

Cape Community Care Day Centre

Objectives and Activities

The organizations work, focused on people who are disadvantaged by poverty such as older people, people with mental health problems, the house bound (shut-ins), asylum seekers and to give respite to Carers. To this end, the organisation seeks and continues to work with individuals and groups within communities to improve their general wellbeing, quality of life and social inclusion.

The Centre provides a hot two course meal freshly prepared on site 2 days per week to clients and offer 'meals on wheels' and Home Visiting service to those who are housebound.

The Centre provides opportunities for users to participate in a range of activities such as gentle exercises, stimulative board games, social events and day trips to keep them active, build self-confidence, develop friendships and encourage social interaction.

POST PANDEMIC RECOVERY

During the Pandemic we have migrated and developed our services despite losing valuable volunteers and income. The increased 'need and demand' of Care required by our Vulnerable has put a strain on our volunteers. Working round the clock to cater - focusing on reducing further deterioration of mental, mobility and independence -which leads to additional pressure on the NHS and ultimately leading to sad loss of life.

Many of our beneficiaries who have Dementia, Alzheimer's - mental or physical disability are still anxious and reluctant to leave their homes but are still kept connected via our outreach services **'Cape Re-stimulate-U-Project which involved telephone befriending, prescription & grocery collections, Meals on Wheels, Cleaning, Home Visiting Service, Medical -Vaccine appointment accompaniment, Cleaning, Garden & doorstep Exercise and a Garden Digital Training service to support with online medical appointments and social meet ups. Our 'Meals on wheels' service output increase dramatically which enabled the team to do visible safeguarding checks as well as ensuring the vulnerable were still eating healthily and continue being connected.**

PRESENT TIME

Our remote project is run alongside our Day Care Services - hosting 2 days a week which is well attended due to increased weekly numbers and new referrals from our local community. Our environment ensures it maintains its Safe, Friendly, Fun, and accessible environment for all - to this day - with free-quarterly emergency handouts of hand gel/masks and training on handwashing which creates an environment where each feel confident that they are safe and welcome each receiving a 'home cooked' hot healthy 2 course meals, health awareness sessions, Mental and Physical stimulation sessions, Fun, social outings - recently went to Trentham Gardens and on a boat ride and summer - Community social outings where 5-6 coaches go from our Centre to Seaside - Youth Creation Kids Club, Cape Tots, Cape Day Care and other small centres are all included in this coming together of different cultures. Our volunteer team - consists of 9.5 members aged 16-83, robustly deliver both our site - Care Day Service and Remote 'Re-stimulate-You-Service'.

Achievements

Youth Creation Kids Club - Run by volunteers of The Day Centre, established over 8 years for local children aged 8-16 years. Successfully hosts weekly for over 30 deprived children each week.

Cape TOT's – borne from reviews of our Youth Club held in Pandemic – saw the need of mental deterioration within both parents and young children, through being isolated etc. Running successfully since September 2020 to current.

Cape Befriending Service – Successful, Telephoning over 53 vulnerable beneficiaries weekly. At times have had a waiting list.

Cape Visiting Service – Successful, having a waiting list- Visiting 16-21 vulnerable within their homes weekly, ensuring elderly are eating healthily – safeguard visual checks, Prescription & grocery collection, medical appointment accompaniment and general company – playing games – conversation in their homes. This service is vital to ALL – positive case studies & good news stories especially with 'outpatients from hospital'.

Cape Click & Chat – Day Centre participants & local community members can enjoy basic introductory Digital sessions informally.

Cape Meals on Wheels – Deliver healthy meals to those that are isolated with no family members.

Cape Vaccination DRIVE – Having successfully hosted online Q&A with professional medical team. Increased by 80% within our BAME community. This service remains offering accompaniment to medical appointments. Started in Covid but has continued to support medical appointments.

The Cape Community Centre continues to work with Fareshare' which has had a positive impact on the Community – It has supported us by reducing food costs especially at a time where cost of living has increased. This goes towards supporting the clients giving small food parcels to ensure they are eating healthy on non-service days. Alongside our Outreach project of supporting small local charities with food donations such as homeless and to the public – including new struggling migrants who pop in to get food parcels. A great outreach Project.

CAPE COVID's NOT OVER Handwashing training for Beneficiaries (Elderly / Youth / Tots / Community – free medical emergency kits in a informal fun environment

CAPE FITTER & HEALTHIER CLUB – FREE BMI weight loss programme & weight checks, healthy eating seminars, Fitness & GYM sessions (weekly online sessions also). Blood pressure checks. Referral service & counselling services

CAPE PLATNUM JUBILEE & The Kings JUBILEE – The cape opened its doors for our beneficiaries & local community-all cultures for a once in a lifetime celebration – having over 200 attendees in a well-dressed spectacular environment on both these glorious events.

2022-23 OUTPUTS continue to develop and support our beneficiaries and local community via...

- *To continue to bring communities together via support, professional signposting, reduce isolation & embrace companionship.*
- *Increase of 19% in Providing 'Meals-on-Wheels' to isolated ensuring vulnerable are eating healthily*
- *Encourage 'A sense of belonging' within the community*
- *Offer Personal, familiarity to ignite trust, openness & participation which has led to increased referrals*
- *Offer Pre-Primary care assessment taking pressure off the NHS*
- *Encourage activity – getting individuals confident & independent, SOCIALLY AWARE*
- *Encourage a much smoother transition back into the community.*
- *Health Awareness information to Empower so they can manage ailments*

- *Link the Vulnerable into the digital world with our Cape Re-stimulate U project where individuals can access platforms independently on Zoom social meet ups. Plans to develop to online appointment*
- *Youth Club to reduce social isolation, Exercise/mental stimulation & Educate through Fun & less gadgets. Reducing Gang & Violence crime and Teen Pregnancies.*
- *Continue to see an increase in access, connect and meet the general 'well-being' needs of our Beneficiaries, Families, Groups, Volunteers & local Community.*

CURRENT QUARTER QUESTIONNAIRE - Was carried out remotely via telephone and during our Service Day.

METHODOLOGY: 78% of Service Users. Females 55%, Males 23%, Carers 30%, 22% N/A (A=Answer & breakdown)

- 1) Are you familiar with ALL of Cape's 8 Services? Y/N - Do you access more than 3 of them? **Answered 88%.**
- 2) What do you Enjoy about our Service Day: **Answered 94% - Friendship, Activities, Meals, Atmosphere & looking forward to Social Outings.**
- 3) Would life be different if you did not attend/access our Service ? **Answered: Yes 100% much better!!.**
- 4) Mental and Physical impact and Wellbeing ? Do our services impact this positively ? **Answered: Yes 100% more confident 87%, feel stronger physically 92%, Alert - reading crosswords 100%**
- 5) Do you participate in the 'Re-Stim-U-Late-U programme' aimed to reduce isolation & loneliness? **Answered: Yes 88%.**
- 6) Has this had a positive impact on you since? **Answered:100% Yes - (A1 - brought own Laptop) & A2= Felt part of - not left out. A3= Ate Healthily. A4=Not lonely.**
- 7) Name some highlights of your participation within our services ? **Answered:82%** Food/meal donations, 100% = Word Search/Colour Books, 100% = Exercise Activity, 92% befriending 'look forward to chat' and singing'.
- 8) What do you LEAST enjoy? **Answered = previous 'online' but feeling better as the group sessions are easier and not scary. Safe. Friendly, happy.**

Financial Acknowledgments

The Centre, Beneficiaries, Community members, Volunteers, Management & Trustees would like to recognise and sincerely thank all our Financial Supporters for their kind Support to our Project and our services to our Beneficiaries and Community members which has been vital in the 'Recovery' after such an unprecedented time. The positive impact your support has made is captured in words in this report but to see beneficiaries smile, grow stronger, independent, live in their homes longer alone, take pressure off the NHS and seeing them enjoy first time new rich experiences is priceless and unfortunately cannot be captured in words but please imagine.

You ALL have been instrumental in supporting the vital, much needed' work we do to enable positive outcomes for OUR vulnerable. We ensure our services are upto date, relevant and needed by quarterly formal and informal meetings/reviews with all our beneficiaries/community members.

Thank you Once Again from 'The Cape Community Care Day Centre'

**Cape Community Care Day Centre
Company Limited by Guarantee
Unaudited Financial Statements
29 December 2022**

YEVS & CO CHARTERED CERTIFIED ACCOUNTANTS

Chartered Certified Accountants

Yevs House
130 Cape Hill
Smethwick
B66 4PH

Cape Community Care Day Centre

Company Limited by Guarantee

Financial Statements

Year ended 29 December 2022

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Cape Community Care Day Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 29 December 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 29 December 2022.

Reference and administrative details

Registered charity name Cape Community Care Day Centre

Charity registration number 1122721

Company registration number 05469699

Principal office and registered office 453 Dudley Road
Smethwick
B18 4HE
West Midlands

The trustees

S Fairin
A Hutchinson
P Martin
C Campbell
R Wilson
S Davis

Company secretary Pamela Martin

Independent examiner Sylvanus Dzotsi BA(Hons) FCCA Association of Chartered Certified Accountants
Yeys House
130 Cape Hill
Smethwick
B66 4PH

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Cape Community Care Day Centre

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 29 December 2022

Financial review

Financial Acknowledgments

The Centre would like to recognise and sincerely thank the following for their continued support of The Cape Day Centre: - Sandwell Social Services, Garfield Weston, Foyle Foundation, Heart of England, SCVO, Local Tesco & Asda, Arnold Clarke. Harborne Parish Lands Charity and Sandwell Town Lab. EACH of you have been instrumental in supporting the vital, much needed' work we do to enable positive outcomes for OUR vulnerable

SUMMARY

The work that we do is fundamental within the community and see the rising demand for our services by Reviews, meetings, and increased memberships to various activities/sessions. We do appreciate that without financial assistance this positive work would struggle to continue to provide the valuable service to the Community but are equally proud of our Loyal Committed Volunteers who contribute their time as toil and create positive fundraising initiatives alongside our popular meal sales to ensure we are self pro-active.

The Centre and its Volunteers truly displayed resilience and worked in and with the community to support the vulnerable making us a more Robust community. Our Services will continue to be 'fit for purpose' and meet the needs of the Vulnerable by fulfilling our mission within the community.

A huge and Sincere Thank you to all our Supporters from The Cape Community Day Care Centre's Beneficiaries, Volunteers, Local Businesses and Community members

The trustees' annual report and the strategic report were approved on and signed on behalf of the board of trustees by:

S Fairin
Trustee

Pamela Martin
Charity Secretary

Cape Community Care Day Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Cape Community Care Day Centre

Year ended 29 December 2022

I report to the trustees on my examination of the financial statements of Cape Community Care Day Centre ('the charity') for the year ended 29 December 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

Cape Community Care Day Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Cape Community Care Day Centre *(continued)*

Year ended 29 December 2022

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.

Sylvanus Dzotsi BA(Hons) FCCA
Association of Chartered Certified Accountants

Independent Examiner

Yeys House
130 Cape Hill
Smethwick
B66 4PH

Cape Community Care Day Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 29 December 2022

			2022		2021
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	—	118,269	118,269	69,712
Charitable activities	6	12,680	2,233	14,913	4,625
Total income		<u>12,680</u>	<u>120,502</u>	<u>133,182</u>	<u>74,337</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	7	—	83,560	83,560	59,705
Expenditure on charitable activities	8,9	—	11,423	11,423	9,285
Other expenditure	10	—	6,259	6,259	3,810
Total expenditure		<u>—</u>	<u>101,242</u>	<u>101,242</u>	<u>72,800</u>
Net income and net movement in funds		<u>12,680</u>	<u>19,260</u>	<u>31,940</u>	<u>1,537</u>
Reconciliation of funds					
Total funds brought forward		53,756	(15,581)	38,175	36,638
Total funds carried forward		<u>66,436</u>	<u>3,679</u>	<u>70,115</u>	<u>38,176</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 8 to 15 form part of these financial statements.

Cape Community Care Day Centre

Company Limited by Guarantee

Statement of Financial Position

29 December 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	14	12,857	9,616
Current assets			
Debtors	15	6,614	6,614
Cash at bank and in hand		52,720	25,584
		59,334	32,198
Creditors: amounts falling due within one year	16	2,076	3,639
Net current assets		57,258	28,559
Total assets less current liabilities		70,115	38,175
Net assets		70,115	38,175
Funds of the charity			
Restricted funds		3,679	(16,733)
Unrestricted funds		66,436	54,909
Total charity funds	17	70,115	38,176

For the year ending 29 December 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 company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 9 September 2022, and are signed on behalf of the board by:

S Fairin
Trustee

The notes on pages 8 to 15 form part of these financial statements.

Cape Community Care Day Centre

Company Limited by Guarantee

Statement of Cash Flows

Year ended 29 December 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income	31,940	1,537
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	9,401	5,004
Interest payable and similar charges	76	85
Accrued expenses	1,066	–
<i>Changes in:</i>		
Trade and other debtors	–	(6,614)
Trade and other creditors	(2,629)	1,678
Cash generated from operations	39,854	1,690
Interest paid	(76)	(85)
Net cash from operating activities	<u>39,778</u>	<u>1,605</u>
Cash flows from investing activities		
Purchase of tangible assets	(12,642)	(7,645)
Net cash used in investing activities	<u>(12,642)</u>	<u>(7,645)</u>
Net increase/(decrease) in cash and cash equivalents	27,136	(6,040)
Cash and cash equivalents at beginning of year	25,584	31,624
Cash and cash equivalents at end of year	<u>52,720</u>	<u>25,584</u>

The notes on pages 8 to 15 form part of these financial statements.

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 29 December 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 453 Dudley Road, Smethwick, B18 4HE, West Midlands.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

- 10% straight line
- 15% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Limited by guarantee

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

5. Donations and legacies

	Restricted Funds £	Total Funds 2022 £	Restricted Funds £	Total Funds 2021 £
Donations				
Harborne Parish Lands Charity	22,727	22,727	11,434	11,434
Sandwell Metropolitan Council	13,228	13,228	18,064	18,064
Heart of England	6,640	6,640	4,640	4,640
Lottery/Jubilee	9,990	9,990	—	—
Evesom	3,000	3,000	—	—
Roger & Douglas	2,000	2,000	—	—
SCVO Vision	5,497	5,497	7,440	7,440
Ground Work	—	—	1,000	1,000
Black Country Conserv	9,150	9,150	—	—
Alphectic	200	200	—	—
Youth Creation Summer Club SS	9,511	9,511	—	—
Ideal4All	135	135	135	135
Arnold Clarke	—	—	2,500	2,500
Garfield Weston-	15,000	15,000	15,000	15,000
Foyle Foundation	—	—	5,000	5,000
Waitrose	—	—	666	666
Town Lab-SMBC	—	—	3,833	3,833
WPD Community Matters	2,500	2,500	—	—
Social Services	18,691	18,691	—	—
	<u>118,269</u>	<u>118,269</u>	<u>69,712</u>	<u>69,712</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Sale of Meal	12,680	—	12,680
Charitable Donations	—	2,233	2,233
	<u>12,680</u>	<u>2,233</u>	<u>14,913</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Sale of Meal	3,925	—	3,925
Charitable Donations	—	700	700
	<u>3,925</u>	<u>700</u>	<u>4,625</u>

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

7. Costs of raising donations and legacies

	Unrestricted Fund £	Restricted Fund £	29/12/2021 £	29/12/2021 £
Volunteer Expenses		14,732		
Establishment Cost		11,285		
Consultancy, Administration & Carer Fees		13,621		
Printing, Postage & Stationery		3,964		
Community Transport		4,771		
Publicity		2,660		
Wages and salaries		1,644		
Training		1,109		
Canteen Expenses		1,092		
Subscription		275		
Donations - depreciation	2,397			

8. Expenditure on charitable activities by fund type

	Restricted Funds £	Total Funds 2022 £	Restricted Funds £	Total Funds 2021 £
Support costs	11,423	11,423	9,284	9,285

9. Expenditure on charitable activities by activity type

	Support Cost £	Total Fund £	Support Cost £	Total Fund £
Other interest payable and similar charges	62	62		

10. Other expenditure

	Restricted Funds £	Total Funds 2022 £	Restricted Funds £	Total Funds 2021 £
General Expenses	3,809	3,809	1,060	1,060
Cleaning & Waste Removal	2,450	2,450	2,750	2,750
	<u>6,259</u>	<u>6,259</u>	<u>3,810</u>	<u>3,810</u>

11. Net income

Net income is stated after charging/(crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets	<u>9,401</u>	<u>5,004</u>

12. Staff costs

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

12. Staff costs *(continued)*

The average head count of employees during the year was Nil (2021: Nil).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

13. Trustee remuneration and expenses

No remuneration for Trustees

14. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Total £
Cost			
At 30 December 2021	50,032	9,195	59,227
Additions	12,642	—	12,642
At 29 December 2022	62,674	9,195	71,869
Depreciation			
At 30 December 2021	40,417	9,194	49,611
Charge for the year	9,401	—	9,401
At 29 December 2022	49,818	9,194	59,012
Carrying amount			
At 29 December 2022	12,856	1	12,857
At 29 December 2021	9,615	1	9,616

15. Debtors

	2022 £	2021 £
Trade debtors	6,614	6,614

16. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	—	2,629
Accruals and deferred income	2,076	1,010
	2,076	3,639

Cape Community Care Day Centre

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 29 December 2022

17. Analysis of charitable funds

Unrestricted funds

	At 30 December 2021 £	Income £	Expenditure £	At 29 December 2022 £
General funds	16,118	12,680	—	28,798
Unrestricted fund	37,638	—	—	37,638
	<u>53,756</u>	<u>12,680</u>	<u>—</u>	<u>66,436</u>

	At 30 December 2020 £	Income £	Expenditure £	At 29 December 2021 £
General funds	14,581	3,925	(1,235)	17,271
Unrestricted fund	37,638	—	—	37,638
	<u>52,219</u>	<u>3,925</u>	<u>(1,235)</u>	<u>54,909</u>

Restricted funds

	At 30 December 2021 £	Income £	Expenditure £	At 29 December 2022 £
Restricted Fund 1 - desc in a/cs	—	120,502	(101,242)	19,260
Restricted fund	(15,581)	—	—	(15,581)
	<u>(15,581)</u>	<u>120,502</u>	<u>(101,242)</u>	<u>3,679</u>

	At 30 December 2020 £	Income £	Expenditure £	At 29 December 2021 £
Restricted Fund 1 - desc in a/cs	—	70,412	(71,564)	(1,152)
Restricted fund	(15,581)	—	—	(15,581)
	<u>(15,581)</u>	<u>70,412</u>	<u>(71,564)</u>	<u>(16,733)</u>

18. Analysis of changes in net debt

	At 30 Dec 2021 £	Cash flows £	At 29 Dec 2022 £
Cash at bank and in hand	25,584	27,136	52,720

Cape Community Care Day Centre

Objectives and Activities

The organizations work, focused on people who are disadvantaged by poverty such as older people, people with mental health problems, the house bound (shut-ins), asylum seekers and to give respite to Carers. To this end, the organisation seeks and continues to work with individuals and groups within communities to improve their general wellbeing, quality of life and social inclusion.

The Centre provides a hot two course meal freshly prepared on site 2 days per week to clients and offer 'meals on wheels' and Home Visiting service to those who are housebound.

The Centre provides opportunities for users to participate in a range of activities such as gentle exercises, stimulative board games, social events and day trips to keep them active, build self-confidence, develop friendships and encourage social interaction.

POST PANDEMIC RECOVERY

During the Pandemic we have migrated and developed our services despite losing valuable volunteers and income. The increased 'need and demand' of Care required by our Vulnerable has put a strain on our volunteers. Working round the clock to cater - focusing on reducing further deterioration of mental, mobility and independence -which leads to additional pressure on the NHS and ultimately leading to sad loss of life.

Many of our beneficiaries who have Dementia, Alzheimer's - mental or physical disability are still anxious and reluctant to leave their homes but are still kept connected via our outreach services **'Cape Re-stimulate-U-Project which involved telephone befriending, prescription & grocery collections, Meals on Wheels, Cleaning, Home Visiting Service, Medical -Vaccine appointment accompaniment, Cleaning, Garden & doorstep Exercise and a Garden Digital Training service to support with online medical appointments and social meet ups. Our 'Meals on wheels' service output increase dramatically which enabled the team to do visible safeguarding checks as well as ensuring the vulnerable were still eating healthily and continue being connected.**

PRESENT TIME

Our remote project is run alongside our Day Care Services - hosting 2 days a week which is well attended due to increased weekly numbers and new referrals from our local community. Our environment ensures it maintains its Safe, Friendly, Fun, and accessible environment for all - to this day - with free-quarterly emergency handouts of hand gel/masks and training on handwashing which creates an environment where each feel confident that they are safe and welcome each receiving a 'home cooked' hot healthy 2 course meals, health awareness sessions, Mental and Physical stimulation sessions, Fun, social outings - recently went to Trentham Gardens and on a boat ride and summer - Community social outings where 5-6 coaches go from our Centre to Seaside - Youth Creation Kids Club, Cape Tots, Cape Day Care and other small centres are all included in this coming together of different cultures. Our volunteer team - consists of 9.5 members aged 16-83, robustly deliver both our site - Care Day Service and Remote 'Re-stimulate-You-Service'.

Achievements

Youth Creation Kids Club - Run by volunteers of The Day Centre, established over 8 years for local children aged 8-16 years. Successfully hosts weekly for over 30 deprived children each week.

Cape TOT's – borne from reviews of our Youth Club held in Pandemic – saw the need of mental deterioration within both parents and young children, through being isolated etc. Running successfully since September 2020 to current.

Cape Befriending Service – Successful, Telephoning over 53 vulnerable beneficiaries weekly. At times have had a waiting list.

Cape Visiting Service – Successful, having a waiting list- Visiting 16-21 vulnerable within their homes weekly, ensuring elderly are eating healthily – safeguard visual checks, Prescription & grocery collection, medical appointment accompaniment and general company – playing games – conversation in their homes. This service is vital to ALL – positive case studies & good news stories especially with 'outpatients from hospital'.

Cape Click & Chat – Day Centre participants & local community members can enjoy basic introductory Digital sessions informally.

Cape Meals on Wheels – Deliver healthy meals to those that are isolated with no family members.

Cape Vaccination DRIVE – Having successfully hosted online Q&A with professional medical team. Increased by 80% within our BAME community. This service remains offering accompaniment to medical appointments. Started in Covid but has continued to support medical appointments.

The Cape Community Centre continues to work with Fareshare' which has had a positive impact on the Community – It has supported us by reducing food costs especially at a time where cost of living has increased. This goes towards supporting the clients giving small food parcels to ensure they are eating healthy on non-service days. Alongside our Outreach project of supporting small local charities with food donations such as homeless and to the public – including new struggling migrants who pop in to get food parcels. A great outreach Project.

CAPE COVID's NOT OVER Handwashing training for Beneficiaries (Elderly / Youth / Tots / Community – free medical emergency kits in a informal fun environment

CAPE FITTER & HEALTHIER CLUB – FREE BMI weight loss programme & weight checks, healthy eating seminars, Fitness & GYM sessions (weekly online sessions also). Blood pressure checks. Referral service & counselling services

CAPE PLATNUM JUBILEE & The Kings JUBILEE – The cape opened its doors for our beneficiaries & local community-all cultures for a once in a lifetime celebration – having over 200 attendees in a well-dressed spectacular environment on both these glorious events.

2022-23 OUTPUTS continue to develop and support our beneficiaries and local community via...

- *To continue to bring communities together via support, professional signposting, reduce isolation & embrace companionship.*
- *Increase of 19% in Providing 'Meals-on-Wheels' to isolated ensuring vulnerable are eating healthily*
- *Encourage 'A sense of belonging' within the community*
- *Offer Personal, familiarity to ignite trust, openness & participation which has led to increased referrals*
- *Offer Pre-Primary care assessment taking pressure off the NHS*
- *Encourage activity – getting individuals confident & independent, SOCIALLY AWARE*
- *Encourage a much smoother transition back into the community.*
- *Health Awareness information to Empower so they can manage ailments*

- *Link the Vulnerable into the digital world with our Cape Re-stimulate U project where individuals can access platforms independently on Zoom social meet ups. Plans to develop to online appointment*
- *Youth Club to reduce social isolation, Exercise/mental stimulation & Educate through Fun & less gadgets. Reducing Gang & Violence crime and Teen Pregnancies.*
- *Continue to see an increase in access, connect and meet the general 'well-being' needs of our Beneficiaries, Families, Groups, Volunteers & local Community.*

CURRENT QUARTER QUESTIONNAIRE - Was carried out remotely via telephone and during our Service Day.

METHODOLOGY: 78% of Service Users. Females 55%, Males 23%, Carers 30%, 22% N/A (A=Answer & breakdown)

- 1) Are you familiar with ALL of Cape's 8 Services? Y/N - Do you access more than 3 of them? **Answered 88%.**
- 2) What do you Enjoy about our Service Day: **Answered 94% - Friendship, Activities, Meals, Atmosphere & looking forward to Social Outings.**
- 3) Would life be different if you did not attend/access our Service ? **Answered: Yes 100% much better!!.**
- 4) Mental and Physical impact and Wellbeing ? Do our services impact this positively ? **Answered: Yes 100% more confident 87%, feel stronger physically 92%, Alert - reading crosswords 100%**
- 5) Do you participate in the 'Re-Stim-U-Late-U programme' aimed to reduce isolation & loneliness? **Answered: Yes 88%.**
- 6) Has this had a positive impact on you since? **Answered:100% Yes - (A1 - brought own Laptop) & A2= Felt part of - not left out. A3= Ate Healthily. A4=Not lonely.**
- 7) Name some highlights of your participation within our services ? **Answered:82%** Food/meal donations, 100% = Word Search/Colour Books, 100% = Exercise Activity, 92% befriending 'look forward to chat' and singing'.
- 8) What do you LEAST enjoy? **Answered = previous 'online' but feeling better as the group sessions are easier and not scary. Safe. Friendly, happy.**

Financial Acknowledgments

The Centre, Beneficiaries, Community members, Volunteers, Management & Trustees would like to recognise and sincerely thank all our Financial Supporters for their kind Support to our Project and our services to our Beneficiaries and Community members which has been vital in the 'Recovery' after such an unprecedented time. The positive impact your support has made is captured in words in this report but to see beneficiaries smile, grow stronger, independent, live in their homes longer alone, take pressure off the NHS and seeing them enjoy first time new rich experiences is priceless and unfortunately cannot be captured in words but please imagine.

You ALL have been instrumental in supporting the vital, much needed' work we do to enable positive outcomes for OUR vulnerable. We ensure our services are upto date, relevant and needed by quarterly formal and informal meetings/reviews with all our beneficiaries/community members.

Thank you Once Again from 'The Cape Community Care Day Centre'