

TEAMS & BENSHAM COMMUNITY CARE
REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

Charity No 1122735

Company registration number 06402655 (England and Wales)

TEAMS & BENSHAM COMMUNITY CARE

Contents	Page
Legal and administrative information	1
Trustees report	2 - 6
Report of the Independent Examiner	7
Statement of financial Activities	8
Balance Sheet	9
Notes to the financial statements	10 - 14

TEAMS & BENSHAM COMMUNITY CARE**1****Legal and administrative information****Year ended 31 March 2025**

Board of Trustees	Rev B Howell Dr M Sherratt E McMaster A Chirnside
Charity Number	1122735
Company Number	06402655
Registered Office	Holy Rosary Parish House Northumberland Street Teams Gateshead Tyne & Wear NE8 2PQ
Independent Examiner	TIG Accountants Metropolitan House Longrigg Road Swalwell Gateshead NE16 3AS

The trustees present their annual report and financial statements for the year ended 31 March 2025

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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).

Objectives and activities

At Teams and Bensham Community Care, our aim is to ensure people aged 65 and over have a welcoming, inclusive space to come together to enjoy a hot meal and access a wide range of enjoyable and beneficial activities.

For three and a half decades of hosting our lunch clubs and men's groups, we've seen firsthand how vital it is to stay active, connected and supported. This is especially important in a borough like Gateshead. Our local area has a lack of local services and amenities. Older people are affected uniquely by health and economic inequalities, with solutions available to younger people being harder to access in later life, due to factors such as digital exclusion and fewer opportunities to increase income.

People attend our groups for many different reasons. They may be experiencing loneliness and isolation, anxiety and/or low mood, bereavement, memory loss, disability, poor mobility, or carers might need respite for example.

Offering accessible services that are easy to attend and financially inclusive can help older people to stay independent and living in the communities and homes where they feel happiest.

Since the Covid pandemic, people are attending our lunch club and men's groups more frequently, with more people than ever attending three times per week. With transport from home and back again in the surrounding area, accessing our groups is easy and comfortable, and we have continued to deliver our hot, two-course meals to people at home.

Thanks to funding from the NHS, Gateshead Council, Sport England, Bentley, Skipton Building Society, Costco and the Souter Charitable Trust we have been able to deliver a wide range of activities at our lunch clubs and men's groups.

- Trips out
 - General knowledge, music and memory quizzes
 - Travelling pantomime
 - Indoor sports
 - Steady on your Feet courses
-

- Board and card games
- A wide range of arts and crafts activities
- Celebration days with live entertainment
- Seasonal creative activities
- Visits from speakers/special interest organisations
- Digital inclusion sessions

Our statistics for the year

- 76 people attended our centre 1 to 3 times each week
- We hosted
 - 149 lunch clubs
 - 99 men's groups
- Over 1,000 activities were delivered
- 3,442 hot meals were served at the centre
- 1,561 hot meals were delivered in the community
- 5 volunteers contributed 1416 hours during the year

Our Impact

100% of beneficiaries who took part in our social impact surveys tell us they feel more included, and therefore happier in themselves. They enjoy seeing our staff, benefit from the support available, and look forward to attending the centre. This change encourages positive thinking and behaviour, which is an essential part of good health for older people.

Attendees disclose having increased confidence (70%), self-esteem (70%) and positivity, and for many, this leads to further motivation to engage.

70% experience an improvement to their social life and feel a benefit from taking part in activities and conversation. 80% feel an improvement to their communication skills as a result. We inspire positive well-being by encouraging people to pursue meaningful activities and we improve access and opportunities for them to do so. Impacts within this are extensive.

Evidence suggests that we have been key in creating a sense of community for many people and 90% tell us they feel more supported and better able to cope with situations. 60% feel more independent.

90% disclose feeling improved mental health, and 90% experience better physical health, with around half telling us they see their GP less as a result.

For most beneficiaries, social engagement and interaction is one of the most important and valuable aspects of the service and leads to significant improvements in well-being.

Beneficiaries tell us that the transport we provide enables them to attend activities and, without it, they wouldn't leave the house, sometimes for weeks.

The gentlemen who attend our men's groups tell us the groups feel like a lifeline during bereavement. The group has given them something to look forward to. They also felt that the social support of other men who have similar experiences is invaluable.

Our work provides indirect support to carers/loved ones too, who are reassured knowing the people they care for are in a safe, inclusive environment while taking much needed respite.

Comments from Beneficiaries

"Everybody is really friendly, I have made some good friends."

"It's lovely to wake up on a Monday and know that I'm coming here. The food and volunteers are amazing."

"I live on my own. I feel happier coming here, the company helps me. Friendships make me feel better."

"You help me with everything. Not just staff, but also the volunteers and the attendees."

"I come here three times a week. I love it. It's relaxing and good company. I love the crafts and different things."

"I have only been attending for four weeks. I really enjoy it. The staff are lovely."

"I get all the support I need here. I have been coming to the centre for 10 years. Having an ear to listen, making friends, it's important to me."

"I stayed at home for five years before coming here. This service has changed my life. My mental health has improved, I'm more confident. I've made friends. I felt accepted in the group straight away."

Volunteering

We simply couldn't make the impact we do without the support of our dedicated volunteers. They not only provide practical support, they also bring joy and companionship to the people who attend our groups.

We have 5 volunteers who contribute their time, skills and positivity every week. They collectively volunteer for 29.5 hours per week. The social capital achieved by our volunteers had a value of £16,199 during the year.

We are delighted that our volunteers gain so much from spending time at our charity too. Our current volunteers, like our attendees, feel a sense of purpose, make positive connections and create strong support networks while at our centre.

"I have been volunteering for a long time. I thoroughly enjoy it. It is the best thing I have ever done coming here." (Volunteer)

We're also especially grateful to our local Asda Community Champion, Donna, who gave her time regularly throughout the year, and donated items from Asda to help our charity. It means so much to us have her support, made possible by our local Asda store.

To every volunteer who has helped us this year we'd like to say a huge thank you. You've made a real difference.

Future Plans

This year, we have embarked on a fundraising campaign to secure a new venue for our charity. With the planned demolition of the Bolam Street communal lounge and nearby flats, we will be relocating to the Holy Rosary Parish House in 2026. Securing this new home for our activities will be an exciting chapter for the charity, and we know from past experience of moving into a new venue, the warm, welcoming atmosphere will come with us. We'd like to say thank you to everyone supporting our move.

We would like to give a special thank you to architect, David Noble, whose generosity, expertise, and steady support have made a big impact on our charity's ability to progress with our move to the Holy Rosary Parish House. David has spent a considerable amount of time designing our plans and to coordinate everything we need to be able to engage a contractor. We are really excited to see the plans come to life in 2025/26 and very grateful for David's time, patience and unwavering commitment to our local community.

The fundraising landscape in the short and medium term for our running costs is going to be challenging, but we are confident that the support, impact and need for our services will help secure our future.

Thank You to Our supporters

- Gateshead Council
 - NHS
 - Community Foundation
 - Skipton Charitable Foundation
 - Garfield Weston Foundation
 - Costco
 - Souter Charitable Trust
 - Bentley
 - Sport England
 - Global's Make Some Noise
 - McCarthy Stone Foundation
 - Sir James Knott Trust
 - Hadrian Trust
 - Barbour Foundation
 - Places for People
 - The National Lottery Community Fund
-

Financial review, reserves policy and going concern

The financial statements show a surplus of £56,065. Restricted surplus was £29,201. Funds carried over from the previous accounting period was spent during the year.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office and salaries.

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management

The organisation is a charitable company limited by guarantee, incorporated on 18 August 2007 and registered as a charity on 11 February 2008. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1. The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Rev B Howell
- Dr M Sherratt
- Mrs E McMaster
- Mrs A Chirnside

The directors of the company are also charity trustees for the purpose of charity law.

The trustees continually audit the available skills of the board and look to acquire new trustees with different skills and experiences which can assist in the growth of the organisation. Recruitment is by approach and word of mouth.

The charity has a management committee of up to 10 members who meet monthly.

A scheme of delegation is in place and day to day responsibility for the provision of services rests with the Senior Day Centre Coordinator, and Teamwork Development Trust CIC who is paid a management fee by the charity to provide management support.

Signed on behalf of the management committee, on 7 November 2025.



Rev B Howell
Trustee

Report of the Independent Examiner to the trustees of Teams & Bensham Community Care

I report on the financial statements of Teams & Bensham Community Care for the year ended 31 March 2025 which are set out on pages 8 to 14.

Respective responsibility of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to

- examine the accounts under section 145 of the 2011 Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and

to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

J Hart FCCA
Metropolitan House
Longrigg Road
Swalwell
Gateshead
NE16 3AS

Date: 7 November 2025

TEAMS & BENSHAM COMMUNITY CARE
Statement of Financial Activities
Year ended 31 March 2025

8

	Notes	Unrestricted	Restricted	Total 2025	Total 2024
		£	£	£	£
Income					
Donations and legacies	2	39,685	201,572	241,257	124,927
Charitable activities		47,920	-	47,920	46,205
Investments	3	113	-	113	292
Other Income		5,000	-	5,000	5,000
Total income		92,718	201,572	294,290	176,424
Expenditure					
Raising funds		11,737	-	11,737	12,994
Charitable activities	4	54,117	172,371	226,488	187,220
Total expenditure		65,854	172,371	233,225	200,214
Net income		26,864	29,201	56,065	(23,790)
Transfers		-	-	-	-
Net movement in funds		26,864	29,201	56,065	(23,790)
Total funds brought forward		65,837	2,855	68,692	92,482
Total funds carried forward		92,701	32,056	124,757	68,692

TEAMS & BENSAM COMMUNITY CARE
Balance Sheet as at 31 March 2025

9

	Notes	2025		2024	
		£	£	£	£
Current assets					
Debtors	9	1,209		1,186	
Cash at bank and in hand		<u>159,048</u>		<u>94,256</u>	
		160,257		95,442	
Creditors – amount due within one year	10				
		<u>35,500</u>		<u>26,750</u>	
Net current assets			<u>124,757</u>		<u>68,692</u>
Net assets			<u>124,757</u>		<u>68,692</u>
Funds of the charity	11				
Restricted income funds			32,056		2,855
Unrestricted funds			<u>92,701</u>		<u>65,837</u>
			<u>124,757</u>		<u>68,692</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the trustees on 7 November 2025 and signed on the trustees behalf by:

Brian Howell

Rev B Howell
Trustee

1 Basis of preparation of financial statements

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 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting

The charity has adopted the accruals basis of accounting as required by the regulations.

Income

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure

Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

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

TEAMS & BENSHAM COMMUNITY CARE
Notes to the accounts
Year ended 31 March 2025

11

2 Grants

	2025 £	2024 £
Unrestricted		
Teamwork Development Trust	19,585	14,500
Community foundation	-	18,272
Barbour Foundations	20,000	-
Other Grants	100	400
	<u>39,685</u>	<u>33,172</u>
Total unrestricted grants		
	<u>39,685</u>	<u>33,172</u>
Restricted		
The National Lottery Community Fund (Awards for All Programme)	20,000	-
Trusthouse Charitable Foundation	-	10,000
Gateshead MBC - SLA	45,315	45,315
Global's Make Some Noise	10,000	17,800
VCSE Community Mental Health Grant	-	5,500
Sports England	4,320	-
McCarthy Stone Foundation	7,000	-
Garfield Weston Foundation	10,000	-
Truemark Trust	7,000	-
Benefact Trust	48,000	-
Beatrice Laing Trust	3,000	-
Coop Local Community Fund	500	-
United Way Uk	1,500	-
Hadrian Trust	1,000	-
Skipton Charitable Foundation	937	-
Sir James Knott Trust	5,000	-
Souter Charitable Trust	1,500	-
Kellet Fund	25,000	-
Gateshead Parochial Charity	1,000	-
Gateshead Council – Community Chest	10,000	-
Other Grants	500	13,140
	<u>201,572</u>	<u>91,755</u>
Total restricted grants		
	<u>201,572</u>	<u>91,755</u>
Total grants	<u>241,257</u>	<u>124,927</u>

3 Income from Investments

	2025 £	2024 £
Interest receivable	<u>113</u>	<u>292</u>

Notes to the accounts

Year ended 31 March 2025

4 Expenditure

	Unrestricted	Restricted	2025	2024
	£	£	£	£
Charitable activities				
Staff costs	24,628	130,315	154,943	117,368
Direct costs	3,439	14,017	17,456	17,443
Establishment	-	-	-	3,832
Motor and travel	5,589	-	5,589	24,668
Office costs	2,608	-	2,608	860
Telephone	1,365	-	1,365	1,300
Accountancy	790	-	790	990
Software and IT	2,490	-	2,490	1,356
Donations	-	-	-	-
Repairs and renewals	-	22,799	22,799	2,310
Bank charges	458	-	458	452
Subscriptions	44	-	44	137
Insurance	2,626	-	2,626	3,988
Training	240	-	240	510
Sundry	1,100	-	1,100	-
Management fee and Core Contribution	8,740	5,240	13,980	12,006
	<u>54,117</u>	<u>172,371</u>	<u>226,488</u>	<u>187,220</u>

5 Trustees expenses

Expenses paid to trustees during the year: £Nil (2024: £Nil)

6 Fees for examination of the accounts

	2025	2024
	£	£
Fee for reporting on the accounts	<u>990</u>	<u>990</u>

7 Wages

	2025	2024
	£	£
Gross wages	143,765	110,563
Social security cost	9,022	5,547
Pensions	<u>2,156</u>	<u>1,248</u>
Total staff costs	<u>154,943</u>	<u>117,368</u>

8 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	-	9	9

9 Debtors

	2025 £	2024 £
Prepayments and accrued income	1,209	1,186

10 Creditors – amount falling due within one year

	2025 £	2024 £
Creditors	6,867	521
Other creditors	27,645	25,239
Accruals and deferred income	990	990
	35,501	26,750

11 Net movement on funds

	As at 1 April 2024	Income	Expenditure	Transfer	As at 31 March 2025
	£	£	£	£	£
Unrestricted					
General	65,837	92,718	65,854	-	92,701
Restricted					
Other Funds	<u>2,855</u>	<u>201,572</u>	<u>172,371</u>	<u>-</u>	<u>32,056</u>
	<u>68,692</u>	<u>294,290</u>	<u>238,225</u>	<u>-</u>	<u>124,757</u>

12 Related party transactions

Mr B Howell and Mrs E McMaster are unpaid directors of Teamwork Development Trust CIC. Teamwork Development Trust CIC provides management services to the company. During the year the cost of these services amounted to £11,436 (2024: £12,006). Certain expenses are recharged from Teamwork Development Trust CIC for software and legal support. The recharged amount was £2,544 (2024: £2,436).