. Two individuals continued with further support from the team as they developed their shopping/cooking skills and confidence.
- With the rise of some members falling prey to online scams, we have continued to hold regular Staying safe online workshops at events, with support from the local community policy safety team, as well as the online safety team at Dorset Council. This has been particularly important as we have seen a significant rise of individuals struggling to manage their boundaries on online safety.
- The team have worked hard to ensure that all members are aware of Annual health checks, and how to receive them. We have also worked with health services to create a comprehensive Annual Health Check pack for each GP surgery in Dorset, which were circulated last year.

TRUSTEES' REPORT

- An Exhibition was held at Dorset Museum in April 2022, following the successful Environment Workshops, showcasing their work and allowing others to see what they had learnt and understood. This was well attended and those attending reported feeling very proud of what they had learnt and accomplished.
- With some members not re-joining activities because of covid fears, and younger individuals struggling to 'see' what we do, we made a film this year aimed at adults with a learning disability to showcase our work and how attending the events may benefit an individual. Please do look on our website page to view this, and also our other films on our youtube page.
- We ran a short term (year) project supporting people with learning disabilities seeking employment, working with Dorset Council's newly appointed supported Employment Provider Pluss. Our team, including those with lived experience, worked alongside Pluss, supporting them to engage with businesses and local groups.
- We have had a successful year being on the new Dorset Council Equality, Diversity and Inclusion Group. One member of staff, who has a learning disability, is leading on this work, with support from our Operations Manager. PFD is committed and actively involved in taking this work forward. Being on the group has also enabled the PFD team to secure training from an experienced ACAS advisor, ensuring all are confident in this area.
- Members have, with support from staff, supported the latest Dorset Hospital consultation which helps to understand the views of people with learning disabilities on changes and updates to the hospital.
- After two years of successful online events run by Learning Disability England, which brought people with a learning disability together across the country, to talk about collective issues, we have, and continue to encourage members to join into these free meetings, as well as join Learning Disability England.
- Supporting individuals to independent living - the four members who moved out of their family homes last year into their own new home have continued to be supported by our team, as they re-adjust to their new environment. A film will be produced next year we hope, which will highlight the journey of these individuals.
- Local Authority Consultations - The team are fully engaged in ensuring the voices of people with learning disabilities are heard and valued in two Dorset wide consultations to improve day services and adult social care services.
- Other groups, projects and research - we receive many requests to take part in interesting research, projects, panels, workshops etc. Although we are sadly unable to do them all, we are pleased that this year we have been able to take part in the following:-
 - a) Wellcome Connecting Science - One of our members continued to be part of the Community Advisory Panel who are exploring how community voices can be better involved in discussions about covid and the science that underpins society's response to the pandemic.
 - b) Manchester Metropolitan University Older People's Research -one of our colleagues with a learning disability is employed to sit on two Steering Groups in this research project, which aims to find out how people with learning disabilities can be better supported when they grow older.
 - c) Southampton University - we continued to work with Southampton University and other arts based facilitators to carry out a pilot which explores the potential of arts-based activities as a foundation for friendships and self-advocacy work that meaningfully includes people with profound learning disabilities.
 - d) Warwick University Medication Support Interventions Research - one of our colleagues with a learning disability is on the Project Advisory Group of this research which seeks to advance knowledge in helping people with learning disabilities and/or their carers to benefit from medicines they need while minimising unintended effects from these treatments.

The difference it has made - feedback and notable outcomes

PEOPLE FIRST DORSET

TRUSTEES' REPORT

The number of sessions that we have held over the last accounting year, as well as the number of attendees, and number of magazines sent is as follows:-

Total Number of Events: 340

Friendship Club Events: 83

Speaking Up Events: 116

Online Events: 11

Bespoke Workshops: 22

Number of registered attendees at events: 1,944 (please note that these are the numbers attending, so will include many of the same individuals). We are currently unable to record how many individuals have attended as some beneficiaries do not wish to share details, and therefore an accurate register is difficult to achieve. The PFD team are working on how we can achieve a more accurate number of beneficiaries with this limitation.

How members have coped

Members have coped incredibly well. They have continued to tell us their greatest needs and we have responded with support accordingly. There has been a particular call from members for activities which support health and wellbeing. Our Speaking Up groups which have been able to resume face to face have seen such demand that we have created an additional two groups in order to meet the needs of members, with 12 groups now running across the county.

Case Studies

a) May

Summary of May's circumstances when she started attending Speaking Up meetings:

May moved to Dorset just before the pandemic. She lives independently but requires support for her learning disability and some mental health issues such as anxiety.

May's parents live in the area but are elderly so can only provide limited support.

When she moved into the area, she had no support from services and had no friends in the area.

Outline of what May needed support with

May needed support to build social networks and connect with local support services.

She also wanted to explore opportunities for meeting someone to build a long-term, romantic relationship.

Summary of support given by PFD

Initially we engaged with May by telephone and email, so she become comfortable with staff. We helped her by signposting her to other organisations who could support her with her mental health.

She then began to join group video calls with other members. Once she had spoken with a few other members she began joining Speaking Up meetings and the Friendship Club social events we offer.

The more she attended our Speaking Up meetings the more she grew in confidence and began to talk openly and share her anxieties with other members of the group and gained their support at meetings.

It became apparent over time, through conversations at meetings, that May could be making herself vulnerable when using dating websites, which she had engaged with, in the hope of finding a romantic relationship. She openly sought support from staff and her peers about how to be safer when using dating websites. It was clear upon further conversations that she was indeed putting herself in quite some danger.

Summary of the outcomes (changes) for May due to our support

The team supported May to understand the risks she was taking on the online dating agencies. May also engaged with local mental health support services, who further supported her.

She feels she has a safe and supportive space at Speaking Up groups to share her anxieties and seek support from staff and her peers.

May has made friends at the Speaking Up group and now socialises with them outside of the meetings. She says that she feels more able to make decisions that protect her personal safety and wellbeing when using online dating websites.

TRUSTEES' REPORT

b) Paddy

Summary of Paddy's circumstances

Paddy has autism and epilepsy; he lives independently but had daily support from his mother. Sadly, last year, Paddy's mum died. So, his father and father became his main carer. Paddy's father became unwell for a period of time immediately after his wife died, so Paddy received care and support from various extended family members. Paddy very quickly lost his consistent care and support and was also grieving the loss of his mother.

Outline of what Paddy needed support with

Paddy needed a space to be able to speak about the loss of his mother in a safe environment. He became quite isolated and lost his confidence because of his bereavement and the changes to his care and support.

Summary of support given by PFD

Initially we started with calling Paddy weekly to chat. Then we progressed to a weekly 1:1 walk, where he would speak about his everyday life, as well as how he was feeling in his grief. It helped get him used to socialising again and built his confidence in doing that without the support of his mother.

Eventually Paddy decided to try attending his local Speaking Up meeting. Very quickly he began to feel comfortable at the meetings and become much chattier and more confident in the group setting.

Summary of the outcomes (changes) for Paddy, due to our support

Paddy became more able to talk about his loss and feelings with other people. He became an active contributor to the Speaking Up meetings, sharing and supporting other members.

As a result of Paddy feeling confident and safe enough to speak about his loss in the Speaking Up meetings, it meant other people felt comfortable too and the group have since had some very powerful conversations around bereavement and loss. His increased confidence meant Paddy started attending other social events run by People First Dorset.

c) Tricia

Tricia joined us through the Friendship Club, having finished college in 2022, done some volunteering and, through our partnership working with Pluss has been referred for support. They are now starting to attend a job club and looking at paid work opportunities. She has become also an active member of Friendship Club, supporting the staff team to do quizzes at events and more.

Strengthening the charity

Much has also been achieved in the last year to strengthen the core of the charity. This has included:

- Completion of a new cloud-based database system, enabling us to store and manage all data securely, with the ability to produce a range of increasingly essential statistical, activity and performance reports.
- Both the Management Committee and Trustees have respectively continued to meet monthly, as respective governance bodies. A member of the Trustee board, who has lived experience of a learning disability, also now sits on the MC.
- Developing our Marketing, Fundraising, influencing, communications offering, ensuring PFD can implement a marketing campaign to diversity income in 2023/24

Priorities for 2021-24 are:-

- a) To support our beneficiaries to navigate their way out of covid and safely re-integrate into their local community
 - b) Grow both individual donations and earned income
 - c) Engage in targeted programme of team development, both workforce and governance
-

TRUSTEES' REPORT

d) Conduct ongoing reviews with beneficiaries to understand how we can continue being as user-led as possible as an organisation, ensuring members re engaged at every level, and staying responsive to the needs of beneficiaries

e) Develop a clear understanding and ability to demonstrate impact and to influence, enabling beneficiaries to better address the inequalities they experience

f) Have better involved people with profound and multiple learning disabilities in projects and the organisation as a whole.

What else

1. Influencing, Values, Communication, Messaging - Away Day

We have continued to develop our communications and influencing work. This has included bringing the whole team together, as soon as it was possible, for an Away Day. This included staff, trustees, Management Committee and Advisors.

This was a very positive experience, to come together after such a time apart, not only to reconnect as a team but also to revisit some key areas of our work. We were also able to agree on our values, as well as consider our messaging. Our values are:

- **We are welcoming:** we are open to all adults with learning disabilities and their supporters
- **We have fun:** we meet in the community making friends and joining in activities
- **We are visible:** we put an end to the hidden lives and isolation of many people with learning disabilities
- **We are stronger together:** our members take their ideas and concerns to those whose decisions affect their lives
- **We promote fairness and equality:** we challenge the barriers we sometimes face

2. Wellbeing strategy

We have developed a wellbeing strategy, aimed to ensure staff are also supported at all times, and in particular as we come out from the pandemic and during the cost of living crisis. This has included supporting the staff team to have mental health first aid training, reviewing workplace assessments, offering coaching to members of the team and/or mentoring.

3. Hybrid working environment

We have continued to offer a hybrid working environment to the team, wherever is reasonably possible. Working online can bring greater and quicker results for individuals - i.e. less travel means we can have more meetings and conversations online. Only takes time for meeting, not travelling between.

4. Easy Read

We are continuing to develop our Easy Read services doing regular work for the local authority, and some national organisations including the House of Lords.

5. Management Committee and Trustees

Both the Management Committee and Trustees have respectively continued to meet monthly, as respective governance bodies. A member of the Trustee board, who has lived experience of a learning disability, also now sits on the MC.

6. Database

Our Operations Manager has completed the new database, and trained up our Office Manager. This will allow us to have far greater ability to record and monitor outcomes.

Social inclusion

Funding has enabled individuals to maintain friendships and avoid social isolation by providing activities for people to look forward to - our own and collaborating with People First Forum to host a second 'Big Night In' online nightclubbing event.

TRUSTEES' REPORT

Many are deepening friendships with the regular zoom calls, getting to know each other in different ways and supporting each other in ways they didn't know they were able to do.

Beneficiaries taking the lead

Beneficiaries remain at the core of our work and continued to lead our response to the pandemic, enabling us to support in ways which work best for them.

Through frequent and ongoing conversation with individuals, beneficiaries have fundamentally shaped delivery. This communication informs the team how beneficiaries are coping and of immediate concerns, enabling us respond to changing needs and develop our response accordingly - in turn supporting them to cope with activities which meet needs.

Improved understanding of rights

Members have indicated they have a better understanding of their rights (i.e., rights to vaccine, rights for the right care and support) through building peer support groups and developing their self-advocacy skills online. Members are telling us what they need and how they need it, confidently engaging with staff. It is thought the smaller groups have enabled members to develop skills more effectively.

Wellbeing and Exercise sessions

In response to members concerns that without sustained support to do physical activity, they will slip into unhealthy habits again, thanks to funding from Sport England via Mencap we have run Online Wellbeing sessions over the last year and introduced weekly physical activity sessions. We also ran several Coping with Anxiety Workshops and some Healthy Eating workshops which were extremely popular.

Members have told us that managing wellbeing, keeping fit and staying healthy is more important than ever, and that they really look forward to these events as they are fun and interactive. That the activities and workshops have motivated them to move more, eat better, feel happier and be healthier. They say that doing these activities with their friends is important and good, and especially when there are activities each week as that helps with staying motivated. Members also value the support they get to check in with friends on the Activity WhatsApp group in between sessions.

Collaboration and networking

Continued collaboration with local organisations such as the Local Authority, CCG and others has enabled us to share outcomes, ideas and improve services. More productive relationships with all - online makes joint working quicker and often easier. Can connect quickly - no need to meet in person.

We have continued to link, through Learning Disability England, with many other self-advocacy organisations around the country to find out how they are managing and sharing best practice.

What have we learnt

1. Continually listening to members and their changing needs is imperative in being able to offer effective services and solutions
 2. That continued support has been vital
 3. With the right support members have been resilient
 4. That we can adapt at pace, being flexible and creative as services are amended according to the changing rules and needs of members post pandemic
 5. That it is possible to work with others to trial solutions for harder to reach people i.e. people with profound and multiple learning disabilities
-

TRUSTEES' REPORT

6. That mental and physical health and wellbeing has become even more important for members, as vital as friendships

7. That just because the pandemic has eased, we are still facing many inequalities for members, and that with funding more competitive to secure, a cost of living crisis, it is even more imperative that we continue to support individuals to be resilient and work collectively with other organisations to deliver cost effective, sustainable and robust solutions

8. That it is very hard for people with learning disabilities to understand continued key messages, such as government updates or how to stay safe, and that much reinforcement and easy read ways of demonstrating such messages are vital. For example, the new Voting ID requirements will be difficult for many members, who often do not have a passport or driving licence, therefore creating another barrier to being able to vote

9. People continue to need a lot of support finding their new 'normal'

What next?

Our primary concern going forward is primarily supporting our members to continue adapting to a 'new normal' whatever that might look like, which of course is ever uncertain. For some who have experienced stress and trauma over the last two years, the response that is needed continues to be quite significant.

Beneficiaries have had very different experiences of the pandemic too. Some are already out and about, keen to 'get back to their new normal'. Support for them to ensure they still stay safe and understand any changes which may take place in the future is key. Others have barely left the home over the last two years and are still understandably anxious about doing so, as they have underlying health conditions. Support for them to continue to manage their health and wellbeing, as well as maintaining friendships, is imperative.

We anticipate continuing to run a hybrid of activities, both in person and online, including some smaller and additional meetings/events, as well as working more intensively with some individuals to build confidence back up.

Support for each individual, whatever their anxieties are at any given time, will be essential for a long time to come. Also important will be opportunities to listen and share experiences so that beneficiaries learn and develop skills to support each other.

Without funding we would certainly not have been able to respond to the needs of adults with learning disabilities across Dorset as they required. Our continued conversations with members and their carers tells us that the reason that they have coped, as well as they have, is down to the fact that they have continued to have much interaction and activity from People First Dorset. It is not possible to calculate the possible value of our work and intervention, but it is very possible that if even a small group of members had reached crisis point, that the costs of support would have been substantially greater than our intervention.

Long-term funding

With regards to long term funding to support beneficiaries, the staff team have been working on helping the public and funders better understand what we do, and why support is, and will be, critical. This will be launched as part of a fundraising campaign in the coming year.

Developing a strong supporter base may take some time to build, so we will still be reliant on grant funding for a little longer. We also cannot rely on volunteers to support projects where skilled staff are still very much required.

Without funding the organisation would not have been able to respond to the needs of adults with learning disabilities across Dorset in a way which has, and continues, to meet their needs. We know that they would otherwise have struggled so much more, possibly resulting in more beneficiaries reaching crisis points and the need for much greater intervention by ourselves and professionals.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

Impact

Funding from a variety of different sources has made a hugely positive and significant impact on our members lives. We are incredibly grateful to all our funders over the last year.

Financial Review

The incoming resources for the year amounted to £166,685 of which £123,920 represented restricted funds. The outgoing expenditure amounted to £269,073 of which £167,861 was in respect of restricted projects. There was an overall deficit of £102,388 for the year.

The total reserves on 31 March 2023 were £108,839 of which £8,277 represented restricted funds.

The results are summarised on page 15 and shown in more detail on pages 19 - 22 and 25.

The charity held £65,783 on deposit with CCLA Investment Management, £35,256 with CAF Bank and £22,930 in a Co-operative Bank Deposit Account at the year end. This was in addition to funds held within Co-operative and CAF bank current accounts for day to day needs. The Trustees consider that these reserves are sufficient to meet the Charity's requirements for the next financial year.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of People First Dorset for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the 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 trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 presume that the charitable company will continue in business.

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

Approved by the trustees of the charity on 2 October 2023 and signed on its behalf by:

Graham Waters
Trustee

PEOPLE FIRST DORSET

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEOPLE FIRST DORSET

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 15 to 27.

Respective responsibilities of trustees and examiner

As the charity's trustees of People First Dorset (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 People First Dorset 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 People First Dorset 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.

H E Jones BA (Hons) FCCA

Edwards and Keeping
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

11 October 2023

PEOPLE FIRST DORSET

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023 (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	3	3,336	-	3,336	5,021
Charitable activities	4	37,530	123,920	161,450	253,086
Investment income	5	1,899	-	1,899	80
Total income		<u>42,765</u>	<u>123,920</u>	<u>166,685</u>	<u>258,187</u>
Expenditure on:					
Charitable activities	6	<u>(101,212)</u>	<u>(167,861)</u>	<u>(269,073)</u>	<u>(270,426)</u>
Total expenditure		<u>(101,212)</u>	<u>(167,861)</u>	<u>(269,073)</u>	<u>(270,426)</u>
Net expenditure		(58,447)	(43,941)	(102,388)	(12,239)
Transfers between funds		<u>11,806</u>	<u>(11,806)</u>	<u>-</u>	<u>-</u>
Net movement in funds		(46,641)	(55,747)	(102,388)	(12,239)
Reconciliation of funds					
Total funds brought forward		<u>147,203</u>	<u>64,024</u>	<u>211,227</u>	<u>223,466</u>
Total funds carried forward	17	<u><u>100,562</u></u>	<u><u>8,277</u></u>	<u><u>108,839</u></u>	<u><u>211,227</u></u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2022 is shown in note 17.

PEOPLE FIRST DORSET

(REGISTRATION NUMBER: 05189356) BALANCE SHEET AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	4,238	4,257
Current assets			
Debtors	13	625	825
Cash at bank and in hand		129,810	224,817
		130,435	225,642
Creditors: Amounts falling due within one year	14	(25,834)	(18,672)
Net current assets		104,601	206,970
Net assets		108,839	211,227
Funds of the charity:			
Restricted funds		8,277	64,024
Unrestricted income funds			
Unrestricted funds		100,562	147,203
Total funds	17	108,839	211,227

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- 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 financial statements on pages 15 to 27 were approved by the trustees, and authorised for issue on 2 October 2023 and signed on their behalf by:

Graham Waters
Trustee

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

People First Dorset 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 notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

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

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Income from government and other grants are recognised when the charity has entitlement, after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income

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.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	Straight line over 4 years

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

3 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from individuals	3,336	3,336	5,021
	<u>3,336</u>	<u>3,336</u>	<u>5,021</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

All donations and legacies received in 2022 related to unrestricted funds.

4 Income from charitable activities

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	General £	£	£	£
Grants and contracts	32,250	114,195	146,445	237,868
Work done	5,280	9,725	15,005	11,263
CJRS grant income	-	-	-	3,955
	<u>37,530</u>	<u>123,920</u>	<u>161,450</u>	<u>253,086</u>

£207,868 income from charitable activities received in 2022 related to restricted funds. The remainder related to unrestricted funds.

5 Investment income

	Unrestricted funds	Total 2023	Total 2022
	General £	£	£
Interest receivable and similar income;			
Interest receivable on bank deposits	<u>1,899</u>	<u>1,899</u>	<u>80</u>

All income and investments received in 2022 related to unrestricted funds.

6 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2023	Total 2022
	Note	General £	£	£	£
General administration		45,796	10,601	56,397	57,588
Premises		8,638	-	8,638	8,261
Repairs		50	-	50	77
Travel and subsistence		2,867	2,341	5,208	3,667
Grants repaid and repayable		-	-	-	4,884
Contribution to overheads		(24,871)	24,871	-	-
Depreciation, amortisation and other similar costs		2,647	-	2,647	1,990
Staff costs		63,817	130,048	193,865	191,685
Governance costs	7	<u>2,268</u>	<u>-</u>	<u>2,268</u>	<u>2,274</u>
		<u>101,212</u>	<u>167,861</u>	<u>269,073</u>	<u>270,426</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds		
	General	Total	Total
	£	2023	2022
		£	£
Independent examiner fees			
Examination of the financial statements	2,268	2,268	2,274
	<u>2,268</u>	<u>2,268</u>	<u>2,274</u>

8 Net incoming/outgoing resources

Net outgoing resources for the year include:

	2023	2022
	£	£
Operating leases - plant and machinery	4,685	4,685
Depreciation of fixed assets	<u>2,647</u>	<u>1,990</u>

9 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Ruth Bettenson

Ruth Bettenson invoiced the charity a total of £1,410 (2022 - £770) in respect of consultancy fees during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

10 Staff costs

The aggregate payroll costs were as follows:

	2023	2022
	£	£
Staff costs during the year were:		
Wages and salaries	173,054	173,553
Social security costs	8,952	8,851
Pension costs	7,892	7,935
Other staff costs	<u>3,967</u>	<u>1,346</u>
	<u>193,865</u>	<u>191,685</u>

The monthly average number of persons (including senior management team) employed by the charity during the year was as follows:

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

	2023 No	2022 No
Employees	<u>11</u>	<u>11</u>

No employee received emoluments of more than £60,000 during the year.

11 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	<u>2,268</u>	<u>2,274</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2022	8,675	8,675
Additions	2,628	2,628
At 31 March 2023	11,303	11,303
Depreciation		
At 1 April 2022	4,418	4,418
Charge for the year	2,647	2,647
At 31 March 2023	7,065	7,065
Net book value		
At 31 March 2023	4,238	4,238
At 31 March 2022	4,257	4,257

13 Debtors

	2023 £	2022 £
Trade debtors	625	200
Accrued income	-	625
	625	825

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	7,566	600
Other creditors	-	261
Accruals	18,268	17,811
	25,834	18,672

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

15 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023	2022
	£	£
Other		
Within one year	1,171	4,685
Between one and five years	-	1,171
	<u>1,171</u>	<u>5,856</u>

16 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £7,892 (2022 - £7,935).

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

17 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Unrestricted funds					
General					
Core - Lloyds Bank Foundation	10,417	25,250	(25,420)	-	10,247
Core - Dorset Council Resilience Fund	(623)	5,000	(5,000)	-	(623)
Core - Easy Read	1,708	450	-	-	2,158
General fund	135,701	12,065	(70,792)	11,806	88,780
	<u>147,203</u>	<u>42,765</u>	<u>(101,212)</u>	<u>11,806</u>	<u>100,562</u>
Restricted funds					
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
Core - Mencap Let's Get Digital	579	-	-	-	579
SU - Big Lottery	36,063	36,028	(64,900)	(7,191)	-
SU - Lloyds Small Change Fund	9,972	-	(8,982)	(990)	-
SU - Peoples Health Trust	9	-	-	(9)	-
SU - Nationwide Community Grant	2,239	-	-	(1)	2,238
SU - Discovery Grant	(1)	-	-	1	-
SU - Somerset CC (Bridgwater)	668	-	-	(668)	-
SU - Somerset CC (Taunton)	105	-	-	(105)	-
SU - Somerset CC (Yeovil)	505	-	-	(505)	-
SU - Somerset CC (Minehead)	(81)	-	-	81	-
SU - Somerset CC (Street)	(1,197)	-	-	1,197	-
SU - CCG Annual Health Check	-	1,586	(1,586)	-	-
SU - Dorset Council Infection Control	3,888	-	(420)	(3,468)	-
SU - Dorset Healthcare	625	2,500	(2,500)	-	625
FC - Communities Against Cancer	2,650	(2,321)	-	(329)	-
FC - Bailey Thomas	8,000	-	(8,000)	-	-
FC - Dorset Council Community and Culture Fund	-	4,857	(4,857)	-	-
FC - Peoples Health Trust Sept 2022	-	8,920	(9,101)	181	-
SU - Active Dorset Together Fund	-	1,250	(829)	-	421
SU - DC EDI Reference Group	-	3,500	(3,500)	-	-
SU - Henry Smith Charity	-	20,000	(15,586)	-	4,414
SU - LDE Covid Recovery	-	6,600	(6,600)	-	-
Total restricted funds	<u>64,024</u>	<u>123,920</u>	<u>(167,861)</u>	<u>(11,806)</u>	<u>8,277</u>
Total funds	<u>211,227</u>	<u>166,685</u>	<u>(269,073)</u>	<u>-</u>	<u>108,839</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Transfers from restricted funds to the unrestricted general fund represent unspent grant monies, the repayment of which was not required by the funder at cessation of the respective project.

Transfers from the unrestricted general fund to restricted funds are made to cover minor overspends in respect of restricted fund projects.

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
Core - Lloyds Bank Foundation	8,250	25,000	(22,833)	-	10,417
Core - Dorset Council Resilience Fund	-	7,500	(8,123)	-	(623)
Core - Easy Read	-	2,240	(532)	-	1,708
General fund	125,307	15,579	(8,008)	2,823	135,701
	<u>133,557</u>	<u>50,319</u>	<u>(39,496)</u>	<u>2,823</u>	<u>147,203</u>
Restricted funds					
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
Core - Mencap Let's Get Digital	-	5,650	(2,248)	(2,823)	579
SU - Big Lottery	33,361	72,070	(69,368)	-	36,063
SU - Lloyds Small Change Fund	9,972	-	-	-	9,972
SU - Peoples Health Trust	6,812	5,808	(12,611)	-	9
SU - Somerset Community Foundation	-	4,352	(4,352)	-	-
SU - Nationwide Community Grant	20,488	-	(18,249)	-	2,239
SU - Discovery Grant	3,748	-	(3,749)	-	(1)
SU - Somerset CC (Bridgwater)	-	6,381	(5,713)	-	668
SU - Somerset CC (Taunton)	-	6,381	(6,276)	-	105
SU - Somerset CC (Yeovil)	-	6,381	(5,876)	-	505
SU - Somerset CC (Minehead)	-	3,191	(3,272)	-	(81)
SU - Somerset CC (Street)	-	3,191	(4,388)	-	(1,197)
SU - CCG Annual Health Check	-	9,414	(9,414)	-	-
SU - Dorset Council Infection Control	-	5,000	(1,112)	-	3,888
SU - Dorset Healthcare	-	2,500	(1,875)	-	625
SU - Tampon Tax (Women's Group)	5,500	-	(5,500)	-	-
SU - Wessex Water Environment	2,494	-	(2,494)	-	-
FC - Communities Against Cancer	2,650	-	-	-	2,650
FC - Bailey Thomas	-	12,000	(4,000)	-	8,000
FC - Independent Age Grant	-	14,923	(14,923)	-	-
FC - Mencap Sport England	4,884	9,626	(14,510)	-	-
	<u>89,909</u>	<u>207,868</u>	<u>(230,930)</u>	<u>(2,823)</u>	<u>64,024</u>
Total restricted funds	<u>89,909</u>	<u>207,868</u>	<u>(230,930)</u>	<u>(2,823)</u>	<u>64,024</u>

PEOPLE FIRST DORSET

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Total funds	<u>223,466</u>	<u>258,187</u>	<u>(270,426)</u>	<u>-</u>	<u>211,227</u>

The specific purposes for which the funds are to be applied are as follows:

Restricted funds are held for the purpose of the specific project or other purpose set out in the respective grant agreements.

18 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Tangible fixed assets	4,238	-	4,238
Current assets	122,158	8,277	130,435
Current liabilities	<u>(25,834)</u>	<u>-</u>	<u>(25,834)</u>
Total net assets	<u>100,562</u>	<u>8,277</u>	<u>108,839</u>

19 Related party transactions

There were no related party transactions in the year.

PEOPLE FIRST DORSET

England & Wales - Charity number 1106963

Accounts

Company registration number: 05189356

Charity registration number: 1106963

PEOPLE FIRST DORSET
(A COMPANY LIMITED BY GUARANTEE)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

Edwards & Keeping

Chartered Accountants

PEOPLE FIRST DORSET

CONTENTS

Reference and Administrative Details	1
Trustees' Report	2 to 10
Statement of Trustees' Responsibilities	11
Independent Examiner's Report	12
Statement of Financial Activities	13
Balance Sheet	14
Notes to the Financial Statements	15 to 25

PEOPLE FIRST DORSET

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees	Graham Waters, Chairman Ruth Bettenson, Treasurer Richard Maxfield Hazel Morgan Paul St Quintin Deborah Holyer Catherine Bolado (resigned 30 July 2021)
Secretary	Sara Whistance
Principal Office	2 Herringston Barn Herringston DORCHESTER Dorset DT2 9PU The charity is incorporated in England and Wales.
Company Registration Number	05189356
Charity Registration Number	1106963
Bankers	The Co-operative Bank CCLA Fund Managers Limited
Independent Examiner	Edwards & Keeping Unity Chambers 34 High East Street Dorchester Dorset DT1 1HA

PEOPLE FIRST DORSET

TRUSTEES' REPORT

The Trustees present their report and the financial statements for the year ended 31st March 2022. The Trustees, who are also directors for the purposes of company law, who served during the year and up to the date of this report, are set out on page 1.

Structure, governance and management

The organisation is a charitable company limited by guarantee (05189356), incorporated on 26 July 2004, and registered as a charity (1106963) on 24 November 2004 as Dorset People First. The name was changed to People First Dorset on 20 March 2014.

The company was established under a Memorandum of Association which sets out the objects of the charitable company and is governed under its Articles of Association. The company updated its Memorandum of Association in September 2018. Under the Articles, the Directors are re-elected or elected at the AGM each year and there must always be a minimum of 3 directors.

The liability of members of the charity is limited to a sum not exceeding £1, being the amount that each member undertakes to contribute to the assets of the charity in the event of it being wound up while he, she or it is a member or within one year after he, she or it ceases to be a member.

Objectives and activities

The company is a charity and exists to promote any charity purpose (including the promotion of education and social inclusion) for the benefit of individuals with learning disabilities ("Individuals") assisting these Individuals to integrate into society, in particular (but not exclusively) by:

- (1) enabling Individuals to be self-advocates providing workshops, forums and general support;
- (2) providing local support groups that encourage and enable Individuals to integrate and participate more effectively with the wider community and build confidence in themselves;
- (3) enabling and supporting Individuals to learn new skills that will assist them in progressing towards a more independent and full life, participating more effectively with the wider community and improving their health and wellbeing;
- (4) providing social and educational opportunities for Individuals within the community which promote social inclusion and independence;
- (5) increasing, or co-ordinating, opportunities for Individuals to engage better with the bodies which provide any services that Individuals use and to enable those providers to better meet the needs of Individuals;
- (6) raising public awareness of the issues affecting Individuals, both generally and in relation to their social exclusion; and
- (7) offering guidance, support and assistance to the families and supporters of Individuals in relation to the care and support of Individuals (to the extent that it benefits the Individual)

The Trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Achievements and performance

The Charity has with our talented and committed staff continued to work hard during the year to support people with learning disabilities, also known as our members. Activities which are considered to be restricted projects and those considered to be unrestricted activities are shown on page 23.

Operations and Governance at People First Dorset

PEOPLE FIRST DORSET

TRUSTEES' REPORT

People First Dorset is a 'self-advocacy' organisation, led and run by people with learning disabilities, with support from staff and volunteers.

We develop self-advocacy in three stages. It starts by coming together at the Friendship Club, followed by Speaking Up and then leading change through our new Action Groups, which replace the Forum where members would have previously spoken up. Our mission is to support people learning disabilities to be independent, have their voices heard and to be included in community life.

Anyone can become a member of People First Dorset if they have a learning disability, which gives them voting rights. Others can apply to join the charity if they are a carer, a professional or represent an organisation. Only one person from any organisation can join People First Dorset. Individuals with a learning disability are still encouraged and welcome to join in our activities if they are not a member of the charity.

Beneficiaries attending our activities also like to be called 'members', and in this instance it is different to membership of the charity. When referring to members in future in this document, these are our beneficiaries - those joining in our activities, and who may or may not be members of the charity but will always have a learning disability.

People First Dorset also offers an Easy Read service, where information is put into an accessible format, so people with learning disabilities can read and understand it.

People First Dorset currently have a staff team of 4 full time and 6 part time employees, and are governed by a Board of Trustees, including one person who has a learning disability. Sitting alongside the Board of Trustees is a Management Committee of between 6 -8, the members of which all have a learning disability. With the Trustees, they oversee the strategy and operations of the charity. With support from the Operations Manager, the Management Committee meet regularly to talk about current projects and discuss the future direction of People First Dorset. They meet occasionally with the board, who also attend some Management Committee meetings.

Both the Management Committee and Trustees have respectively continued to meet monthly online throughout pandemic, to ensure that they are informed of how we are responding and how individuals are managing.

In the last year, the Management Committee have:-

- Continued meeting monthly, either on zoom or in person
- Overseen the transition from projects online to back in person
- Overseen planning for existing and new projects
- Contributed to the updated People First Dorset Business Plan
- Helped develop People First Dorset's Values
- Consulted on improving GP annual health check processes in Dorset and Bournemouth, Christchurch and Poole
- Consulted on University College London's STORM Workshops

We welcome another opportunity to share how here in our Annual Report how we have continued to support people with learning disabilities across Dorset, to manage during the second year of the pandemic.

As per the previous year we have been able to use our established position of trust within this community and support our members, in particular where needs have been less well served by mainstream provision, and to keep individuals safe and well.

As last year, the main areas of need addressed have been social isolation, accessible information, mental health and physical wellbeing, plus opportunities to speak up.

More about our Mission and Purpose at People First Dorset

PEOPLE FIRST DORSET

TRUSTEES' REPORT

1. Enable people to make and sustain friendships in their community, create opportunities to speak up and develop action groups so that issues affecting the lives of people with learning disabilities can be addressed at the earliest opportunity
2. Empower people with learning disabilities to take the lead in addressing their concerns successfully; to develop stronger self-advocacy skills; have a better understanding of their rights; and build peer networks so they may (more confidently, effectively, and independently) address the inequalities they experience on a daily basis.
3. Enable people with learning disabilities to develop stronger, more productive relationships with key decision makers (i.e., statutory services, housing, health bodies), who will realise the benefits that working together can produce significant improvements for all.
4. Develop an increased awareness and empathy from the community for people with learning disabilities, who will in turn find the community a more inclusive and fairer environment to live in and engage with.
5. Develop a better understanding of how to create cost effective and sustainable solutions for people with learning disabilities, so we can better address the inequalities they experience.

Our continued response to COVID

The team have continued to talk regularly with members, actively listening to find out what their needs are at any given time and then responding dynamically, innovatively and swiftly with support as people's needs changed.

We are incredibly grateful to all our funders, who have enabled us to continue supporting members in the different ways they have needed help. It has meant that members have been able to carry on coping well despite the ongoing difficult situations many have found themselves in, and as regulations and restrictions chopped and changed over the year.

Activities

Face to face meetings were re-introduced in September 2021 when restrictions were lifted, and it was risk assessed safe enough for them to resume in person. These were limited to small groups in well ventilated venues and safety measures were adhered to, such as the wearing of face masks and social distancing.

Unfortunately, in December all activities reverted online due to the increased risk and uncertainty of the omicron variant, but thankfully this was short lived and face to face activities resumed with additional safety measures in January 2022.

It is notable that online activities have proven extremely popular over the last two years, and particularly beneficial for members who have continued to feel uncomfortable meeting up in person or living in rural areas with limited transport options to get to events. In response, we continued to offer a hybrid of online and face-to-face activities to meet this demand and continue to monitor the needs of members. It is notable that most of our members have been very keen to return to face-to-face activities.

The team also continued making phone calls to members who needed extra support or at times of added anxiety (i.e., vaccinations); adding regular Facebook updates; and sending out government updates in Easy Read formats via social media or email.

A big positive over the last year is that we were finally able to resume all our Speaking Up groups. These have been popular, with members keen to meet up and talk about issues affecting them, that we now have 10 groups running to meet the demand. We are also pleased to have been able to start one of the Action Groups with a group of individuals ready to take this next step. The start of these groups was somewhat delayed as a result of Covid however it is positive that one group has already begun and others are likely to start up in the next financial year.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

What else?

1. Connect, our eye catching and accessible booklet (introduced in year one to support members with information about key covid updates, health, and wellbeing activities and with information about our events) continued to be produced bi-monthly, posting out to over 650 members, and circulated by email to a further 500 plus stakeholders.

2. Women's Group and Environment Group

Thanks to the lifting of restrictions, we were able to run a Women's Group in Weymouth (funded by Tampon Tax via Dorset Community Foundation). We also ran a series of workshops in partnership with Dorset Museum and creative facilitator Sarah Acton, enabling a group of members to gain a better understanding of the environment and climate change (thanks to funding by Wessex Water via Dorset Community Foundation).

3. Supporting individuals to independent living

Four members moved out of their family homes into their own new home last year and we continued to support these individuals as they re-adjusted to their new environment.

4. Annual Health Checks

We created Easy Read packs for Dorset's Clinical Commissioning Group about Annual Health Checks, sent to all GP surgeries in Dorset. Thanks to Ace Anglia for sharing their templates.

5. Local Authority Consultations

The team remained fully engaged in ensuring the voices of people with learning disabilities are heard and valued, by engaging in two Dorset wide consultations to improve day services and adult social care services.

6. Vaccines

The team supported members to get their vaccines, and we made a video of one member sharing her experience of having the vaccine.

7. Hybrid working environment

That as an organisation, working online can bring greater and quicker results for individuals - i.e., less travel means we can have more meetings and conversations online.

8. Developing long term sustainability of self-advocacy organisations

People First Dorset are part of a small working group leading a national conversation to explore the future of self-advocacy organisations, along with Learning Disability England and the Open University.

9. Other groups, projects and research

We receive many requests to take part in interesting research, projects, panels, workshops etc. Although we are sadly unable to do them all, we are pleased that this year we were able to take part in the following: -

a) Wellcome Connecting Science - One of our members is part of a new diverse Community Advisory Panel who are exploring how community voices can be better involved in discussions about covid and the science that underpins society's response to the pandemic.

b) Manchester Metropolitan University Older People's Research -one of our colleagues with a learning disability was employed in this research project, which aimed to find out how people with learning disabilities can be better supported when they grow older.

c) Southampton University - working with Southampton University and other arts based facilitators to carry out a pilot which explores the potential of arts-based activities as a foundation for friendships and self-advocacy work that includes people with profound and multiple learning disabilities.

d) University College London STORM - continued partnership work with UCL on their STORM project which seeks to understand how people with learning disabilities can better resist and manage stigma.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

e) NHS Covid Recovery Grant - partnering in a project overseen by Learning Disability England and evaluated by the Foundation for People with Learning Disabilities which connects networking members to share resources, information and tools already developed in one locality to create a bank of resources available for all self-advocacy groups in their geographical area.

f) Warwick University Medication Support Interventions Research - one of our colleagues with a learning disability is part of the Project Advisory Group of this research which seeks to advance knowledge in helping people with learning disabilities and/or their carers to benefit from medicines they need while minimising unintended effects from these treatments.

Strengthening the charity

Much has also been achieved in the last year to strengthen the core of the charity. This has included:

- Completion of a new cloud-based database system, enabling us to store and manage all data securely, with the ability to produce a range of increasingly essential statistical, activity and performance reports.
- Developing a new 3 year business plan, working closely with Trustees, staff and our Management Committee.

Priorities for 2021-24 are:-

- a) to support members to navigate their way out of covid and safely re-integrate into their local community
- b) grow both individual donations and earned income
- c) engage in targeted programme of team development, both workforce and governance
- d) conduct ongoing reviews with members to understand how we can continue being as user-led as possible as an organisation, ensuring engagement at every level, and staying responsive to the needs of individuals.
- e) develop a clear understanding and ability to demonstrate impact and to influence, enabling members to better address the inequalities they experience
- f) involve more people with profound and multiple learning disabilities in projects and the organisation as a whole.

- Reviewing policies and guidance
- Continuing to develop our Communications, Impact, Marketing and Influencing work. This will support the charity to ensure clear, concise and consistent messaging across the organisation. It will further support the ability of People First Dorset to develop an effective fundraising strategy.

The difference it has made - feedback and notable outcomes

The number of sessions that we have held over the last accounting year, as well as the number of attendees, and number of magazines sent is as follows:-

Number of Zoom sessions: 176

Number of face to face sessions: 165

Number of registered attendees at events: 2315 (please note that these are the numbers attending, so will include many of the same individuals). We are currently unable to record how many individuals have attended as some beneficiaries do not wish to share details, and therefore an accurate register is difficult to achieve. The PFD team are working on how we can achieve a more accurate number of beneficiaries with this limitation.

Number of Connect Magazines Distributed: 3930

How members have coped

PEOPLE FIRST DORSET

TRUSTEES' REPORT

Members have coped incredibly well. They have continued to tell us their greatest needs and we have responded with support accordingly. There has been a particular call from members for activities which support health and wellbeing. Our Speaking Up groups which have been able to resume face to face have seen such demand that we have created an additional two groups in order to meet the needs of members, with 10 groups now running across the county.

Social inclusion

Funding has enabled members to maintain friendships and avoid social isolation by providing activities for people to look forward to - our own and collaborating with People First Forum to host a second 'Big Night In' online nightclubbing event.

Many are deepening friendships with the regular zoom calls, getting to know each other in different ways and supporting each other in ways they didn't know they were able to do.

Members taking the lead

Our members remain at the core of our work and continued to lead our response to the pandemic, enabling us to support in ways which work best for them.

Through frequent and ongoing conversations via phone calls and zoom sessions, our members have fundamentally shaped delivery. This communication informs the team how individuals are coping and of immediate concerns, enabling us respond to changing needs and develop our response accordingly - in turn supporting them to cope with activities which meet needs.

Improved understanding of rights

Members have indicated they have a better understanding of their rights (i.e., rights to vaccine, rights for the right care and support) through building peer support groups and developing their self-advocacy skills online. Members are telling us what they need and how they need it, confidently engaging with staff. It is thought the smaller groups have enabled members to develop skills more effectively.

Wellbeing and Exercise sessions

In response to members concerns that without sustained support to do physical activity, they will slip into unhealthy habits again, thanks to funding from Sport England via Mencap we have run Online Wellbeing sessions over the last year and introduced weekly physical activity sessions. We also ran several Coping with Anxiety Workshops and some Healthy Eating workshops which were extremely popular.

Members have told us that managing wellbeing, keeping fit and staying healthy is more important than ever, and that they really look forward to these events as they are fun and interactive. That the activities and workshops have motivated them to move more, eat better, feel happier and be healthier. They say that doing these activities with their friends is important and good, and especially when there are activities each week as that helps with staying motivated. Members also value the support they get to check in with friends on the Activity WhatsApp group in between sessions.

Environment Group

Through the medium of creativity, art and discussion, 6 workshops were carried out at Dorset Museum where 9 members explored the museum and their understanding of the environment and climate change.

Participants learnt about recycling and reusing, avoiding single use plastics, using charity shops, reusing plastic bags as well as what we can do locally to help - cycling to work, beach cleans, litter picking, tree planting.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

These workshops have successfully started the 'climate change' and environment conversation with a small group of adults with learning disabilities, who otherwise had minimal knowledge in this area. Individuals told us they have enjoyed sharing with their peer group about what they have learnt, and that they are keen to learn and do more.

"It has made me realise I can use art to express myself when words seem too much, I use art to express how I feel outside of the environment project now."

"I know more about recycling now than before, I re-use plastic bags when I go shopping and I check each packet before throwing it in the bin."

"It has made me realise I can use art to understand important topics"

"The project made me realise how much I didn't think about the environment before, and learn what I can do to help. It has changed the way I live my everyday life. I now recycle more, avoid single-use plastics and I think more about how us humans impact the world."

Womens Group

This was very popular with all 15 participants who attended. The series of workshops over 8 weeks focused on issues pertinent to women such as breast and cervical screening, relationships, personal safety, and body image. All reported that they valued the peer support, and they will use what they have learnt during the Women's Groups in their daily life. Three women who had never had a screening said they would now have a smear test.

"I found the relationship session very informative, it helped me to speak up about my issues in my family".

We are grateful to many other organisations who supported us with running the different workshops, including the Dorset Healthcare Community Learning Disability Teams. Another positive outcome from the sessions is that we will now hold regular meetings going forward, working together to address important issues which come up for women with learning disabilities, ensuring both organisations consult with individuals and address issues through our collective channels most effectively.

There are wider impacts from the group with information being shared further afield, for example a Learning Disability Nurse who attended the session on screenings said, *'Our team are now exploring how we can work more proactively in the community to give individuals information'*.

One participant shared, *'I told my mum what we'd learnt about [what three words app], and she shared it in a meeting with the Crime Commissioner at the Friends Forum'*.

Collaboration and networking

Continued collaboration with local organisations such as the Local Authority, CCG and others has enabled us to share outcomes, ideas and improve services. More productive relationships with all - online makes joint working quicker and often easier. Can connect quickly - no need to meet in person.

We have continued to link, through Learning Disability England, with many other self-advocacy organisations around the country to find out how they are managing and sharing best practice.

Case studies

a) Paul - in his sixties, he lives alone in North Dorset and has a learning disability as well as anxiety. In his own words *'It was hard covid, not going out very far. I like going out. The nice people at People First Dorset phoned me and talked to me. It made me happy. I would have got up and upset otherwise and I don't want that. I am now fine wearing face masks on the buses and supermarket. I love the Friendship Club and glad we can go again.'*

PEOPLE FIRST DORSET

TRUSTEES' REPORT

b) Kerry - Kerry took part in the Environment Workshops and found that the medium of art to express what she was learning in the environment workshops so useful and beneficial, that she has incorporated it into her every day life. With the support of her support worker, she has been using art to express herself about other areas in her life. She says *'using art is really useful as trying to understand or talk about such a big topic such as the environment can be overwhelming and hard to get across what you're thinking, but by using art you can show what you want to say visually which is much better. It is a really useful tool to have.'*

What have we learnt

1. Continually listening to members and their changing needs is imperative in being able to offer effective services and solutions
2. That continued support has been vital
3. With the right support members have been resilient
4. That we can adapt at pace, being flexible and creative as services are amended according to the changing rules and needs of members
5. By offering a hybrid of activities we can engage with more members
6. That it is possible to work with others to trial solutions for harder to reach people i.e. people with profound and multiple learning disabilities
7. That mental and physical health and wellbeing has become even more important for members, as vital as friendships
8. Through working via a mix of online and in person has helped create new ways of networking and more opportunities for collaboration = better outcomes
9. That there continues to be inequalities for people with learning disabilities during the pandemic (not prioritised for vaccines) and that there is still much work to do to ensure equal rights for people with learning disabilities
10. That it is very hard for people with learning disabilities to understand key messages, such as government updates or how to stay safe, and that much reinforcement and easy read ways of demonstrating such messages are vital
11. That people will continue to need a lot of support finding their new 'normal'.

What next?

Our primary concern going forward is how we support our members to adapt to a 'new normal' whatever that might look like, which of course is ever uncertain. For some who have experienced stress and trauma over the last two years, the response that is needed will be quite significant.

Our members all had different experiences of the pandemic too. Some got out and about quickly, keen to 'get back to their new normal'. Support was key for them to stay safe and understand changes to rules. Others have barely left the home over the last two years and are still understandably anxious as they have underlying health conditions. Ongoing support has been, and will be, critical for them, helping to manage their health and wellbeing, as well as maintaining friendships.

We anticipate continuing to run a hybrid of activities, both in person and online, including some smaller and additional meetings/events, as well as working more intensively with some individuals to build confidence back up. Support for each individual, whatever their anxieties are at any given time, will be essential for a long time to come. Also important will be opportunities to listen and share experiences so that members can learn and develop skills to support each other.

PEOPLE FIRST DORSET

TRUSTEES' REPORT

Without the funding from all our funders we would certainly not have been able to respond to the needs of adults with learning disabilities across Dorset as they required. Our continued conversations with members and their carers tell us that the reason that they have coped, as well as they have, is down to the fact that they have continued to have much interaction and activity from People First Dorset.

Long-term funding

With regards to long term funding to support people with learning disabilities across Dorset, the staff team have been working on helping the public and funders better understand what we do, and why support is, and will be, critical. This will be launched as part of a fundraising campaign in 2022/2023.

Developing a strong supporter base may take some time to build, so we will still be reliant on grant funding for a little longer. We also cannot rely on volunteers to support projects where skilled staff are still very much required.

Without funding the organisation would not have been able to respond to the needs of adults with learning disabilities across Dorset in a way which has, and continues, to meet their needs. We know that they would otherwise have struggled so much more, possibly resulting in more members reaching crisis points and the need for much greater intervention by ourselves and professionals.

Financial Review

The incoming resources for the year amounted to £258,187 of which £207,868 represented restricted funds. The outgoing expenditure amounted to £270,426 of which £230,930 was in respect of restricted projects. There was an overall deficit of £12,239 for the year.

The total reserves on 31 March 2022 were £211,227 of which £64,024 represented restricted funds.

The results are summarised on page 13 and shown in more detail on pages 18, 19 and 23.

The charity held £84,289 on deposit with CCLA Investment Management and £140,243 in a Co-operative Bank Deposit Account in addition to funds held within a Co-operative bank current account for day to day needs. The Trustees consider that these reserves are sufficient to meet the Charity's requirements for the next financial year.

PEOPLE FIRST DORSET

STATEMENT OF TRUSTEES' RESPONSIBILITIES

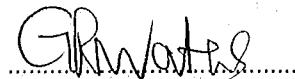
The trustees (who are also the directors of People First Dorset for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the 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 trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 presume that the charitable company will continue in business.

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

Approved by the trustees of the charity on 19.12.22 and signed on its behalf by:



Graham Waters
Trustee

PEOPLE FIRST DORSET

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PEOPLE FIRST DORSET

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 13 to 25.

Respective responsibilities of trustees and examiner

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

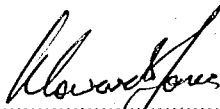
Independent examiner's statement

Since People First Dorset's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of People First Dorset 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.



H E Jones BA (Hons) FCCA

Edwards and Keeping
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

Date: 20 December 2022

PEOPLE FIRST DORSET

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022 (INCLUDING INCOME AND EXPENDITURE ACCOUNT AND STATEMENT OF TOTAL RECOGNISED GAINS AND LOSSES)

		Unrestricted funds £	Restricted funds £	Total 2022 £	(As restated) Total 2021 £
	Note				
Income and Endowments from:					
Donations and legacies	3	5,021	-	5,021	3,358
Charitable activities	4	45,218	207,868	253,086	383,761
Investment income	5	80	-	80	293
Total income		<u>50,319</u>	<u>207,868</u>	<u>258,187</u>	<u>387,412</u>
Expenditure on:					
Charitable activities	6	<u>(39,496)</u>	<u>(230,930)</u>	<u>(270,426)</u>	<u>(253,036)</u>
Total expenditure		<u>(39,496)</u>	<u>(230,930)</u>	<u>(270,426)</u>	<u>(253,036)</u>
Net income/(expenditure)		10,823	(23,062)	(12,239)	134,376
Transfers between funds		<u>2,823</u>	<u>(2,823)</u>	-	-
Net movement in funds		13,646	(25,885)	(12,239)	134,376
Reconciliation of funds					
Total funds brought forward		<u>133,557</u>	<u>89,909</u>	<u>223,466</u>	<u>89,090</u>
Total funds carried forward	17	<u>147,203</u>	<u>64,024</u>	<u>211,227</u>	<u>223,466</u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2021 is shown in note 17.

PEOPLE FIRST DORSET

(REGISTRATION NUMBER: 05189356)

BALANCE SHEET AS AT 31 MARCH 2022

	Note	2022 £	(As restated) 2021 £
Fixed assets			
Tangible assets	12	4,257	3,424
Current assets			
Debtors	13	825	-
Cash at bank and in hand		224,817	228,645
		225,642	228,645
Creditors: Amounts falling due within one year	14	(18,672)	(8,603)
Net current assets		206,970	220,042
Net assets		211,227	223,466
Funds of the charity:			
Restricted funds		64,024	89,909
Unrestricted income funds			
Unrestricted funds		147,203	133,557
Total funds	17	211,227	223,466

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

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- 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 financial statements on pages 13 to 25 were approved by the trustees, and authorised for issue on 19.12.22 and signed on their behalf by:


Graham Waters
Trustee

PEOPLE FIRST DORSET

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

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

2 Herringston Barn
Herringston
DORCHESTER
Dorset
DT2 9PU

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

People First Dorset 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 notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

PEOPLE FIRST DORSET

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

Prior period errors

The prior period has been restated to correct the income recognition treatment of grant income. The prior period incorrectly included a deferral of grant income received without performance conditions rather than recognising the income within the Statement of Financial Activities in the year in which the charity became entitled to the income, as required by the Charities SORP (FRS102),

The effect of this restatement is to increase prior year restricted fund income by £72,426 and prior year unrestricted fund income by £8,250. The deferred income current liability disclosed in the prior period has been reduced by £88,497. The prior year's opening restricted fund balances have increased by £7,821 in respect of deferred grant income received in 2019.

Consequently, restricted and unrestricted fund balances at 31 March 2021 have increased by £80,247 and £8,250, respectively.

Income and endowments

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Income from government and other grants are recognised when the charity has entitlement, after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income

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.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

PEOPLE FIRST DORSET

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

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class

Office equipment

Depreciation method and rate

Straight line over 4 years

Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

PEOPLE FIRST DORSET

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

Hire purchase and finance leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

Pensions and other post retirement obligations

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Financial instruments

3 Income from donations and legacies

	Unrestricted funds		
	General £	Total 2022 £	Total 2021 £
Donations and legacies;			
Donations from individuals	5,021	5,021	3,358
	<u>5,021</u>	<u>5,021</u>	<u>3,358</u>

4 Income from charitable activities

	Unrestricted funds			
	General £	Restricted funds £	Total 2022 £	Total 2021 £
Grants and contracts	32,500	205,368	237,868	347,608
Work done	8,763	2,500	11,263	4,734
CJRS grant income	3,955	-	3,955	31,420
	<u>45,218</u>	<u>207,868</u>	<u>253,086</u>	<u>383,762</u>

5 Investment income

	Unrestricted funds		
	General £	Total 2022 £	Total 2021 £
Interest receivable and similar income;			
Interest receivable on bank deposits	80	80	293

PEOPLE FIRST DORSET

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

6 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2022	Total 2021
	Note	General £	£	£	£
General administration		37,354	20,234	57,588	42,592
Premises		8,261	-	8,261	7,885
Repairs		77	-	77	-
Travel and subsistence		983	2,684	3,667	333
Grants repaid and repayable		-	4,884	4,884	9,344
Contribution to overheads		(37,395)	37,395	-	-
Depreciation, amortisation and other similar costs		1,990	-	1,990	1,712
Staff costs		25,952	165,733	191,685	189,916
Governance costs	7	2,274	-	2,274	1,254
		<u>39,496</u>	<u>230,930</u>	<u>270,426</u>	<u>253,036</u>

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds	Total 2022	Total 2021
	General £	£	£
Independent examiner fees			
Examination of the financial statements	2,274	2,274	1,254
	<u>2,274</u>	<u>2,274</u>	<u>1,254</u>

8 Net Incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2022 £	2021 £
Operating leases - plant and machinery	4,685	4,685
Depreciation of fixed assets	<u>1,990</u>	<u>1,712</u>

PEOPLE FIRST DORSET

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

9 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Ruth Bettenson

Ruth Bettenson invoiced the charity a total of £770 (2021 - £1,115) in respect of consultancy fees during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

10 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	173,553	173,668
Social security costs	8,851	7,008
Pension costs	7,935	8,074
Other staff costs	1,346	1,166
	<u>191,685</u>	<u>189,916</u>

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2022 No	2021 No
Employees	<u>7</u>	<u>7</u>

No employee received emoluments of more than £60,000 during the year.

11 Independent examiner's remuneration

	2022 £	2021 £
Examination of the financial statements	<u>2,274</u>	<u>1,254</u>

PEOPLE FIRST DORSET

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

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	26,209	26,209
Additions	2,823	2,823
Disposals	(20,357)	(20,357)
At 31 March 2022	8,675	8,675
Depreciation		
At 1 April 2021	22,785	22,785
Charge for the year	1,990	1,990
Eliminated on disposals	(20,357)	(20,357)
At 31 March 2022	4,418	4,418
Net book value		
At 31 March 2022	4,257	4,257
At 31 March 2021	3,424	3,424

13 Debtors

	2022 £
Trade debtors	200
Accrued income	625
	825

14 Creditors: amounts falling due within one year

	2022 £	(As restated) 2021 £
Trade creditors	600	1,638
Other creditors	261	-
Accruals	17,811	6,965
	18,672	8,603

PEOPLE FIRST DORSET

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

15 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Other		
Within one year	4,685	4,685
Between one and five years	1,171	5,856
	<u>5,856</u>	<u>10,541</u>

16 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £7,935 (2021 - £8,074).

PEOPLE FIRST DORSET

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

17 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Unrestricted funds					
General					
General fund	125,307	15,579	(8,008)	2,823	135,701
Core - Dorset Council Resilience Fund	-	7,500	(8,123)	-	(623)
Core - Easy Read	-	2,240	(532)	-	1,708
Core - Lloyds Bank Foundation	8,250	25,000	(22,833)	-	10,417
	<u>133,557</u>	<u>50,319</u>	<u>(39,496)</u>	<u>2,823</u>	<u>147,203</u>
Restricted funds					
Core - Mencap Let's Get Digital	-	5,650	(2,248)	(2,823)	579
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
SU - Lloyds Small Change Fund	9,972	-	-	-	9,972
SU - Big Lottery	33,361	72,070	(69,368)	-	36,063
SU - Peoples Health Trust	6,812	5,808	(12,611)	-	9
SU - Somerset Community Foundation	-	4,352	(4,352)	-	-
SU - Nationwide Community Grant	20,488	-	(18,249)	-	2,239
SU - Discovery Grant	3,748	-	(3,749)	-	(1)
SU - Somerset CC (Bridgwater)	-	6,381	(5,713)	-	668
SU - Somerset CC (Taunton)	-	6,381	(6,276)	-	105
SU - Somerset CC (Yeovil)	-	6,381	(5,876)	-	505
SU - Somerset CC (Minehead)	-	3,191	(3,272)	-	(81)
SU - Somerset CC (Street)	-	3,191	(4,388)	-	(1,197)
SU - CCG Annual Health Check	-	9,414	(9,414)	-	-
SU - Dorset Council Infection Control	-	5,000	(1,112)	-	3,888
SU - Dorset Healthcare	-	2,500	(1,875)	-	625
SU - Tampon Tax (Women's Group)	5,500	-	(5,500)	-	-
SU - Wessex Water Environment	2,494	-	(2,494)	-	-
FC - Communities Against Cancer	2,650	-	-	-	2,650
FC - Bailey Thomas	-	12,000	(4,000)	-	8,000
FC - Independent Age Grant	-	14,923	(14,923)	-	-
FC - Mencap Sport England	4,884	9,626	(14,510)	-	-
	<u>89,909</u>	<u>207,868</u>	<u>(230,930)</u>	<u>(2,823)</u>	<u>64,024</u>
Total restricted funds	<u>89,909</u>	<u>207,868</u>	<u>(230,930)</u>	<u>(2,823)</u>	<u>64,024</u>
Total funds	<u>223,466</u>	<u>258,187</u>	<u>(270,426)</u>	<u>-</u>	<u>211,227</u>

PEOPLE FIRST DORSET

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

The transfer of £2,823 from restricted funds to unrestricted funds represents the value of tangible fixed assets purchased from a restricted fund donation that are held for general use by the charity.

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2021 £
Unrestricted funds					
General					
General fund	72,324	51,039	7,709	(5,765)	125,307
Core - Lloyds Bank Foundation	-	33,000	(24,750)	-	8,250
	<u>72,324</u>	<u>84,039</u>	<u>(17,041)</u>	<u>(5,765)</u>	<u>133,557</u>
Restricted funds					
Core - Weymouth Town Council	-	566	(566)	-	-
Core - CAF Resilience Fund	-	19,959	(19,959)	-	-
Core - Lottery Community Fund	-	15,095	(15,095)	-	-
SU - Dorset Council User Led	-	41,000	(41,000)	-	-
SU - Lloyds Small Change Fund	-	9,972	-	-	9,972
SU - Big Lottery	2,187	97,047	(65,873)	-	33,361
SU - Peoples Health Trust	2,850	24,785	(20,823)	-	6,812
SU - Dorset Coronavirus Community Fund	-	5,000	(5,000)	-	-
SU - Somerset Community Foundation	-	1,925	(1,925)	-	-
SU - Nationwide Community Grant	-	27,432	(6,944)	-	20,488
SU - Discovery Grant	-	21,821	(23,838)	5,765	3,748
SU - Somerset CC (Bridgwater)	-	6,381	(6,381)	-	-
SU - Somerset CC (Taunton)	-	6,381	(6,381)	-	-
SU - Somerset CC (Yeovil)	-	6,381	(6,381)	-	-
SU - Tampon Tax (Women's Group)	5,500	-	-	-	5,500
SU - Wessex Water Environment	-	2,494	-	-	2,494
FC - Young Friendship Club	3,579	-	(3,579)	-	-
FC - Communities Against Cancer	2,650	-	-	-	2,650
FC - Dorset Council Community Impact Grant	-	4,866	(4,866)	-	-
FC - Dorset Coronavirus Fund Digital	-	2,500	(2,500)	-	-
FC - Mencap Sport England	-	9,768	(4,884)	-	4,884
Total restricted funds	<u>16,766</u>	<u>303,373</u>	<u>(235,995)</u>	<u>5,765</u>	<u>89,909</u>
Total funds	<u>89,090</u>	<u>387,412</u>	<u>(253,036)</u>	<u>-</u>	<u>223,466</u>

PEOPLE FIRST DORSET

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

The specific purposes for which the funds are to be applied are as follows:

Restricted funds are held for the purpose of the specific project or other purpose set out in the respective grant agreements.

18 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Tangible fixed assets	4,257	-	4,257
Current assets	145,967	79,675	225,642
Current liabilities	(3,021)	(15,651)	(18,672)
Total net assets	<u>147,203</u>	<u>64,024</u>	<u>211,227</u>

19 Related party transactions

There were no related party transactions in the year.

PEOPLE FIRST DORSET

England & Wales - Charity number 1106963

Accounts

PEOPLE FIRST DORSET
(a company limited by guarantee)

Report and Financial Statements

For the year ended 31st March 2021

Charity number 1106963

Company number 05189356

PEOPLE FIRST DORSET
(a company limited by guarantee)

Financial Statements
For the year ended 31st March 2021

CONTENTS

	Page
Company Information	1
Report of the Trustees	2 - 13
Report of the Independent Examiner	14
Statement of financial activities	15
Balance sheet	16 - 17
Notes to the financial statements	18 - 20
Income and expenditure account	21
Restricted income and expenditure by project	22

PEOPLE FIRST DORSET

Company information

For the year ended 31st March 2021

Charity number 1106963

Company number 05189356

Registered office

2 Herringston Barn
Winterborne Herringston
Dorchester
Dorset DT2 9PU

Trustees and Directors who served during the year to 31st March 2021

Graham Waters - Chair
Ruth Bettenson - Treasurer
Richard Maxfield - Director only - Vice Treasurer resigned
Hazel Morgan
Paul Andrew St Quintin
Deborah Ward
Catherine Bolado

Company Secretary

Sara Whistance

Independent accountants

Martin and Company (Bridport) Limited
2 Victoria Grove
Bridport
Dorset DT6 3AA

Bankers

The Co-operative Bank
CCLA Investment Management

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

PEOPLE FIRST DORSET

Report of the Trustees for the year ended 31st March 2021

The Trustees present their report and the financial statements for the year ended 31st March 2021. The Trustees, who are also directors for the purposes of company law, who served during the year and up to the date of this report, are set out on page 1.

Structure, governance and management

The organisation is a charitable company limited by guarantee (05189356), incorporated on 26 July 2004, and registered as a charity (1106963) on 24 November 2004 as Dorset People First. The name was changed to People First Dorset on 20 March 2014.

The company was established under a Memorandum of Association which sets out the objects of the charitable company and is governed under its Articles of Association. The company updated its Memorandum of Association in September 2018. Under the Articles, the Directors are re-elected or elected at the AGM each year and there must always be a minimum of 3 directors.

The liability of members is limited to a sum not exceeding £1, being the amount that each members undertakes to contribute to the assets of the charity in the event of it being wound up while he, she or it is a member or within one year after he, she or it ceases to be a member.

Objectives and activities

The company is a charity and exists to promote any charity purpose (including the promotion of education and social inclusion) for the benefit of individuals with learning disabilities ("Individuals") assisting these Individuals to integrate into society, in particular (but not exclusively) by:

- (1) enabling Individuals to be self-advocates providing workshops, forums and general support;
- (2) providing local support groups that encourage and enable Individuals to integrate and participate more effectively with the wider community and build confidence in themselves;
- (3) enabling and supporting Individuals to learn new skills that will assist them in progressing towards a more independent and full life, participating more effectively with the wider community and improving their health and wellbeing;
- (4) providing social and educational opportunities for Individuals within the community which promote social inclusion and independence;
- (5) increasing, or co-ordinating, opportunities for Individuals to engage better with the bodies which provide any services that Individuals use and to enable those providers to better meet the needs of Individuals;
- (6) raising public awareness of the issues affecting Individuals, both generally and in relation to their social exclusion; and
- (7) offering guidance, support and assistance to the families and supporters of Individuals in relation to the care and support of Individuals (to the extent that it benefits the Individual)

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

Achievements and performance

The Charity has with our talented and committed staff continued to work hard during the year to support people with learning disabilities. Activities which are considered to be restricted projects are shown in more detail on page 22.

Operations and Governance at People First Dorset

People First Dorset is a 'self-advocacy' organisation, led and run by people with learning disabilities, with support from staff and volunteers.

We develop self-advocacy in three stages. It starts by coming together at the Friendship Club, followed by Speaking Up and then leading change through our new Action Groups. Our mission is to support people learning disabilities to be independent, have their voices heard and to be included in community life.

People can join People First Dorset as a member if they have a learning disability. Others can apply to join if they are a carer, a professional or represent an organisation. Only one person from any organisation can join as a member.

People First Dorset also offers a Quality Checkers service, where people with learning disabilities review the quality of housing and day services. Our Easy Read service puts information into an accessible format, so that people with learning disabilities are able to read and understand it.

People First Dorset currently have a staff team of 4 full time and 8 part time employees, and are governed by a Board of Trustees, including one person who has a learning disability. Sitting alongside the Board of Trustees is a Management Committee of between 6 -8, the members of which all have a learning disability. With the trustees, they oversee the strategy and operations of the charity. With support from the Operations Manager, the Management Committee meet regularly to talk about current projects and discuss the future direction of People First Dorset. They meet occasionally with the board, who also attend some Management Committee meetings.

In the last year, the Management Committee:-

- Continued meeting monthly, moving meetings to zoom
- Helped develop and adapt projects during the pandemic
- Contributed to new influencing strategy
- Had joint meeting with People First Forum, and gave presentation
- New member joined MC
- Met with CEO of Dorset Council for annual update
- Contributed to research at CASS Business School on user led governance
- Consulted on improving GP annual health check processes in Dorset and BCP.
- A representative from the Management Committee sat on the evaluation panel for the Local Authority's commissioned new employment support service in Dorset.

Much has also been achieved in the last year to strengthen the core of the charity. Thanks to Lloyds Community Foundation Enhance support and Lottery funding our new cloud-based

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

CRM reporting system has been developed to allow for in-depth evaluation of outcomes and reporting.

The team are also developing a database system to store and manage all data securely, with the ability to produce a range of increasingly essential statistical, activity and performance reports.

How PFD responded to COVID

Right from the start of the financial year, the charity and our members had started to be affected by the impact of COVID-19. Rather than reporting on each project as we might normally do, we present a summary of how we have supported beneficiaries over this past year. We welcome this opportunity to share how we have been able to support people with learning disabilities experiencing complex social issues and inequalities, who have been adversely affected by the impact of COVID-19, where they have needed it most.

We have been able to use our established position of trust within this community and support beneficiaries in multiple ways, where their needs were less well served by mainstream provision, and essentially keep people safe and well throughout the pandemic. The main areas of need we have addressed have been isolation and loneliness, accessible information, mental health and physical wellbeing and opportunities to speak up.

What do we normally do

1. Enable people to make and sustain friendships in their community, create opportunities to speak up and develop action groups so that issues affecting the lives of people with learning disabilities can be addressed at the earliest opportunity
2. Empower people with learning disabilities to take the lead in addressing their concerns successfully; to develop stronger self-advocacy skills; have a better understanding of their rights; and build peer networks so they may (more confidently, effectively and independently) address the inequalities they experience on a daily basis
3. Enable people with learning disabilities to develop stronger, more productive relationships with key decision makers (i.e. statutory services, housing, health bodies), who will realise the benefits that working together can produce significant improvements for all.
4. Develop an increased awareness and empathy from the community for people with learning disabilities, who will in turn find the community a more inclusive and fairer environment to live in and engage with.
5. Develop a better understanding of how to create cost effective and sustainable solutions for people with learning disabilities, so we can better address the inequalities they experience.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

A global pandemic struck

1. COVID-19 changed everything, for everyone.

2. We listened

Initially, and throughout year, we have actively listened and talked with members, to find out what their needs were at any given time.

We have responded dynamically, innovatively and swiftly (sometimes even creatively) with support as needs changed.

The biggest positive is that the funding has enabled us to support members in the different ways they have needed. Thanks to this, almost all have coped well, despite the very difficult situations many find themselves in.

3. Face to face groups ceased

Immediately we rang all members to check in. How were they coping? We listened. What did they need? We listened some more.

Our members were scared, confused, many struggling with disruption to routines. They missed friends and didn't understand Government guidance.

We have responded with phone calls (some daily), online group calls, sending out vital government updates in an Easy Read format (via social media, mail, email) so that our members have a point of reference to help them understand how the world has changed so dramatically.

We have supported individuals digitally to connect and use zoom. Phone calls have continued to all beneficiaries periodically too, at times where crisis may be more likely. For example, prior to Christmas when a sense of isolation and loneliness can be especially acute, we ensured beneficiaries were okay in the build up to and during the festive time; again when the latest lockdown and vaccines were announced. The team continue to check in to see how beneficiaries are coping and if support needs have changed.

4. We introduced Connect

In May 2020, we developed an eye catching and accessible booklet (initially fortnightly, now monthly) called Connect which reaches over 1500 individuals. Connect enables members to:

- understand key messages from the government, health and local council bodies without becoming confused or scared. We liaise with the council and health bodies to ensure local updates are included.
- have a point of contact and connection with their community via the publication.
- do activities which interest them while in lockdown. The newsletter features a friendship section where individuals can connect with friends on a 'message board' and share news/stories; a speaking up section which highlights members key concerns; a fun activity section with puzzles, word searches, spot the difference etc; and a wellbeing section with simple gentle exercises, recipes, mindfulness activities and more.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

In addition, Connect has:

- helped us and health/council bodies understand key concerns and worries for people with learning disabilities in Dorset and Somerset, as well as learn how people are being resilient. This has informed us in how best to respond to their needs as the pandemic continues and adjust our services to support individual needs.
- supported carers, some of whom we know struggle to share key messages, by providing engaging activities for the people they support.

In some publications we have asked for feedback, enclosing self-addressed postcards which can be easily returned.

5. Introduced a comprehensive programme of online activities

From March until September, in addition to regular phone calls, we held c.90 zoom calls with small groups of members. In October, six monthly Speaking Up groups were re-introduced online, along with eight monthly friendship groups (quizzes, games etc), eight exercise classes (dance, yoga etc) plus wellbeing workshops.

Members have also connected with other self-advocacy groups nationally, notably regular online zoom catch ups with Sunderland People First.

6. Responded at times of additional need

More support was needed in the build up to Christmas, when guidelines changed and when vaccines began to be rolled out. We have supported members to understand why these actions were being introduced and information around them. In the latest lockdown, where members have experienced increased feelings of isolation and loneliness, we have responded with more phone calls to those requiring additional support, and increasing the number of zoom sessions.

We will keep listening to the needs of members as guidance changes in the coming months and adapt our support as required.

The difference our support has made – feedback and notable outcomes

1. Connect

Members are actively involved in contributing to this publication. For example, Paul was feeling low, missing discos, and contacted us to say he was upset they could not start up again. He loves music and likes to DJ. We offered him a monthly slot in Connect where he shares his top ten songs each month, i.e. December featured Christmas songs.

2. Maintaining friendships; avoiding social isolation

We have enabled individuals to maintain friendships, avoid social isolation and even develop new friendships around the country.

We have also provided activities for people to look forward to – both our own and via collaboration. With People First Forum, we helped host their 'Big Night In' online nightclubbing event.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

Many of our members are deepening their friendships with the regular zoom calls, getting to know each other in different ways and supporting each other in ways they didn't know they were able to do.

3. Beneficiaries taking the lead and Speaking Up

Beneficiaries remain at the core of our work, and have very much led our response to the pandemic, speaking up about concerns and in turn enabling us to support in ways which work best for them.

Through frequent and ongoing conversations via phone calls and zoom sessions, beneficiaries have fundamentally shaped delivery. Calls inform the team how individuals are coping and of any immediate concerns, enabling us respond to changing needs and develop our response accordingly – in turn supporting them with activities which meet needs.

Exercise to music sessions and physical activity sessions were introduced in response to the demand from individuals for more fun based activities featuring exercise. These are also proving beneficial for the mental well-being of individuals, who say it takes them away from worries of everyday life, giving them something enjoyable and fun to look forward to.

Continued conversations mean we are responsive to further changing needs, such as when new guidelines are announced, and are able to support individuals as necessary.

Beneficiaries take the lead in choosing themes for Speaking Up groups, such as mental health, wellbeing, health checks.

Flexibility during the sessions has been key as individuals may need different support by the time the group is held. For example, in January, when 'a good day' theme was chosen (supporting Dorset Council in their consultation to improve services for people with a learning disability) beneficiaries were anxious about vaccines, so it was necessary to focus on supporting individuals to share these concerns before moving on to the consultation.

Beneficiaries say they feel listened to and that activities are meeting their needs. They say they feel an important part in steering delivery, particularly noted at Speaking Up groups, where beneficiaries are best able to voice concerns and explore solutions.

4. Collaboration and networking

Collaboration with local organisations, i.e. the Local Authority and CCG, has enabled us to share outcomes, ideas and improve services. More productive relationships with all have ensued – online makes joint working faster and often easier. We can connect quickly, with no need to meet in person, and take action as necessary.

We have linked, through Learning Disability England (LDE), with many other self-advocacy organisations around the country to find out how they are managing and sharing best practice. Regular zoom calls hosted by LDE has enabled this to happen.

5. Improved understanding of rights

Members have indicated they have a better understanding of their rights (i.e. rights to vaccine, rights for the right care and support) through building peer support groups and developing their self-advocacy skills online.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

Members are telling us what they need and how they need it, confidently engaging with staff. It is thought the smaller groups have enabled members to develop their skills more effectively.

6. High number of deaths for people with learning disabilities from COVID

It is key to note, and there has been much publicity in the press, the announcement by Public Health England last November highlighting that people with learning disabilities were six times more likely to die in the first wave of the pandemic than other people, and up to 30 times more likely to die if they were younger. People with profound and multiple learning disabilities and people with Down's Syndrome were prioritised for early vaccination. Following much campaigning by many local and national organisations (e.g. LDE, Mencap) and high profile individuals (e.g. Jo Whaley) all people with a learning disability have now been prioritised. This understandably caused considerable anxiety for many of our members.

We have been reassuring members about the vaccines, notably to understand the information around having a vaccine (do they need one, easing fears of if it will hurt, how they work etc) and reminding members of the need to still stay safe and follow guidelines.

We have also sent out Easy Read documents on vaccine information by post and via other links such as the WhatsApp groups which beneficiaries use.

We also made a video with a member who received the vaccine and her experience of it, to share with others who are anxious.

7. Experiences of individuals with mental health conditions and a learning disability

Another unexpected outcome is that we have a small number of beneficiaries who also experience mental health conditions, such as anxiety. The feedback from them is that although it has not been easy, they have said it is not as bad as they thought because 'everyone is in the same boat as us. In 'normal times' they feel more isolated as no-one can see their anxiety and feel left behind. Now that much of the general population are experiencing a degree of anxiety, they feel that they are less alone. Their biggest anxiety is what happens when we 'get back to normal' and they worry that they will be left behind again.

8. Safeguarding alerts

The team spent considerable time dealing with a couple of serious safeguarding alerts, not picked up by statutory services. Both are resolved.

9. Bereavement

We have been exploring developing a new bereavement project in light of some members losing close family. This would be a peer to peer support group, facilitated by trained professionals.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

10. Environment

We secured funding to develop a project which supports members to better understand climate change and the environment. We are conscious that mitigating climate change is important and UN have reported people with disabilities are being left off this agenda. We are working with Dorset County Museum to deliver this.

11. Influencing

We began working with The Social Change Agency (thanks to funding from Lloyds Bank Foundation), putting together a small working party (including two members of our Management Committee and two trustees) to better understand our ability to influence, and develop an influencing strategy.

12. Business Plan

We updated our business plan last year in the light of COVID and are currently developing a new three year business plan, working closely with trustees, staff and our Management Committee.

13. Policies

We updated all of our policies, which were also reviewed by an external evaluator.

14. Trustee Appraisals

We developed and introduced a trustee appraisal system. Trustees received their first appraisals last year.

15. Marketing Materials

We further solidified our brand and are developing additional marketing materials, including a new brochure (aimed at grant providers and funders) and a fundraising flier to be distributed to the local community to raise awareness and further funds.

16. Developing long term sustainability of self-advocacy organisations

People First Dorset are part of a small working group leading a national conversation to explore the future of self advocacy organisations, along with Learning Disability England and the Open University.

17. Working more effectively

As an organisation, working online can bring greater and quicker results for individuals, i.e. less travel means we can have more meetings and conversations online, using our time more effectively.

PEOPLE FIRST DORSET

Report of the Trustees for the year ended 31st March 2021

18. Meeting CEO Dorset Council

Members had a one-to-one with Matt Prosser, the CEO of Dorset Council, a regular annual catch up, which took place online.

19. Interview panel for Local Authority

The Senior Management Team were part of interview panels for senior director and commissioning roles in Adult Social Care at Dorset Council.

20. Working with our Local Authority

We're taking a key role in the local authority consultation of social care services and their review of the learning disability services across Dorset.

21. Supporting individuals to live independently

We have supported four members to move out of the family home into independent living.

22. Working with research projects nationally

We are also continuing to work with other partners such as University College London on the STORM project, where we are a member of the Steering Group and Working Party. STORM seeks to understand and improve the experiences of people with a learning disability to manage and resist stigma.

23. Easy Read

We are continuing to develop our Easy Read services, notably working with the local authority and House of Lords. We are currently marketing these services more widely.

24. Management Committee and Trustees

Both the Management Committee and Trustees have met monthly online throughout the pandemic, ensuring they are informed of how the team are responding and members are managing.

25. Database

The Senior Management Team have continued to work on creating the new database (now complete), to allow us to better record and monitor outcomes. We have also appointed an external evaluator and designed a measurement tool to monitor these outcomes. It is hoped that if groups resume later in the year, this can be used. We will monitor the situation closely and if we need to change activities and run groups remotely again, we will amend the recording tool appropriately.

Facts and Figures

Number of Zoom Sessions: 156

Number of online Fitness sessions: 52

Number of online Speaking Up sessions: 53

Number of Connect Magazines Distributed: 14, 516

Phone calls made: 1,127

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

What have we learnt?

- support for individuals has been vital
- with the right support members have been resilient. Lives have not got worse, so there has been little demand for additional statutory services.
- members have learnt to speak up in different ways, e.g. digitally and via the written word
- that being flexible, energetic and creative has been key, in order to adapt services quickly in line with changing needs of individuals and situations
- that everyone is different and there is not a one size fits all. That support needs to be tailored to each individual
- that people with profound and multiple learning disabilities (PMLD) are very hard to connect with in a pandemic, unless we can reach them through their supporters
- that building a toolkit of self care which members can use is key
- that working remotely has enabled great networking and collaboration = better outcomes
- that there have been clearly many inequalities for people with learning disabilities during the pandemic (inappropriate do not resuscitate orders being put on people, much higher number of deaths etc) and that there is still much work to do to ensure equal rights for people with learning disabilities
- that, still the most important thing for almost all members is being able to maintain friendships
- that things can change quickly for people so regular communication is key
- that it is very hard for people with learning disabilities to understand key messages, such as government updates on how to stay safe, and that much reinforcement and easy read ways of demonstrating such messages are vital
- that people will need a lot of support getting back to 'normal'
- that we still love what we do (but we knew that anyway!)

What next?

Getting back to "normal"

It is clear that the long term impact of the pandemic has affected beneficiaries, and a further concern is how they will manage post pandemic. For some who have experienced stress and trauma, the support needed will be quite significant.

We are also increasingly aware from conversations with beneficiaries of the additional staff time and support they are likely to require once they are able to safely transition back to face-to-face meetings. We anticipate running more intensive, smaller and additional meetings/events as we support members to manage the 'new normal' and to re-build their confidence.

It is also clear that beneficiaries have had very different experiences of the pandemic. Some are already 'out and about', keen to 'get back to normal', so support to ensure they still stay safe and take precautions is key. Others have barely left the home and are very anxious about doing so. Support for them to continue to manage the long term lockdown and re-integration is key.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

Continued support

Support for beneficiaries, whatever their anxieties are at any given time, will be essential for a long time to come. Also important will be opportunities to listen and share experiences so that beneficiaries learn and develop skills to support each other, where possible. There is already one example of a member who took round a magazine to a friend who was shielding. Both benefited from the experience enormously. The one who received the magazine felt 'thought about' and cared for - the person gifting it, felt really good to be able to support a friend in need. Empowering members to develop peer support networks will be a key focus moving forward.

Even when groups are able to resume, it may take a long time for some to return, and we need to be in a position to support people during this transition.

Long-term funding

With regards to long term funding to support beneficiaries, the staff team have been putting together marketing materials on the charity to help the public and funders better understand what we do, and why support is, and will be, critical. This will be launched as part of a fundraising campaign in the 2021/2022 year.

Developing a strong supporter base may take some time to build, so we will still be reliant on grant funding for a little longer. We also cannot rely on volunteers to support projects where skilled staff are still very much required.

Without funding the organisation would not have been able to respond to the needs of adults with learning disabilities across Dorset in a way which has, and continues, to meet their needs. We know that they would otherwise have struggled so much more, possibly resulting in more beneficiaries reaching crisis points and the need for much greater intervention by ourselves and professionals.

Impact

Funding from a variety of different sources has made a hugely positive and significant impact on our members lives. We are incredibly grateful to all our funders over the last year who have enabled us to support beneficiaries in the ways they need it most.

Our conversations with beneficiaries and their carers tell us that the reason that they have coped, as well as they have, is largely down to the continued activities, calls and support from People First Dorset.

PEOPLE FIRST DORSET
Report of the Trustees for the year ended 31st March 2021

Financial review

The incoming resources for the year amounted to £306,736 of which £255,697 represented restricted funds. The outgoing expenditure amounted to £253,036 of which £254,980 was in respect of restricted projects. The overall surplus of £53,700 has been added to the reserves carried forward.

The total reserves on 31st March 2021 were £134,969 of which £3,897 represented restricted funds.

The results are summarised on page 15 and shown in more detail on pages 21 and 22.

The Charity held £84,251 on deposit with CCLA Investment Management and £141,201 in a Co-Op Deposit account, in addition to money held in the current account with the Co-operative Bank for day to day needs. The Trustees consider that these reserves are sufficient to meet the Charity's requirements for the next financial year.

Responsibilities of the Trustees (Directors)

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 charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP 2015
- make judgements and estimates that are reasonable and prudent and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

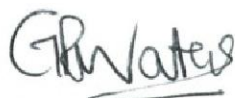
Independent accountants

Martin and Company (Bridport) Limited were appointed as the charitable company's independent accountants during the year and have expressed their willingness to continue.

This report has been prepared in accordance with the Statement of Recommended Practice 2015 (FRS102) - Accounting and Reporting by Charities and in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies.

Approved by the Trustees (Directors) on
its behalf by:

2021 and signed on



Graham Waters
Chair

PEOPLE FIRST DORSET
Company number 05189356
Statement of Financial Activities (including Income and Expenditure account)
for the year ended 31st March 2021

	Note	Unrestricted Funds 2021 £	Unrestricted Funds 2020 £	Restricted Funds 2021 £	Restricted Funds 2020 £	Total Funds 2021 £	Total Funds 2020 £
Income from:							
Donations	3	3,358	14,364	-	-	3,358	14,364
Charitable activities	3	15,968	20,330	255,697	117,245	271,665	137,575
Coronavirus Job Retention Scheme		31,420	-	-	-	31,420	-
Investments		293	743	-	-	293	743
Total		£ 51,039	£ 35,437	£ 255,697	£ 117,245	£ 306,736	£ 152,682
Expenditure on charitable activities							
Salaries		(1,448)	60,348	190,198	99,766	188,750	160,114
Other expenditure		33,186	36,668	21,756	17,993	54,942	54,661
Grants repayable		-	-	9,344	-	9,344	-
Contribution to overheads		(39,447)	(20,476)	39,447	20,476	-	-
Total		-£ 7,709	£ 76,540	£ 260,745	£ 138,235	£ 253,036	£ 214,775
Net income (expenditure)		58,748	(41,103)	(5,048)	(20,990)	53,700	(62,093)
Transfers between funds		(5,765)	1,321	5,765	(1,321)	-	-
Net movement in funds		52,983	(39,782)	717	(22,311)	53,700	(62,093)
Reconciliation of funds							
Total funds brought forward		72,324	112,106	8,945	31,256	81,269	143,362
Total funds carried forward		£ 125,307	£ 72,324	£ 9,662	£ 8,945	£ 134,969	£ 81,269

PEOPLE FIRST DORSET
BALANCE SHEET
31st MARCH 2021
Company number 05189356

	Note	<u>2021</u>	<u>2020</u>
		£	£
Fixed Assets	6	3,424	-
Current Assets			
Debtors	7	-	-
Cash at Bank		228,634	133,056
Cash in Hand		11	11
		<u>228,645</u>	<u>133,067</u>
Creditors: amounts due within one year	8	<u>97,100</u>	<u>51,798</u>
Net current assets		131,545	81,269
Net assets		<u>£ 134,969</u>	<u>£ 81,269</u>
Reserves	9		
Restricted funds		3,897	8,945
Unrestricted funds		131,072	72,324
Total funds		<u>£ 134,969</u>	<u>£ 81,269</u>

The directors statements required by Section 475(2) and (3) are shown on the following page which forms part of this Balance sheet

PEOPLE FIRST DORSET
BALANCE SHEET (continued)
AT 31st MARCH 2021
DIRECTORS STATEMENTS REQUIRED BY SECTIONS 475(2) AND (3)

In approving these financial statements as directors of the company we hereby confirm:

that for the year stated above the company was entitled to the exemption from audit under Section 477 of the Companies Act 2006

that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31st March 2021; and

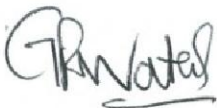
that we acknowledge our responsibilities for :

- (1) ensuring that the company keeps accounting records which comply with Section 386; and
- (2) preparing financial statements which give a true and fair view of the state of affairs of the company as the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies.

In accordance with section 444 of the Companies Act 2006 the Profit and loss account has not been delivered.

The accounts were approved by the Trustees (Directors) on 2021 and signed on its behalf by



GR Waters
Chair

1. Accounting policies

Basis of preparation

- a) The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 - effective 1 January 2015); Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value. In preparing the accounts the Trustees have considered whether in applying the accounting policies required by FRS102 and the Charities SORP FRS 102 the restatement of comparatives was required. In the event no restatements were required.
- b) Preparation of the accounts on a going concern basis
The Trustees have recently updated the Charity's business plan for 2020/2021 to reflect the steps being taken to deal with the effects of the Coronavirus COVID -19. The Trustees consider that the accounts be prepared on a going concern basis
- c) Grants are recognised in the Statement of Financial Activities in the year in which they are received. Generally grants have conditions attached that create a service requirement that must be met by the Charity and accordingly are included as incoming resources from charitable activities.
- d) Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.
- e) Resources expended are allocated to the particular activity where the cost including staff salaries relates directly to that activity.
- f) Depreciation is provided at rates calculated to write off the cost of each asset either over its expected useful life which is estimated to be at 4 years or over the period covered by the grant receivable which may be three years or less.
- g) Unrestricted funds are other incoming resources receivable without specified purpose, budgetary conditions or contracts and are available as general funds.
- h) Restricted funds are to be used for specific purposes as laid down by the grantor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.
- i) Depreciation is provided at rates calculated to write off the cost of each asset in equal instalments over three years.

2. Net incoming resources for the year

This is stated after crediting and charging

Bank deposit interest received

Depreciation of computer equipment

Accountancy and independent examination fees

Trustees expenses

2021

£

2020

£

£ 293

£ 744

1,712

-

1,200

1,200

-

-

3. Incoming resources

Income from donations

K. O'Brien Trust legacy

Other donations

-

7,297

3,358

7,067

£ 3,358

£ 14,364

Income from charitable activities

Grants and contracts

Coronavirus Job Retention Scheme

Other sources

271,665

116,645

31,420

-

-

20,930

£ 303,085

£ 137,575

PEOPLE FIRST DORSET

Notes to the financial statements for the year ended 31st March 2021

4. Expenditure	<u>2021</u>	<u>2020</u>
	£	£
Expenditure on charitable activities		
Employee costs	188,750	160,112
General Administration	45,012	40,888
Premises	7,885	6,950
Repairs	-	72
Travel and subsistence	333	6,753
Depreciation	1,712	-
Grants repaid and repayable	9,344	-
	<u>£ 253,036</u>	<u>£ 214,775</u>

5. Staff costs	£	£
Staff costs excluding contracted as self employed were as follows		
Salaries	173,668	152,808
Employers National Insurance	12,967	9,235
Employers NIC allowance	(4,000)	(3,000)
Statutory Maternity Pay compensation	(1,863)	(5,845)
Statutory Sick Pay grant	(96)	-
Employers pension contributions	8,074	6,914
	<u>£ 188,750</u>	<u>£ 160,112</u>

There were no employees who received total emoluments of more than £60,000.

No Trustee received any remuneration during the year or in the previous year
Trustees were reimbursed for reasonable travelling costs to attend trustee meetings.

The average weekly number of employees during the ye:	Number	Number
Projects and fund raising	10	11
Administration	<u>2</u>	<u>2</u>

6. Tangible fixed assets

Cost	£
Brought forward	21,073
Additions	5,136
Carried forward	<u>£ 26,209</u>

Depreciation

Brought forward	21,073
Charge for the year	1,712
Carried forward	<u>£ 22,785</u>

Net book value

At 31st March 2021	<u>£ 3,424</u>
---------------------------	----------------

At 31st March 2020	<u>£ -</u>
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7. Debtors	<u>2021</u>	<u>2020</u>
	£	£
Contract income receivable	<u>£ -</u>	<u>£ -</u>

8. Creditors: amounts falling due within one year

	<u>2021</u>	<u>2020</u>
	£	£
Income received in advance	88,497	50,598
Creditors	1,638	-
Accruals	6,965	1,200
	<u>£ 97,100</u>	<u>£ 51,798</u>

PEOPLE FIRST DORSET
Notes to the financial statements for the year ended 31st March 2021

9. Reserves

	Unrestricted	Restricted
	£	£
Brought forward at 1st April 2020	72,324	8,945
Surplus (deficit) of income over expenditure	58,748	(5,048)
Transfer between reserves	(5,765)	5,765
Carried forward at 31st March 2021	<u>£ 125,307</u>	<u>£ 9,662</u>

The reserves at the year end are represented by

	Unrestricted	Restricted
	£	£
Fixed assets	3,424	-
Debtors	-	-
Bank and cash	213,218	15,427
	<u>216,642</u>	<u>15,427</u>
Creditors	91,335	5,765
	<u>£ 125,307</u>	<u>£ 9,662</u>

10. Capital

The company has no share capital.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of a winding up.

11. Commitments

Lease of premises

The Charity has a commitment under a lease of the premises at Herringston Barn, Winterborne Herringston near Dorchester. The lease is continuing on a quarter by quarter basis at a rent of £1,187.50 per quarter.

Leasing commitment

The Charity entered into a leasing agreement for an Olivetti colour photocopier. The agreement is for 60 months commencing in June 2018 with quarterly rentals of £1,171.

Pension commitments

The Charity has an obligation under an agreement with the National Employment Savings Trust (NEST) dated 22nd February 2016 to make pension contributions on behalf of three members of staff. The contribution commenced in June 2016 at 5% of qualifying earnings.

Members of staff are making contributions of 3% with effect from April 2019.

12. Taxation

The charitable company is exempt from Corporation Tax on its charitable activities.

13. Related party transactions

There were no related party transactions during the year which require disclosure in these accounts.

PEOPLE FIRST DORSET
INCOME AND EXPENDITURE ACCOUNT
YEAR TO 31ST MARCH 2021

	<u>2021</u>	<u>2021</u>	<u>2021</u>	<u>2020</u>	<u>2020</u>	<u>2020</u>
	<u>Total</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>	<u>Restricted</u>	<u>Unrestricted</u>
	£	£	£	£	£	£
Incoming resources						
Grants	266,931	255,697	11,234	72,171	58,701	13,470
Coronavirus Job Retention	31,420	-	31,420	-	-	-
Contracts and work done	4,734	-	4,734	59,235	58,544	691
Legacy	-	-	-	7,297	-	7,297
Donations	3,358	-	3,358	7,067	-	7,067
Bank deposit interest	293	-	293	743	-	743
Other sources	-	-	-	6,169	-	6,169
Total Incoming resources	£ 306,736	£ 255,697	£ 51,039	£ 152,682	£ 117,245	£ 35,437
Resources expended						
Grants repaid and repayable	9,344	9,344	-	-	-	-
Salaries	188,750	190,198	(1,448)	160,114	99,766	60,348
Expenses	54,942	21,756	33,186	54,661	38,469	16,192
Project overhead contribution	-	39,447	(39,447)	-	-	-
Total resources expended	£ 253,036	£ 260,745	£ (£7,709)	£ 214,775	£ 138,235	£ 76,540
Surplus (deficit) for the year	£ 53,700	£ (£5,048)	£ 58,748	£ (£62,093)	£ (£20,990)	£ (£41,103)

PEOPLE FIRST DORSET
Restricted Income and expenditure by Fund
For the year ended 31st March 2021

Speaking Up										
	DCG User Led		Big Lottery		Peoples Health Trust		Dorset Coronavirus Community Fund	Mencap Sport England	Somerset Community Foundation	Nationwide Community Grant
	2021 £	2020 £	2021 £	2020 £	2021 £	2020 £	2021 £	2021 £	2021 £	2021 £
Income										
Grants and contracts	41,000	41,000	73,019	12,200	17,073	12,393	5,000	4,884	1,925	6,944
Work done		600								
	£ 41,000	£ 41,600	£ 73,019	£ 12,200	£ 17,073	£ 12,393	£ 5,000	£ 4,884	£ 1,925	£ 6,944
Expenditure										
Grant repayable										
Salaries	32,293	34,212	48,352	8,019	17,190	6,951		4,603	820	4,660
Contribution to overheads	8,200		14,165		2,125					2,284
Expenses	507	13,820	3,356	1,994	1,508	2,592	5,000	281	1,105	
	£ 41,000	£ 48,032	£ 65,873	£ 10,013	£ 20,823	£ 9,543	£ 5,000	£ 4,884	£ 1,925	£ 6,944
Surplus (deficit) for the year	-	(6,432)	7,146	2,187	(2,850)	2,850	-	-	-	-
Transfer to unrestricted funds		6,432	2,187		2,850	-				
Brought forward	£ -	£ -	£ 9,333	£ 2,187	£ -	£ 2,850	£ -	£ -	£ -	£ -
Carried forward										

Speaking Up											
	Discovery Grant		Somerset CC Bridgwater		Somerset CC Taunton		Somerset CC Yeovil		Wessex Water	Tampon Tax	Comic Relief
	2021 £	2020 £	2021 £	2020 £	2021 £	2020 £	2021 £	2020 £	2020 £	2020 £	2020 £
Income											
Grants and contracts	18,073	11,245	6,381	4,769	6,381	7,000	6,381	5,875	1,244	6,000	3,447
Work done											
	£ 18,073	£ 11,245	£ 6,381	£ 4,769	£ 6,381	£ 7,000	£ 6,381	£ 5,875	£ 1,244	£ 6,000	£ 3,447
Expenditure											
Grant repayable	5,765										
Salaries	10,287	8,157	4,184	3,283	4,683	4,522	4,184	4,524	830	3,742	
Contribution to overheads	3,953		2,170		1,405		1,694				
Expenses	3,633	3,088	27	1,486	293	2,478	803	2,520	414	2,258	
	£ 23,638	£ 11,245	£ 6,381	£ 4,769	£ 6,381	£ 7,000	£ 6,381	£ 7,044	£ 1,244	£ 6,000	£ -
Surplus (deficit) for the year	(5,765)	-	-	-	-	-	-	(1,169)	-	-	3,447
Transfer from unrestricted funds	5,765										(1,321)
Brought forward								1,169			(2,126)
Carried forward	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -	£ -

	Friendship Club							
	Young Friendship Club		Communities Against Cancer		DC Community Impact Grant	Dorset Coronavirus Fund Digital	DC Innovation Fund	
	2021 £	2020 £	2021 £	2020 £	2021 £	2021 £	2020 £	
Income								
Grants and contracts		5,700		4,640	4,866	2,500		
Work done	£ -	£ 5,700	£ -	£ 4,640	£ 4,866	£ 2,500	£ -	
Expenditure								
Grants repayable	3,579							
Salaries		4,000		3,016	3,229	2,500		5,095
Expenses		1,921		1,295	1,637			1,150
	£ 3,579	£ 5,921	£ -	£ 4,311	£ 4,866	£ 2,500	£ 6,245	
Surplus (deficit) for the year	(3,579)	(221)	-	329	-	-		(6,245)
Transfer from unrestricted funds								
Brought forward	3,579	3,800	329					6,245
Carried forward	£ -	£ 3,579	£ 329	£ 329	£ -	£ -	£ -	-

Core						Total	Total
	Lloyds Bank Foundation		Weymouth Town Council		CAF Resilience Fund	Lottery Community Fund	
	2021 £	2020 £	2021 £	2020 £	2021 £	2021 £	2020 £
Income							
Grants and contracts	24,750		566	1,132	19,959	15,095	255,697
Work done	£ 24,750	£ -	£ 566	£ 1,132	£ 19,959	£ 15,095	£ 117,245
Expenditure							
Grants repayable							
Salaries	24,750	12,330	566	1,085	16,508	11,389	9,344
Contribution to overheads		3,407		47	3,451		190,198
Expenses						3,706	39,447
	£ 24,750	£ 15,737	£ 566	£ 1,132	£ 19,959	£ 15,095	21,756
Surplus (deficit) for the year	-	(15,737)	-	0	-	-	(5,048)
Transfer from unrestricted funds		15,737					5,765
Brought forward	£ -	£ -	£ -	£ 0	£ -	£ -	8,945
Carried forward							9,662