

# **ACTION FOR FAMILY CARERS**

Registered charity number: 1127164

Registered in England and Wales: 06680960

## **ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**



# **ACTION FOR FAMILY CARERS**

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# ACTION FOR FAMILY CARERS

## LEGAL AND ADMINISTRATIVE INFORMATION YEAR ENDED 31 MARCH 2024

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**Company number:** 06680960 (England and Wales)

**Date of incorporation:** 26 August 2008

**Charity number:** 1127164

**Registered office:** Brickhouse Farm Community Centre  
Poulton Close  
Maldon  
Essex  
CM9 6NG

**Independent examiners:** Larking Gowen LLP  
8 The Courtyard, Wyncolls Road  
Colchester  
Essex  
CO4 9PE

**Bankers:** Lloyds Bank Plc  
Chelmsford Branch  
PO Box 1000  
Essex  
BX1 1LT

**Solicitors:** Birkett Long LLP  
Essex House, 42 Crouch Street  
Colchester  
Essex  
CO3 3HH

# ACTION FOR FAMILY CARERS TRUSTEES' ANNUAL REPORT YEAR ENDED 31 MARCH 2024

The Trustees, who are also Directors for the purposes of company law, have pleasure in presenting their Report and the Financial Statements of the Charity for the year ended 31 March 2024. This is also the Directors' Report, as required by s415 of the Companies Act 2006.

Legal and administrative information set out on Page 1 forms part of this Report. The Financial Statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practices applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS102) (effective 1 January 2019).

Action for Family Carers follows and applies key guidance principles as recommended by the Charity Commission for organisations that provide services for public benefit. The Board ensures that all intended activities support the Charity's Aims and agreed Strategic Objectives by using robust reporting standards which support all decision making.

## **The Trustees**

The Directors of the Charitable Company ("the Charity") are its Trustees for the purposes of charity law. Action for Family Carers has a strong, robust, and effective Board of Trustees made up of individuals with a range of qualifications, skills, knowledge, experience, expertise, and current practice that enable a positive contribution to the governance of the Charity. The Board annually reviews the Charity's strategic direction, ensuring the focus remains on Carers, and that it delivers on the agreed priorities with the range and quality of support and services meeting need now and for the future. At each Board meeting, Trustees receive and consider Business Objectives and Progress Reports, Carer Services Report and Financial Reports, which highlight the performance and progress against the Delivery Plan and agreed Business Priorities. These processes ensure that the Charity is on target and working to the agreed standard and outcomes for Carers.

The Trustees continue to consider the key skills required on the Board to ensure the Charity remains relevant and can enhance its contribution to serve the unpaid Carers of Essex. Every Trustee has undergone a rigorous selection process, and Trustees are appointed by the Board and formally elected at the Annual General Meeting. All Trustees undergo formal training and induction in relation to trusteeship in general and of the Charity's activities with a thorough induction as well as learning development, formal training, and support opportunities to enable them to carry out their role. Trustees continued to use various online training resources and technology to update their knowledge and skills as necessary or desirable.

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The Board is mindful at all times of its governance role and the duties and responsibilities of Trustees. In 2023/2024, it has prioritised impact and outcome measurement, data collection, analysis and reporting to improve its performance, identify gaps and address needs.

The Charity continues to strengthen its commitment to Equality, Diversity and Inclusion having identified 'accessibility' as one of its objectives, with a continued focus on improving its communication via the website and other social media platforms. The Board recognises the value of diversity and the importance of being representative of the communities that the Charity serves, providing services and supporting unpaid Carers across Essex.

The Board of Trustees meets 5 times per year and operates a Remuneration Committee to oversee the Chief Executive Officer's remuneration. The Trustees have agreed to hold some meetings face-to-face particularly where this allows for visits to services and/or to build strong relationships. Some meetings will however continue to take place remotely as part of the Charity's contribution and support for the Green Agenda and its commitment to reducing the carbon footprint i.e. efficiency savings of time and fuel, and in order to be as inclusive as possible so that those working, with dependants and/or who are less able to travel can attend and play a full part in the work of the Board. Trustees also chair and actively participate in a variety of Working Groups and Task Groups. In 2023/2024 the Board continued to operate its two Sub-Groups focused on strategy and driving forward key priorities: firstly, Business Continuity and Development and secondly Services, People and Quality.

The Board of Trustees delegates authority for the day-to-day operation of the Charity to the Chief Executive Officer. The Board has agreed a Scheme of Delegation which sets out the decision-making responsibility of the Board and that of the Chief Executive Officer. The Board annually reviews and approves the Scheme of Delegation including those actions in relation to the Chief Executive Officer.

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The Trustees who served the Charity during the period were as follows:

**Chair of Trustees**

Rebecca Loader (until 11<sup>th</sup> October 2023)

Tony Dixon Interim (from 11<sup>th</sup> October 2023)

**Vice Chair of Trustees**

Tony Dixon (until 11<sup>th</sup> October 2023)

Colin Bennett Interim (from 7<sup>th</sup> March 2024)

**Treasurer**

Pauline Haggerty

**Company Secretary**

Denise Fielding

**Other Trustees**

Sue Bailey

Colin Bennett

Duncan Lumley

Paul Osman

Gail Partridge elected 11<sup>th</sup> October 2023 and stood down 9<sup>th</sup> January 2024

Brian Potter stood down 11<sup>th</sup> October 2023

Julie Price stood down 9<sup>th</sup> January 2024

**Chief Executive Officer**

James Clarke

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## Senior Executive Remuneration

A Remuneration Committee of Trustees makes recommendations on the Chief Executive Officer's pay. These are based on Appraisal and Performance Review in the context of the Strategic Objectives and Business Priorities, meeting financial and achievement targets and objectives as set out in the Annual Delivery Plan, demonstrating leadership and management, maintaining differentials and the successful leadership, management, and delivery of the Charity's programmes.

## Objects of the Charity

The Charity's Objects are to promote the relief of persons who are ill, disabled, incapacitated or elderly by the provision of information, education, support, respite care, recreation, and advocacy for their Carers.

## Our Mission

Action for Family Carers makes a positive difference to the lives of Carers including Young Carers.

## Our Vision

Action for Family Carers will be recognised as a Centre of Excellence which campaigns for and achieves positive outcomes for Carers.

## Our Values

Carer-Centred - We will engage with Carers at every opportunity, listening to their feedback and input so that our actions and decision-making focus on the service, support, and benefits for unpaid Carers.

Integrity - We will apply this personally, professionally and in all aspects of the Charity and its business operations.

Quality - We will aim for excellence and do the best that we can do, in all that we do, at all times.

## Our Strategic Goals

By March 2026 we will:

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- Deliver an annual increase in the positive impact felt by the Carers supported
- Support more than 3,500 Unpaid Carers in Essex per year
- Increase the focus on Young Carers



## INTRODUCTION

### Making a Positive Impact for Carers in Essex

For 2023/2024 the Trustees and the Chief Executive Officer with the Senior Management Team continued to focus on face-to-face services whilst making information and advice available to all via digital platforms. We recently introduced new branding to refresh our offer, enhance the Charity's recognition, and to enable better quality images on social media. We have also increased the use of social media to ensure Carers know that we are there for them and available to help.

We have maintained existing services in Day Care and Activity Groups. These services provide organised support for the Adult 'Cared-for' enabling some respite for their Carers. Numbers remain lower than before the pandemic, but Action for Family Carers knows the need is still greater than ever and we continue to look for more ways to ensure Carers know about our services and can access them.

Key to our strategy is Family-Friendly Care and helping Young Carers from the age of 5 to access our services and receive support in several different ways for as long as they need it. Our enhanced Young Carer service in North-East Essex is recognised as best practice and that approach built upon in Mid and West Essex. We also focus on other family members providing Counselling services and working with GPs to help identify Carers and their needs. These services are very successful, and we have already helped many families. There is a general recognition from commissioners that we are the provider of choice for face-to-face services for Young Carers in Essex.

Perhaps the biggest change for 2023/2024 has been that the Charity has successfully secured a contract with Essex County Council to provide a variety of services to Adult Carers in West and North-East Essex. Not only did the Charity have to demonstrate the quality of services requested but also its ability to deliver them in a cost-effective manner and in partnership with other organisations. A key part of realising this opportunity was the decision to strengthen the Senior Management Team with the recruitment and appointment of a new Head of Business Development and Partnerships position. Delivery of the new services commenced in April 2024.

The Charity continued to hold Trusted Charity Mark at Level 2, which is the highest level available. There are very few organisations that have achieved this award at that level. As a Network Partner of Carers Trust, we are currently working towards the Carers Trust Excellence for Carers award as part of our efforts to provide assurance of the high quality and consistency of our services and to allow the Charity to demonstrate its strength, value, breadth and depth, both internally and externally in the sector.

The Charity has continued to welcome and retain volunteers across all services. We value each volunteer and benefit greatly from their time and support as well as life

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skills. Volunteers enable the Charity to continue to grow and develop countywide volunteer-led services such as Counselling for Adult Carers and Befriending.

The economic environment continues to place challenges on commissioners and charities. Action for Family Carers has responded to them extremely well, maintaining existing services such as the Day Care Centre in Maldon, expanding its face-to-face Young Carer services across Essex and launching new Adult Carer services in North-East and West Essex. We continue to believe that face-to-face intervention with Carers is the best way forward.

Finance is always a challenge, but the Trustees have invested more resource to ensure we are able to respond and apply for funding as well as to manage projects effectively and mobilise resources. Action for Family Carers remains committed to making a difference and providing much needed support for Carers of all ages and their families.

## ACTIVITIES AND ACHIEVEMENTS

### Adult Carers

655 Adults accessed support from Action for Family Carers during the year across all projects and services with over 9,000 individual interactions taking place.

#### Carer and Family Response

We continued to develop and deliver our Carer and Family Response project working closely with families across Chelmsford to identify issues and concerns to secure solutions taking a whole family approach. The service expanded in August 2023 with the appointment of an additional Family Support Worker. Over the year the team worked closely with 212 Carers and their families, almost 3 times as many as the target agreed by the funder. They provided intensive and, in some cases, long term support with complex issues and concerns ranging from housing, referrals for other support including Carer's Assessments and counselling, welfare benefit, attendance allowance and blue badge applications, as well as emotional support. The team also trained as Tech Prescribers and ordered equipment including falls pendants, bed sensors, tracker watches, pill dispensers and door sensors. According to a recent feedback form, of those who completed the evaluation, 100% were satisfied with the support they received, felt better able to continue caring, felt more confident and felt less stressed and anxious.

The following quotes from Carers that we worked with demonstrate the effectiveness of this project:

"I felt supported and less isolated. Knowing there is somebody to talk to who understands what you're going through and is there to encourage you is invaluable."

"That someone has listened and actioned. Someone to help navigate a difficult social care and NHS system."

"More confidence to see the problem through and not to give up."

#### Carer-Friendly GP Project

The aim of the project is to support GP surgeries to more effectively identify and respond to the needs of those with caring responsibilities; this is key to reducing health inequalities associated with having a caring role. This is supported by a framework outlined in the NHS England document-*Supporting Carers in General Practice: A Framework of Quality Markers*, 2019.

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During this reporting period, the identification and registration of Carers has been a priority. Whilst the engagement with GP practices has continued, there has been a focus to raise awareness of Carer identification and registration with the wider health community namely GP Trainees, Community Nurses, School Nurses and Social Prescribers as well as Social Care and Education. A Carer Identification Protocol has been developed, ratified and circulated to GP surgeries in Basildon and Brentwood as well as Mid Essex to provide a consistent approach to the registration of Carers; this will ensure Carers receive information (A Guide for Carers), signposting for specialist support, contingency planning and health assessments.

Carer registration data for the two areas is as follows:

Basildon and Brentwood: GP Carer registration has increased from 6411 to 6990, which represents an increase of 9% in the reporting period.

Mid Essex: GP Carer registration has increased from 8572 to 11,308 which represents an increase of 32% in the reporting period.

### Counselling

We provide free, countywide, dedicated counselling provision for Adult Carers funded by Essex County Council. A team of trained Volunteer Counsellors working with the Charity's Lead Counsellor, provide up to 6 individual counselling sessions for each Carer either face-to-face, by telephone or virtually. There is significant demand for this provision from Carers who may be experiencing emotional or mental health problems and who feel they would benefit from exploring issues relating to their caring role and identifying strategies to help achieve a better balance in their caring role.

Last year we provided 1089 counselling sessions for 222 Carers; a 19% increase compared to the previous year and above the required targets. We received a total of 99 completed Warwick Edinburgh Evaluation Questionnaires which indicated Carers felt a 96% improvement in one or more areas. The areas of most improvement included thinking more clearly, dealing with problems well and feeling optimistic.

The effectiveness and value of this service can be seen in the following quotes from Carers:

"Just can't thank you all for this wonderful service, it has given me a whole new way of life. I feel so much stronger and confident."

"I've stopped doubting myself. I feel valued and understood. I'm carrying less emotional guilt."

"Thank you for listening. The last 6 weeks have been so hard I don't know what I would have done without you."

## **Befriending**

Although grant funding for this project from Essex County Council ended on 31 March 2022, Action for Family Carers has continued to provide a Befriending Service to 88 Carers through our Volunteer Befrienders supporting those Carers to reduce their sense of social isolation and loneliness as well as offering a listening ear. The Charity recognises the immense contribution of its team of Volunteer Befrienders, who provide this much-needed regular personal contact for so many vulnerable people across Essex.

## **Respite Care**

### **Day Care in Maldon**

Maldon Day Care Service provides an opportunity for older people to mix socially in a safe environment and engage in stimulating activities with the support of trained staff and volunteers. A varied activity programme is organised for a wide range of interests including quizzes, singing and gentle exercises, and a cooked lunch is also provided. The Day Care service opens 4 days each week. A total of 49 families were supported with 1749 individual attendances. Day Care also provides a vital respite break for family Carers.

Carers explained the difference the service made to them as follows:

“It gives me respite and he is in good hands.”

“It is such a relief having my loved one happy, she enjoys coming, it's her happy place. She would come every day if you were open.”

### **Activity Groups**

Our Activity Groups in West Essex provide physically and mentally stimulating activities for people with memory problems or dementia. A total of 84 individual service users participated in the Keeping Active and Active Minds sessions across the localities of Epping, Great Dunmow and Harlow.

One family member said:

“Just to confirm mum moved into the care home last Friday and she's settling in ok. She won't be returning to the group, but I wanted to thank you so much for the kindness you and all your staff and volunteers showed to my mum and me. I always

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knew she was happy, safe, and content with you and it was such a relief for me.  
Thank you for everything.”

## Young Carers

Our aim is to ensure Young Carers in Essex are safe, able to participate fully in education and social activities, to enjoy their childhood and to fulfil their potential.

During the year, 1023 Young Carers aged under 18 accessed support from Action for Family Carers with 5,748 individual interactions taking place. Those interactions included attendance at a Young Carer Club, 1 to 1 or group support in school, counselling and participation in trips and activities.

We provided breaks for over 300 Young Carers via regular club nights in Chelmsford, Clacton, Colchester, Harlow, Harwich, Maldon, Stansted and Witham. Whilst the venue we use in Great Dunmow was out of action we provided access to the Club in Stansted plus additional local activities. We subsequently moved our Great Dunmow venue to the Dourdan Pavilion. We secured funding to relaunch a Young Carer Club provision in Loughton from June 2024.

We worked in and with primary and secondary schools across Mid, North and West Essex to ensure that Young Carers are identified and receive appropriate support. Over 700 Young Carers accessed support in school.

We use nationally accredited tools to assess needs. We use an outcome measurement tool - My Star, which evidences progress against 8 areas such as education and learning, health, confidence and self-esteem and relationships both at the outset of our intervention and then at the end to identify the impact of our service and support. 87% of Young Carers made progress in at least one outcome area, 68% made progress in two and 45% made positive progress in at least three outcome areas.

### Mid Essex

Over 300 Young Carers were supported by Young Carer Leads via contact in primary and secondary schools across Mid Essex, as well as through direct contact with their families.

In Chelmsford and Maldon, we worked in and with 8 schools supporting 190 children. In the Braintree and Witham area we supported 9 schools and over 100 Young Carers. There is a very high level of need identified in certain schools, where we work with high numbers of Young Carers and help navigate some complex matters including safeguarding issues to ensure children are safe and receive appropriate support.

Our support is delivered both one-to-one and through group work. These include managing anger, developing resilience and positive wellbeing. With older groups we do more in the form of peer support. In all groups we have fun and normally finish with a quick game e.g., Uno or Dobble.

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We attended several local Special Educational Needs and Disability Roadshows for promotion and awareness raising as well as providing families of children with additional needs with information to support Young Carers within the family. Through additional donations and fundraising, we facilitated a respite trip for Young Carers to go to a cinema, and provided presents at Christmas.

### Chelmsford Club

We launched a new Young Carers Club in June 2023 based at Galleywood Youth Centre. This became popular and very quickly with 36 Young Carers attending by the end of March 2024.

Club activities included the egg drop challenge, taste testing, smoothie-making, Halloween fancy dress and a movie night in pyjamas with popcorn and ice-cream. Young Carer trips included Jump Street, Ninja Warriors, and a visit to Chelmsford Museum.

### Maldon Club

43 Young Carers attended the Maldon Club held at Maldon Activity Centre.

Activities included bingo with prizes, making smoothies, decorating biscuits, and making fruit kebabs to dip in the chocolate fountain. Rockys Petting Zoo visited the Club and the Young Carers went to Promenade Park and to the local Fire Station. The Young Carers also had an ice-cream bar with a film night where all came in their pyjamas.

### Witham club

26 Young Carers attended the Harwich Club held at Parkway Youth Centre.

Activities included hiring Monkey Puzzle Indoor Play for a party, trips to Ninja Warrior and Jump Street and a day of activities at Danbury Outdoors.

### North-East Essex

Our enhanced provision for Young Carers living in Colchester and Tendring Districts is centrally coordinated and driven with a Young Carers Lead role for each district. The Lead develops local knowledge and insight into the local situation and priorities facing Young Carers and their families. The Lead then works with a Young Carer Support and Development Worker to direct resources to where they are most needed and can make the greatest impact. Outcomes are measured using the accredited My Star tool.

Over the last year, we supported 335 Young Carers across Colchester and Tendring district working in and with schools and colleges as well as with other local statutory and voluntary sector organisations. This represents a 60% increase compared to the previous year.

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## Colchester District

The team has supported Young Carers in 10 secondary schools and more than 25 primary schools across Colchester mostly through one-to-one support and on occasion in groups. The Young Carer Lead has established strong relationships with other local organisations to increase the support and opportunities available to the most vulnerable Young Carers and their families.

## Tendring District

Our work with schools has increased over the last year and in particular with the number of Clacton primary schools. We strengthened our local professional networks helping build a positive reputation within the community to reach more Young Carers.

## Harwich Club

26 Young Carers attended the Harwich Club held at the Vibe Youth Centre.

Activities during the year included a variety of games and visits including to the STEAM Fair at Harwich Club in partnership with Tendring Place on Young Carers Action Day with the creation of a mural for Carers Wee. This is now displayed at the Youth Centre in Harwich, which displays the message - 'We are Young Carers hear us ROAR'!

## Clacton Club

27 Young Carers attended the Clacton Club held at Green Lodge Youth Centre.

Activities included cooking, arts and crafts and a Painting Party in which the Young Carers had the opportunity to follow an artist and paint a picture to take home with them. They were all very proud of their final results which were outstanding! We also held a trip to Amazing Activities in Clacton, a soft play/gymnastics centre.

## Colchester Club

66 Young Carers attended the Colchester Club held at Stanway Youth Centre.

Activities included a visit from Rockys Petting Zoo and a trip to Jump Street. The Young Carers played Bingo, made Sherbert and smoothies as well as decorated cakes and biscuits. They also made fruit kebabs, which they dipped in a chocolate fountain and had a movie night with an ice-cream bar.



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## West Essex

During the year we secured a grant from the National Lottery to provide Young Carer support across West Essex. The programme was launched in the Autumn and a new Young Carer Support and Development Worker has been working in and with local primary and secondary schools to identify and support local Young Carers.

## Harlow Club

45 Young Carers attended Harlow Club, based at the Xperience Centre.

Activities during the year included raft building at Essex Outdoors, a pantomime, time spent in the adventure playground and having ice cream at the Town Park, and a simple walk near the town centre. The Young Carers also enjoyed a picnic, had a pizza night, played board games and bingo, and lots of tag and murder wink.

"It feels like a busy year in which I hope we have enriched the lives of our Young Carers, if only by bringing them all together to share each other's company." (Young Carer Lead)

## Uttlesford (Stansted and Dunmow) Clubs

10 Young Carers attended the Stansted Club held at Stansted Youth Centre. 7 Young Carers attended the Great Dunmow Club although for most of the year that was facilitated via offsite activities due to the closure of the Great Dunmow Youth Centre.

Activities included cinema trips, bowling and country park walks, arts and crafts e.g. pinata building, jewellery making and themed craft activities as well as cooking e.g. pizza making, baking cakes, cookies and doughnuts. The children also enjoyed their free time where they can just mingle with their friends and chat, while playing pool or air hockey.

## Volunteering

Our volunteers continue to generously offer their time to the Charity and without their dedication and support we would not be in a position to offer the services we do. Volunteers enable us to provide high quality support to Carers throughout Essex.

The majority of our 148 volunteers offer their time on a regular basis to support our services. During the year, volunteers provided counselling, assisted at our Day Care Centre in Maldon, the Activity groups in West Essex and at our Young Carer Clubs. We continue to have Volunteer Befrienders despite there being no dedicated funding for that service.

A smaller number of our volunteers offer help on an "ad-hoc" basis e.g. setting up events, administrative tasks in the back office, promotional activities, and providing refreshments at fundraising events etc. The efforts of former Chair of the Board of Trustees, Rebecca Loader

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were recognised with an award by the Lord Lieutenant and Rebecca continues to volunteer in support of the Charity and local Carers.

As a Charity, we are indebted to the support that our fantastic army of volunteers willingly offer and recognize the difference that they make to Carers and their families across Essex is immense.

"My husband will tell you how much I enjoy my Wednesday afternoons - I come back from the Harlow Group full of smiles. It's a joy to spend time with these lovely people, listen to their stories and share memories, and I'm privileged to be part of it." Gilly, Activity Group Volunteer.

"I became a volunteer the second I was too old to be a Young Carer. I still wanted to be part of this community and I wanted to help children who are going through the same thing that I did when I was their age. So, I still get to stay with these amazing people and I get to help others as well." Lisa-Marie, Young Carer Club Volunteer.

## REVIEW OF FINANCIAL ACTIVITIES

Action for Family Carers receives funding from a range of sources including grants and donations plus monies from a range of fundraising activity. The Charity submits applications and bids in line with the strategy agreed by the Board of Trustees to diversify our income and reduce any over-reliance on a large or single funder thus reducing risk and increasing the capacity, capability, and sustainability of the Charity for the benefit of unpaid Carers.

All figures below are correct to the nearest £k.

### Income

Income during 2023/2024 was £666k (2022/2023 £735k). The decrease in income was mostly due to lower income from grants compared to the previous year.

### Expenditure

Expenditure during 2023/2024 was £790k (2022/2023 £666k). This increase in expenditure included a planned investment in the Charity's infrastructure to support longer term sustainability for the benefit of Carers. That investment contributed to the creation of a new senior management role to focus on income generation. Further investment was made to enable successfully securing and mobilising for delivery of a new local authority contract.

### Funds

Total funds at the end of the year were £433k (2022/2023 £557k) which is £120k lower than the previous year reflecting the planned investment during the year in building the Charity's development capacity. Unrestricted funds decreased by £76k to £342k (2022/2023 £418k).

### Reserves Policy

The Board of Trustees is cognisant of the importance of its reserves to ensure the sustainability and resilience of the Charity for unforeseen circumstances and uncertain events in the future.

The Charity's Reserves Policy requires reserves to be maintained at a minimum level of total liabilities plus a minimum of 25% and a maximum of 50% of annual budgeted overhead costs. Current unrestricted funds on 31st March 2024 are £342k, which is in line with the Reserves Policy.

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## Investment Policy

The purpose of The Investment Policy is to ensure that any investments prioritise the safety of the principal investment while maximising the after-tax investment return and maintaining adequate liquidity. The Charity will ensure that at least 50% of unrestricted reserves are immediately available and that all investments are risk assessed and covered by the Financial Conduct Authority.

## Future Plans

The Board of Trustees recognises the need to diversify income and to strengthen the capacity of the Charity to identify and respond to local needs. Investment in the Charity's business development capacity was pivotal to securing a new multi-year contract from Essex County Council to provide Adult Carer support in North-East and West Essex as well as a grant from the National Lottery Community Fund for Young Carer support in West Essex for five years.

The Charity continues to evaluate its services to provide the most effective services for unpaid Carers. A review of the 2023-2026 Strategic Plan was undertaken in 2023/2024 by the Board of Trustees with the Chief Executive Officer. The Trustees reaffirmed their commitment to offer face-to-face services wherever possible and practicable, including Day Care in Maldon, Activity Groups and Young Carer Clubs.

The Charity remains a robust organisation that demonstrates quality, strong leadership and management and sound financial discipline and is one which also puts unpaid Carers needs at the centre of everything it does.

## Fundraising

We are grateful for the support of our funders, donors, fundraisers and community partners. Their generosity enabled us to provide vital services and support to family Carers across Essex. It is with their help that we continue to make a significant impact on the lives of unpaid Carers.

Most of Action for Family Carers' income came through grants from charitable trusts and foundations and contracts. Action for Family Carers also received donations from individuals, companies, community groups and from supporters who took part in activities to raise money.

We recognise the contribution made by many local community groups, sports clubs and schools who raised funds on our behalf including Braintree Golf Club, Chelmer

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Ladies Club, Essex Police & Fire Charity, Maldon Rotary Club, Ormiston Academy and WEA Billericay Branch and Care 2 Project to name but a few.

Thank you also to our fantastic supporters who organised a range of fundraising activities including a very enjoyable Charity Dance & Music Event. Others raised funds by taking part in some fantastic challenges including a Charity Parachute Jump and the Maldon Mud Race.

Action for Family Carers complies with all relevant statutory regulations, including the Charities Act 2011, General Data Protection Regulation and Privacy and Electronic Communications Regulations. We store donor information securely and responsibly and do not share donor information with any third-party organisations without explicit consent. We are registered with the Fundraising Regulator and our fundraising activities follow both the Code of Fundraising Practice and our own Ethical Funding Statement.

We have agreements in place with third parties such as JustGiving and event organisers such as Global Adventure Challenges. We provide supporters with help and information via our website, email or post. Fundraisers are advised that it is their responsibility to keep their event safe and legal and to keep good records of all activity.

Action for Family Carers does not employ professional telephone or street funders, or commercial participators to carry out our fundraising. We did not send any direct fundraising appeals during this period.

We are committed to protecting vulnerable people and other members of the general public from unreasonable intrusion on a person's privacy, unreasonably persistent fundraising approaches and placing undue pressure on a person to give money.

We seek to respect the wishes of donors and fundraisers in terms of how funds raised are spent. We have a clear complaints policy that requires us to thoroughly investigate any complaints, communicate results, record results and review our work, enabling improvements to be made, if required. We have received no complaints about our fundraising activities in 2023/2024.

## Our Funders

Cambridgeshire Community  
Foundation  
Carers Trust

Chelmsford City Council  
Chelmsford Lions Club  
Colchester Catalyst Charity

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Essex Association of Local Councils

Essex Community Foundation

Essex County Council

Essex Police Fire and Crime

Garfield Weston Foundation

GM Marriage Trust

The Grand Charity

Groundwork UK / Tesco

Harlow Recreation Trust

Jack Petchey Foundation

John Laing Charitable Trust

Maldon Mud Race

Masonic Charitable Trust

Mulberry Trust

National Lottery Community Fund

NHS Basildon and Brentwood

NHS Mid Essex

NHS North-East Essex

Rotary Club of Maldon

Uttlesford District Council

William and Gladys Pudney Memorial  
Fund

William John Cook

Witham Town Council

Our grateful thanks go to all the above, to Maldon District Council for the use of premises at Brickhouse Farm Community Centre, and to all those groups and individuals that contributed through donations or fundraising events.

## Risk Review

The Board of Trustees has reviewed the major risks to which the Charity is exposed, and systems have been identified to mitigate those risks. External risks regarding the continuation and continuity of voluntary funding have resulted in a Strategic Plan which continues to promote the diversification of funding and activities. Internal risks are minimised by the implementation of financial control and regulation procedures. These procedures are regularly reviewed to ensure that they still meet the needs of the Charity.

A Significant Risk Register and Annual Management Plan as part of the Disaster Management and Business Continuity Plan is maintained and regularly reviewed. Areas of potentially significant risk identified include Funding, Premises, Safeguarding, Health and Safety, Quality of Services/Reputational, HR, IT, Finance and Governance. Mitigation, Actions and Lead Responsibility are identified for each of these areas and the level of risk then rated as High, Medium, or Low. The key risk is continuity of funding which is being addressed as described in the Future Funding section of this report.

ACTION FOR FAMILY CARERS  
TRUSTEES' ANNUAL REPORT  
YEAR ENDED 31 MARCH 2024  
**RESPONSIBILITIES OF THE TRUSTEES**

The Trustees (who are also the Directors of Action for Family Carers for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charitable Company and of the incoming resources and application of resources, including the 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 then 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.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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. 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.

We, the Directors of the company who held office at the date of approval of these Financial Statements, as set out above, each confirm so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as Directors to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

This report was approved by The Board of Trustees on 5 September 2024 and signed on its behalf.

T DIXON

Chair

P HAGGERTY

Treasurer

# **ACTION FOR FAMILY CARERS INDEPENDENT EXAMINERS REPORT YEAR ENDED 31 MARCH 2024**

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## **Independent Examiner's Report to the Trustees of Action For Family Carers ('the Company')**

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 Trustees of the Company (and 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 the Company's accounts 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 the Company'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 Institute of Chartered Accountants in England & Wales (ICAEW), 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:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated: 24 September 2024

Giles Kerkham FCA DChA

Larking Gowen LLP  
Chartered Accountants  
1 Claydon Business Park  
Great Blakenham  
Ipswich  
IP6 0NL

# ACTION FOR FAMILY CARERS

## STATEMENT OF FINANCIAL ACTIVITIES (including income and expenditure account) YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<b>Income from:</b>					
Donations and legacies	4	17,235	13,599	30,834	29,832
Charitable activities	5	160,419	464,042	624,461	702,086
Income from Investments		9,794	-	9,794	2,282
Other trading activities		713	-	713	1,149
<b>Total income</b>		<u>188,160</u>	<u>477,641</u>	<u>665,802</u>	<u>735,349</u>
<b>Expenditure on:</b>					
Raising funds		758	-	758	65
Charitable activities	6	264,266	525,242	789,508	666,146
<b>Total expenditure</b>		<u>265,024</u>	<u>525,242</u>	<u>790,266</u>	<u>666,211</u>
<b>Net expenditure</b>		<u>(76,864)</u>	<u>(47,601)</u>	<u>(124,465)</u>	<u>69,138</u>
Transfer between funds		-	-	-	-
<b>Funds as at 1 April 2023</b>		418,379	138,915	557,294	488,156
<b>Funds as at 31 March 2024</b>		<u><u>341,515</u></u>	<u><u>91,314</u></u>	<u><u>432,829</u></u>	<u><u>557,294</u></u>

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

The notes on pages 28-34 form part of these financial statements

# ACTION FOR FAMILY CARERS

## BALANCE SHEET AS AT 31 MARCH 2024

	Note	Total 2024 £	Total 2023 £
<b>Fixed assets</b>			
Tangible fixed assets	11	-	-
<b>Current assets</b>			
Debtors	12	52,636	114,224
Cash at bank and in hand	13	780,897	1,057,236
		<u>833,533</u>	<u>1,171,460</u>
<b>Current liabilities</b>			
Creditors: amounts falling due within one year	14	<u>400,704</u>	<u>455,166</u>
<b>Net current assets</b>		432,829	716,294
Creditors: amounts due in more than one year	14	-	159,000
<b>Net assets</b>		<u><u>432,829</u></u>	<u><u>557,294</u></u>
<b>Accumulated funds</b>			
Unrestricted funds	17	341,515	418,379
Restricted funds	17	91,314	138,915
<b>Total Funds</b>		<u><u>432,829</u></u>	<u><u>557,294</u></u>

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the act. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements were approved by the Trustees on 5 September 2024 and signed on their behalf, by:

T Dixon

P Haggerty

Company Number 06680960

The notes on pages 20-27 form part of these financial statements.

**ACTION FOR FAMILY CARERS**  
**STATEMENT OF CASH FLOWS**  
**AS AT 31 MARCH 2024**

	Notes	Total 2024 £	Total 2023 £
<b>Cash flows from operating activities:</b>			
Net cash provided by / (used in) operating activities	15	<u>(286,132)</u>	<u>370,062</u>
<b>Cash flows from investing activities:</b>			
Dividends, interest and rents from investments		9,794	2,282
Purchase of property, plant and equipment		<u>-</u>	<u>-</u>
<b>Net cash provided by / (used in) investing activities</b>		<u>9,794</u>	<u>2,282</u>
Change in cash and cash equivalents in the reporting period		(276,339)	372,344
Cash and cash equivalents brought forward		1,057,236	684,892
<b>Cash and cash equivalents carried forward</b>		<u><u>780,897</u></u>	<u><u>1,057,236</u></u>

# ACTION FOR FAMILY CARERS

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

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### 1. Accounting policies

#### 1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on 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) and the Companies Act 2006.

The Charity constitutes a public benefit entity as defined by FRS 102.

Assets and liabilities are initially recognised at historical cost of transaction value unless otherwise stated in the relevant accounting policy.

#### 1.2 Going Concern

Managements forecasts show that that the charity has sufficient reserves and cash headroom for the period. Based on this information the Trustees have concluded that the charity has adequate resources to continue in operational existence for the foreseeable future, being not less than 12 months from the date of approval of these financial statements. They therefore continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Income and expenditure

##### **Donations and similar incoming resources**

Income is recognised and included in the accounts when all of the following criteria are met:

- (a) The Charity has entitlement to the funds;
- (b) Any performance conditions attached to the items(s) of income have been met or are fully within the control of the Charity; and
- (c) There is sufficient certainty that receipt of the income is considered probable;
- (d) The amount can be measured reliably.

##### **Grants and fees receivable**

These are credited to the Statement of Financial Activities (SOFA) in the year in which they are receivable. Receipts from Service Level Agreements are recognised as income as the Charity becomes entitled through performance of services. Deferred income is released to income in the period in which it has been applied.

##### **Investment income**

Income from investments is included in the SOFA in the year in which it is receivable.

##### **Expenditure**

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay for the expenditure, and it is probable that settlement will be required and the amount of the obligation can be measured reliably. All costs have been directly attributed to one of the categories of resources expended in the SOFA. The Charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

# ACTION FOR FAMILY CARERS

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

### 1.4 Tangible fixed assets and depreciation

These are stated at cost or valuation less depreciation.

Only individual assets costing more than £1,000 are capitalised to the fixed asset register.

Depreciation is provided at rates calculated to write off the cost of valuation of assets, less their estimated residual value, over their expected useful lives on the following basis:

Computer equipment	25%/33% Straight line
Fixtures and fittings	20% Straight line

### 1.5 Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

### 1.6 Funds

Unrestricted funds comprise those funds which the Trustees are free to use in accordance with the Charitable Objects.

Restricted funds are funds which have been given for particular purposes.

### 1.7 Operating Lease

Rentals in respect of operating leases, where substantially all the benefits and risks of ownership remain with the lessor, are charged to the Statement Of Financial Activities as incurred.

## 2. Income

In this period, all of the Charity's income was derived from charitable activities performed within the UK.

## 3. Taxation

The Charity is exempt from tax on income and gains to the extent that such income and gains are applied to its Charitable Objects. No corporation tax charge arises for the year.

## 4. Donations and legacies

	<b>Total 2024 £</b>	<b>Total 2023 £</b>
General	17,235	17,000
Respite Services	440	600
Adult	-	30
Young Carer Services	13,159	12,203
	<b>30,834</b>	<b>29,832</b>

## 5. Income from charitable activities

	<b>Total 2024 £</b>	<b>Total 2023 £</b>
General	144,176	212,756
ECCOS	18,105	-
Respite services	139,744	150,807
Adult Carer Services	78,000	74,000
Young Carer Services	244,436	264,523
	<b>624,461</b>	<b>702,086</b>

# ACTION FOR FAMILY CARERS

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

### 6. Expenditure on charitable activities

	<b>Total 2024</b>	<b>Total 2023</b>
	<b>£</b>	<b>£</b>
Staff costs	610,469	483,839
Staff expenses (travelling, DBS's)	14,011	17,808
Volunteer Expenses	7,256	6,988
Food, transport and direct costs	64,673	67,197
Telephone, postage and stationery	18,186	25,937
Rent of halls	20,253	21,844
Bookkeeping and accountancy fees	9,893	11,466
Consultant	11,081	5,337
Insurance	6,232	5,557
Advertising	7,624	1,097
Printing	3,860	1,634
Cleaning	506	571
Payments to partners	-	-
Miscellaneous Office Costs	12,464	13,871
Depreciation	-	-
Governance	3,000	3,000
	<b>789,508</b>	<b>666,146</b>

Miscellaneous office costs include storage, office refurbishment and general running costs.

Governance costs include Independent Examination fees

### 7. Expenditure on charitable activities (continued)

	<b>Total 2024</b>	<b>Total 2023</b>
	<b>£</b>	<b>£</b>
General	267,132	190,820
Respite Services	153,725	128,509
Adult Carer Services	78,000	93,472
ECCOS	18,105	-
Young Carer Services	272,546	253,345
	<b>789,508</b>	<b>666,146</b>

### 8. Net income/(expenditure) for the year

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>This is stated after charging:</b>		
Depreciation	-	-
Independent Examination Fees	3,000	3,000
	<b>3,000</b>	<b>3,000</b>

# ACTION FOR FAMILY CARERS

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

9. Expenditure on charitable activities (continued)	Total 2024 £	Total 2023 £
<b>Staff costs</b>		
Gross salaries	559,995	447,510
Employers NIC	32,965	22,464
Self Employed Staff	-	-
Pensions	17,689	13,865
	<u>610,649</u>	<u>483,839</u>
Average number of employees	<u><b>40</b></u>	<u><b>39</b></u>

No staff member was paid in excess of £60,000 per annum.

The Average headcount expressed as full-time equivalents was:

	2024 no.	2023 No.
Operational staff	15	15
Office (including management)	3	3
	<u>18</u>	<u>18</u>

10. Key Management Personnel disclosure	Total 2024 £	Total 2023 £
	<u>101,029</u>	<u>56,633</u>

The key management personnel of Action for Family Carers are the Chief Executive Officer and the Head of Carer Services.

11. Tangible fixed assets	Computers, equipment & furniture £	Fixtures & Fittings £	Total £
<b>Cost</b>			
As at 1 April 2023	57,537	15,406	72,943
Additions	-	-	-
As at 31st March 2024	<u>57,537</u>	<u>15,406</u>	<u>72,943</u>
<b>Depreciation</b>			
As at 1 April 2023	57,537	15,406	72,943
Charge for the year	-	-	-
As at 31st March 2024	<u>57,537</u>	<u>15,406</u>	<u>72,943</u>
<b>Net Book Value</b>			
As at 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>
As at 31st March 2023	<u>-</u>	<u>-</u>	<u>-</u>



# ACTION FOR FAMILY CARERS

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

<b>12. Debtors</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Accounts receivable	52,636	114,224
Accrued income	-	-
Prepayments	-	-
	<b>52,636</b>	<b>114,224</b>
<b>13. Cash and cash equivalents</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Current account	131,225	660,907
Deposit account	649,509	396,129
Petty cash	164	200
	<b>780,897</b>	<b>1,057,236</b>
<b>14. Creditors: amounts falling due within one year</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Deferred income	370,373	422,611
Taxes and social security	13,755	9,097
Other creditors and accruals	16,575	23,458
	<b>400,704</b>	<b>455,166</b>
<b>14. Creditors: amount due in more than one year</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Deferred income	-	159,000
	<b>-</b>	<b>159,000</b>
<b>Deferred income analysis</b>	<b>Total</b>	<b>Total</b>
	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Balance at 31 March 2023	581,611	192,526
Amount released to incoming resources	(581,611)	(192,526)
Amount deferred in the year	370,373	581,611
<b>Balance at 31 March 2024</b>	<b>370,373</b>	<b>581,611</b>

Deferred income comprises of Grant payments for Essex Community Foundation, Garfield Weston Mulberry Trust, National Lottery, Essex County Council, Fowler smith Jones.

# ACTION FOR FAMILY CARERS

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

### 15. Reconciliation of net movement in funds to net cash flow from operating activities

	<b>Total 2024 £</b>	<b>Total 2023 £</b>
<b>Net movement in funds for the reporting period (as per the statement of financial activities)</b>	(124,465)	69,138
<b>Adjustments for:</b>		
Depreciation charges	-	-
Dividends, interest and rents from investments	(9,794)	(2,282)
(Increase) / decrease in debtors	61,588	(78,056)
Increase / (decrease) in creditors	(213,462)	381,262
<b>Net cash provided by / (used in) operating activities</b>	<b>(286,132)</b>	<b>370,062</b>

### Analysis of Net Debt

	<b>At 1 April 2023</b>	<b>Cash flows</b>	<b>At 31 March 2024</b>
Cash at bank and in hand	1,057,236	(276,339)	780,897
	<u>1,057,236</u>	<u>(276,339)</u>	<u>780,897</u>

### 16. Gift in kind

The premises at Maldon occupied by the Charity are kindly provided free of rent and certain overhead costs. These costs are not included within the numbers of the accounts.

<b>17. Reconciliation of funds</b>	<b>As at 01/04/23</b>	<b>Incoming resources</b>	<b>Outgoing resources</b>	<b>Transfer between funds</b>	<b>As at 31/03/24</b>
<b>Unrestricted funds</b>	418,379	188,160	(265,024)	-	341,515
<b>Restricted funds</b>					
General	62,663	123,941	(156,591)	-	30,012
Adult services	-	78,000	(78,000)	-	-
Young carer services	76,252	257,595	(272,546)	-	61,302
ECCOS	-	18,105	(18,105)	-	-
	<u>138,915</u>	<u>477,641</u>	<u>(525,242)</u>	<u>-</u>	<u>91,314</u>
<b>Total funds</b>	<u>557,294</u>	<u>665,802</u>	<u>(790,266)</u>	<u>-</u>	<u>432,829</u>

# ACTION FOR FAMILY CARERS

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

### 18. Comparative note of reconciliation of funds 2023

	As at 01/04/22	Incoming resources	Outgoing resources	Transfer between funds	As at 31/03/23
<b>Unrestricted funds</b>	399,785	192,127	(173,533)	-	418,379
<b>Restricted funds</b>					
General	17,137	191,387	(145,862)	-	62,663
Adult Carer Services	19,442	74,030	(93,472)	-	-
Young Carer Services	51,791	277,806	(253,345)	-	76,253
	<b>88,370</b>	<b>543,223</b>	<b>(492,678)</b>	<b>-</b>	<b>138,915</b>
<b>Total funds</b>	<b>488,155</b>	<b>735,349</b>	<b>(666,211)</b>	<b>-</b>	<b>557,294</b>

### 19. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total 2024 £
Fixed assets	-	-	-
Current assets	12,494	40,142	52,636
Cash at bank and in hand	359,656	421,241	780,897
Current liabilities	(30,635)	(370,069)	(400,704)
	<b>341,515</b>	<b>91,314</b>	<b>432,829</b>
<b>Comparative of analysis of net assets between funds</b>			
	Unrestricted funds £	Restricted funds £	Total 2023 £
Fixed assets	-	-	-
Current assets	101,771	12,453	114,224
Cash at bank and in hand	348,278	708,958	1,057,236
Current liabilities	(31,670)	(582,496)	(614,166)
	<b>418,379</b>	<b>138,915</b>	<b>557,294</b>

### 20. Operating lease commitments

As at 31st March 2023 the charity had future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Within 1 year	284	486
Operating lease ending 2 to 5 years	-	284
	<b>284</b>	<b>770</b>

## ACTION FOR FAMILY CARERS

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

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#### **21. Related party transactions**

No Trustees in 2024 (2023: 1) were reimbursed £0 (2023: £29) in respect of travel costs.

No emoluments or any other transactions (2023: no emoluments) were paid to any Trustees during the year.

There are no further related party transactions which are required to be disclosed (2023: None)

#### **22. Pension commitments**

The Charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the Charity in an independent administered fund. The pension cost charge represents contributions payable by the Charity to fund the amount to £17,689 (2023: £13,865). Contributions of £3,976 (2023: £0) were payable to the fund at the year end.